

YORK CARERS CENTRE

England & Wales · Charity number 1127644

Details

Status Registered

Legal form Charitable company

Company number [06760783](#)

Registered 2009-01-21

Register [View on the Charity Commission register](#)

Contact

Address 17 Priory Street
York
YO1 6ET

Phone 01904715490

Email enquiries@yorkcarerscentre.co.uk

Website www.yorkcarerscentre.co.uk

Activities

Objects: THE OBJECTS OF THE CHARITY ARE, AT THE TRUSTEES' DISCRETION, TO RELIEVE IN AND AROUND THE CITY OF YORK, THE ELDERLY, THE SICK AND PEOPLE WITH DISABILITIES BY PROVIDING SUPPORT, ADVICE AND INFORMATION TO THOSE RESPONSIBLE FOR THEIR CARE.

Activities: York Carers Centre provides support to unpaid carers of all ages in York. Services include : support for young carers (aged 5 to 18); support for young adult carers (18-25); support for adults; carers emergency card; benefits and community care advice; drop in sessions; help filling in forms; signposting/referrals to other agencies; emotional support; events/activities; training for professionals

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- **Area of benefit:** LOCAL
- City Of York

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£678,793	£745,436	£205,329	19
2024-03-31	£664,872	£658,091	£271,972	18
2023-03-31	£689,479	£622,249	£265,191	15
2022-03-31	£633,755	£605,240	£197,961	14
2021-03-31	£521,962	£497,326	£169,446	13

Trustees

Name	Role	Appointed
ROSEMARIE JEANETTE TEMPLE	Chair	
Elizabeth Ryan		2022-09-30
JAMES PETER ROSS DEAN		
Jackie Chapman		2023-04-01
James Wainwright		2025-02-24
Lisa Shelbourn		2017-11-06
Sophie Elliott		2025-02-24
Verity Winterburn		2025-01-13
christopher Charters		2025-06-30

YORK CARERS CENTRE

England & Wales - Charity number 1127644

Accounts

Charity registration number 1127644

Company registration number 6760783 (England and Wales)

YORK CARERS CENTRE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

YORK CARERS CENTRE

CONTENTS

	Page
Legal and administrative information	1
Trustees' report	3 - 12
Statement of trustees' responsibilities	13
Independent examiner's report	14
Statement of financial activities	15
Statement of financial position	16
Statement of cash flows	17
Notes to the financial statements	18 - 26

YORK CARERS CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mrs R J Temple - Chair Mr J P R Dean - Treasurer Mr C Durant Ms L Shelbourn Ms H Weatherly (Resigned 13 January 2025) Mr E I C Robson (Resigned 25 February 2025) Mrs E Ryan Mrs J Chapman Mrs S Elliott (Appointed 24 February 2025) Mr J Wainwright (Appointed 24 February 2025) Mrs V Winterburn (Appointed 13 January 2025) Mr C Charters (Appointed 30 June 2025) Mr C Charters (Appointed 30 June 2025)
Secretary and chief executive	Mrs S Smith
Patron	Mr Matt Harper Hardcastle
Charity number	1127644
Company number	6760783
Registered office	Priory Street Centre 17 Priory Street York YO1 6ET
Independent examiner	Frances Howard FCA Fortus Limited Business Advisors and Accountants Equinox House Clifton Park Shipton Road York YO30 5PA
Bankers	Unity Trust Bank Plc PO Box 7193 Planetary Road Willenhall WV1 9DG
Key management personnel	Mrs S Smith Mrs J Crosby (to 1 August 2025) Mrs N Brett (from 1 August 2025) Trustees noted above

YORK CARERS CENTRE

CHAIR OF TRUSTEES' AND CEO'S WELCOME FOR THE YEAR ENDED 31 MARCH 2025

Welcome from Rosemarie Temple, Chair of Trustees

On behalf of the Trustees, I would like to thank the CEO, Deputy CEO and all staff for their commitment and performance over the year.

The Trustees also extend grateful thanks to all our volunteers who support the charitable work of York Carers Centre; their help and commitment is greatly appreciated.

I wish to thank the Trustees for their support throughout the year. The Trustees continue to enhance the governance of York Carers Centre through regular Board Meetings, either face to face or via Zoom, and through progressing quality improvements and developments.

The Trustees held an away-day last October, which also included the CEO, the DCEO and the Office Manager. It was a very productive day, which allowed us to identify any weaknesses, to improve our strengths, and enhance our team abilities.

This year we lose two valued Trustees, Chris Durant and Helen Weatherly, as they have both completed their 9 years' service and will retire at this year's AGM. We were also very sorry to lose another Trustee, Ed Robson, who sadly passed away in March this year. All three of them brought much valuable expertise and support to the Board of Trustees, and we are very sorry to be losing them.

Due to these vacancies in the Board's numbers, we have been seeking new Trustees and are very fortunate that we have now recruited 4 new Trustees. They are bringing different expertise and support to the Board meetings, and we look forward to their ratification to the Board at this year's AGM.

We also appreciate our relationship with City of York Council, their officers and councillors, who have worked alongside us to support carers over many years. York Carers Centre has sustained itself through these very difficult times, and our motivation and passion remains to ensure that carers of all ages throughout York are recognised and supported.

We extend our thanks to the generosity of funders, including local individuals, businesses and statutory bodies, alongside funding from national trusts and foundations.

CEO Report

At York Carers Centre, our purpose is to make life better for unpaid carers in York. We could not achieve this without the many people and organisations who work alongside us, share their expertise, and support our mission.

First and foremost, our deepest thanks go to carers themselves. Every day, we are inspired by your resilience, determination, and ability to keep going despite the complex and often exhausting challenges you face. Your experiences, honesty, and courage are what drive us forward and remind us why our work matters.

This Annual Report reflects some of our achievements during 2024–25, but it also serves as a reminder that behind it all, there are unpaid carers, many under immense pressure, who need recognition, understanding, and support.

We are grateful to our Board of Trustees, our Patron, our volunteers, and our staff team, all of whom put carers at the heart of everything they do. We also thank the national bodies whose research, resources, and advocacy strengthen our work and keep carers' needs on the agenda.

To our funders, including City of York Council (our core contract), NHS Humber and North Yorkshire Integrated Care Partnership, National Lottery Community Fund, Mental Health Transformation Fund, Carers Trust, local charitable trusts, other charities, and the individuals who support us through fundraising or donations — thank you. Every contribution makes a difference, and your generosity ensures our services can continue.

Finally, our thanks go to all who speak up for carers, whether you are a carer sharing your story in a meeting or a partner organisation championing carers' rights. By raising the profile of caring, you help create the understanding and change that carers deserve.

We hope you enjoy reading this report and seeing the difference your support helps us to make.

Rosemarie J Temple

Mrs R J Temple - Chair

Signed on behalf of Chair of Trustees and CEO

Dated: 15 September 2025

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2025

The trustees (who are also the directors of York Carers Centre for the purposes of company law) present their report and financial statements for the year ended 31 March 2025 which are also prepared to meet the requirements for a directors report and accounts for Companies Act purposes.

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 published in October 2019".

The legal and administrative information page forms part of this report.

Objectives and activities

The company's principal activity and public benefit is to relieve in and around the city of York the elderly, the sick and people with disabilities by providing support, advice and information to those responsible for their care.

York Carers Centre is committed to meeting the needs of all Carers in York and improving their quality of life, helping them fulfil their full potential living their own life alongside their caring role. We aim to achieve this by providing support, advice and information, representing carers' views and influencing local and national policies and practice.

Aims

- To enable carers to have choices about their caring role
- To positively influence local and national policy and practice to benefit carers
- To support effective caring

Objectives

- To support carers in their caring role
- To provide quality information, advice and advocacy for carers in York
- To provide accurate and accessible information and advice
- To assist carers to register an emergency plan
- To facilitate carer representation on local and national groups and forums
- To support carer groups and facilitate consultations
- To run groups, organise trips and events for carers
- To provide a support service for young carers including one to one work
- To provide access to breaks for all carers
- To provide groups, trips and events for young carers
- To provide specific support groups for 18-25 year old carers
- To provide help with employment, education and training for carers

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Our vision

Our vision is that unpaid carers, of all ages, in York are valued, recognised and supported to have a good quality of life.

Our mission

Our mission is to challenge the inequalities unpaid carers face, and ensure carers have access to support and services that reflect their needs and interests.

We do this through:

- Attending meetings and campaigning for better for carers
- Training professionals to be 'carer aware'
- Running awareness events, stalls, stands and carer groups
- Providing individual carers with information, advice and support
- Supporting carers to have their voices heard

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance summary

- We have provided information and support to **5,137** unpaid carers, a 10% increase on the previous year.
- Provided individual in-depth support to **1,973** carers of all ages.
- Received **1,474** new registrations.
- Provided **2,454** one-to-one carer support sessions across the different services, responding to individual needs
- **8,767** quarterly newsletters and **42,752** monthly e-bulletins sent to carers and professionals
- **221** groups or workshops delivered, which **884** different carers attended. There were **1,669** attendances overall, helping carers to maintain a life of their own and stay connected to other carers.
- Supported **277** carers to access benefits advice.
- **148** Carers Assessments of Need completed ensuring carers received early information and advice, and the right support for their individual needs
- **759** Carers hold our Carers Emergency Card
- **110** professionals attended our Carer Awareness Training sessions
- **93%** of carers who completed our annual survey said their health had been affected in some way as a result of being a carer.
- **85%** said their contact with us helped them to cope; look after their own health or maintain their caring role.
- Our project for carers of people with mental ill-health supported **194** carers and delivered **1,033** one to one sessions.
- Held our first whole centre **LOVE January** festival, celebrating with lots of activities and wellbeing events for carers.
- We completed a Social Return on Investment which indicates that **for every £1 invested in our services, there is a social return of £15.94.**

Support for Individuals - Providing support to carers when they need it most

One to One Support

This year we have provided **2,454** one-to-one carer support sessions across all our services, including young carers. This support helps carers to take time to focus on themselves as well as providing practical advice and information.

'I feel so relieved to know I can have emotional support for myself. I feel relieved and heard - thank you.'

Counselling service

322 counselling sessions have been delivered to carers during this year. Much of this has been delivered with trainees and volunteers and a co-ordinator on just 5 hours per week.

'Thank you for your time and support - you have made me think about so many things and I feel stronger when thinking about my future now.'

Telephone Listening Service

194 contacts with **115** carers through the telephone listening service, providing regular or one-off calls with a volunteer, helping to keep carers connected and signposting to other support where needed.

"I've really enjoyed the phone calls and found them very helpful and interesting. It's been great talking to X and I will miss her in the future."

"I have loved volunteering as a TLS volunteer for the York Carers Centre. The YCC team are very supportive, and the role is flexible alongside my education. It has also been a great experience speaking to different carers and feeling that I have been able to support people. I feel that I have learned a lot from this role and have enjoyed connecting with people"

Support for carers when the cared for person is being discharged from hospital

Working with other organisations to support people being discharged from York Hospital through the Extra Discharge Support Service (EDSS), we supported **167** carers often facing extremely challenging times.

Supporting carers of someone with mental ill-health

We work in partnership with other organisations to support the transformation of Community Mental Health services. This work has increased this year, due to further funding. Provided peer support to **194** carers and delivered **1,033** one to one sessions, including:

- Supporting carers when the person they care for is being discharged from Foss Park hospital
- Supporting carers through the Mental Health hub at 30 Clarence Street
- Development of hub 2 planned to be a 24/7 hub in the west of York
- Facilitating carers to have a voice and influence services
- 2 monthly groups providing peer support and wellbeing activities

"...It is so useful having someone to talk to in confidence who understands the issues I am facing. My mental health definitely benefits from our sessions, giving me a chance to offload and also reflect on the progress we have made over time. X helps to boost my self-esteem and ability to cope with difficult times..."

"Thank you for supporting me through this situation it's a huge benefit having someone there to tell me I'm not crazy..."

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Groups and activities - Keeping carers connected through groups and activities

We helped **884** carers to maintain a life of their own and stay connected to other carers through **221** groups or workshops

Hubs in the community

We hosted **24** hubs in the north and west of York aimed at providing space for carers to come together in a relaxed environment close to where they live. We have renamed these 'Carers Connect' as carers can chat to each other but also access advice and information from a Carers Support Worker.

'I didn't know what to expect but am so glad I gathered my courage and came along. you're a really welcoming bunch. Looking forward to coming back next month.'

Workshops, trips and events

We provided **41** sessions aimed at improving adult carers wellbeing, including:

- Wreathmaking
- Coherent breathing with Justin Mazotta
- Art and loss workshops with Next Door But One
- A day out to Beningborough Hall
- Regular wellbeing groups and an afternoon tea for mental health carers
- Cinema and theatre trips, craft sessions and more

Thank you to our partners who have facilitated many of these sessions, which support carers physical and mental health, help carers build social networks, and access information and advice from knowledgeable staff.

'I've been trying to get to this event (wreath making) for years, but something has always come up in my caring role. Today, I got here and thoroughly enjoyed myself. It gave me space and time to do something for me finally.'

'When you hear its Art & Loss you don't know what it will be like, but it has been a really positive experience, thank you.'

Families affected by addiction

We ran **17** groups for carers of people who have an addiction. **97** carers have benefitted from guest speakers, peer support and the chance to share their coping strategies with one another. The group regularly welcomes new members.

Carers affected by mental ill-health

We facilitated **24** groups for carers of those with a mental health condition, including Nordic star making, walks, speaker sessions, and much more. There were **194** attendances at these groups. In addition carers enjoyed a York Minster tour and Afternoon Tea, a trip to Scarborough and a Christmas Party.

Carers' Rights

Advice work

We provided **1,124** carer advice sessions on topics including:

- Paying for care, care options and arranging care
- Short Breaks for disabled children
- Managing finances of cared for
- Working and caring
- Foodbank referrals
- Blue Badge applications

We have provided access to **3 legal advice** and **2 independent financial advice** clinics

37 carers accessed our evening advice line and **227** carers accessed benefits advice.

"Your visit was extremely helpful. I am feeling much more optimistic about it being a "do-able task"

Carers Assessments of Need

We completed **148** Carers Assessments of Need. These are undertaken by experienced staff who help carers access information and advice, outlining what services are available as well as their rights and entitlements, alongside supporting with the emotional impact of caring.

Carers Rights Day

32 Carers attended an event to provide information and advice on some of our most asked about topics. Guest speakers covered:

- Legal Planning (Lasting Power of Attorney, Wills, Trusts)
- Financial planning (Benefits, Independent financial advice)

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

- Carers Rights, Paying for care and Employment Advice
- Carer Assessments, wellbeing and carers breaks

There was opportunity to ask questions and access individual advice as well as a nice lunch. Many carers sought advice regarding 2, or more, of the topics covered.

"Thank you for arranging this event. In addition to the specific issues discussed with me at the time, it is reassuring to see what further help and advice is available if/when needed"

Maximising carers' income

This year our specialist welfare benefits worker helped **277** carers with benefits entitlement checks and through the application process.

This part-time role has generated **£187,500** in extra income for carers and their families (awards are taking a while to come through so we expect this to rise to over £250,000).

Equality and Inclusion

This year we have:

- Signed the anti-racism pledge
- Created a poster for all our groups to highlight that we support ALL carers and want groups to be a safe space for all
- Joined York Pride march (and got to walk holding the flag)
- Undertaken training on: cultural awareness, neurodiversity, LGBTQ+ amongst others

Carers Emergency Card and Discount Card

We are awaiting confirmation that we can amend our Emergency Card scheme to reach more carers and reduce unnecessary complex processes. We are awaiting funding to enhance the Discount Card, but are constantly adding new offers to this scheme.

Raising Awareness of Carers' Needs

Our vision is to ensure carers' needs are recognised, valued and supported by society and services. We do everything we can to promote this. We attended at least 76 awareness raising sessions from stalls and stands to presentations and meetings.

Some highlights include:

- A questions and answer session with staff from Benenden Health
- A presentation to York Hospital Outpatients Lead staff
- Speaking at several Alzheimer's carer sessions
- Regular information stalls at York and at Foss Park Hospitals
- Speaking at the Parent Carer Conference
- Presentations to staff in some GP practices
- Lots of stalls at public events and those aimed at specific groups
- 24 stalls at Foss Park Hospital

We have started work on a new website – this is taking time as we don't have additional staff time but it is so far looking great!

The Young Carers and Young Adult Carers Services also raise awareness of the needs of young and young adult carers and have delivered presentations and awareness through the safeguarding partnership, ran a schools' network event and lots more.

110 professionals attended our **Carer Awareness Training** sessions, an 80% increase on last year, with staff from health and social care, students as well as those from local businesses attending. These sessions are aimed at highlighting the challenges carers face, supporting attendees to recognise carers, think about what support they can provide in their area of work and highlight the importance of looking after carers' own health and wellbeing.

"It was really excellent, from the presentation, discussions, films and hearing from a carer with lived experience, fantastic. Hearing about young carers was a real eye opener"

"It was so powerful, I need to take some time to process this now"

Raising awareness through the media

Throughout the year, we have raised awareness of issues affecting carers and reached out to those who may not see themselves as carers. From radio interviews, regional television and local press coverage as well as social media, we have made caring visible in our community.

Our first quarter started well with **5 radio interviews** and lots of **Carers Week** publicity

Carers Rights Day appeared in several publications and a radio interview

We made **contact with our MP's** regarding carers and suicide and Carers Trust's new report into Young Carers and Education.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Love January festival saw a Press release, various articles and lots of social media, gaining positive comments from other charities.

Young Carers Action Day was featured on Greatest Hits radio

March in March for Carers – Fundraising Press release and infographic

Alongside this, we have continued with our quarterly newsletter and monthly e-bulletins and general promotion.

Carers Week

This year, our Carers Week events were better than ever:

- Stall in the Museum Gardens in York, with tombola, games, Flag 'putting carers on the map', giveaways, information and lots more. It was amazing to see so many carers come along to say hello and take part.
- Marketplace at York Stadium and awareness stands in 2 villages
- Legal and financial advice clinics
- 3 presentations
- Hospital stall
- Wellbeing session coherent breathing started and ran throughout June
- Schools Network started

Families affected by addiction

We held a marketplace event for all services involved in addiction support to come together and for carers to access support in one place.

"[I] had been anxious about coming today. The kindness of familiar faces opened a dam of emotion. I spoke to someone from York Carers Centre and Al-Anon and I truly benefited. I am so grateful. I really got an insight into how powerful these events can be for people seeking help, love and support."

We also delivered, alongside carers, substance misuse awareness training to Virgin Media which was recorded and shared with over 800 staff.

Voice and Influence

Carers Action Group

This group meets regularly to provide the opportunity for carers' voices to be heard. We invite guests to hear directly from carers, and to consult with them on relevant issues. This year we engaged with the City of York Council's new Corporate Director of Adult Social Care and Integration, York Hospital Patient Experience Team, and the ICB's York Deputy Nurse Director.

Carers also helped to progress the new Carers Strategy for York and have been involved in several additional meetings.

There are some carers who are very actively involved and represent carers on various forums across the city. Our thanks to carers who give their time and energy to attend and help to campaign for better support and recognition of carers.

"Thank you for including me in your Action Group meetings. I have learned a lot and have acted upon the good information offered and personally advised by members."

"Thank you for organising these meetings - it is a good place to come and share some of the things that we struggle with."

Mental Health Services

Our involvement in Community Mental Health Transformation work has continued, with funding extended until March 2027. Working with York Mind, City of York Council, Tees, Esk & Wear Valleys NHS Foundation Trust (TEWV), Primary Care and York CVS amongst others, we support carers via Mental Health hubs and those caring for someone admitted to Foss Park Hospital. This year we have been involved in the development of a new 24/7 Mental Health Hub in Acomb, to be opened later in 2025.

Carers' voices are essential, and we seize every opportunity to represent, advocate, and push for better outcomes through this work. Feedback gained from carers has been used by Foss Park Hospital staff to inform a carer leaflet and look at the hospital's processes around carer engagement through the patient journey.

Carer champions

Carers are passionate about raising awareness and challenging stigma. We empower them to share their stories, amplify carers' voices, and shape services for the future.

16 Carer Champions have represented carers through attending meetings, conferences and strategic forums as well as sharing their experiences through training and presentations. Examples include Carer Champions supporting with the delivery of training for professionals, attending meetings, and involvement in the Carers Strategy development.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Valuing Volunteers

We couldn't do what we do without our amazing group of volunteers. We are proud that **66** volunteers committed to supporting our work over the year. We have also dealt with 71 enquiries about volunteering.

The total number of volunteer hours was **3,035**. This is slightly less than last year as some long-standing volunteers have moved on. Volunteers support with many aspects of work including helping in groups and with activities for both adults and young carers, supporting fundraising and awareness events, providing one-to-one support through the telephone listening service and counselling service as well as assisting with office/admin work.

We held some **volunteer roadshows** in shops and other locations, to raise awareness of carers and the wide range of opportunities for volunteering with us. In August we attended a **Careers Fair** and spoke at length to over 30 people. As a result, we recruited a volunteer to help with Communications. This volunteer is now our Finance Manager!

We've celebrated our volunteers with 2 events, involving chocolate and/or cake!

Student social work placements

We hosted 2 social work students on 70-day placements who made the most of the opportunity and helped with many areas of work. They got involved with Carers Assessment Reviews, groups, awareness events, supporting carers and young adult carers, and finding useful information for carers.

We also have several trainee counsellors who have supported carers through delivering counselling. They each must complete 100 hours of counselling whilst on placement and between them and qualified counselling volunteers, they delivered **291** counselling sessions for carers.

Young Adult Carers (YACs)

Individual Support

We supported 122 Young Adult Carers through our service

We maintained our Instagram channel **@yacsyork** to maintain contact, continuity, familiarity, peer support and momentum.

85 one-to-one support sessions provided flexibly to meet the needs of individuals and consider any social anxiety or other needs.

'Thank you so much for being so patient and understanding. I'm so glad I came today'

Groups and activities

We facilitated **12** monthly socials, started some small groups, named "YACmatching". to reduce isolation by bringing Young Adult Carers together in an informal way. Responding to feedback and requests, we focussed these on music practice room and fun table tennis sessions.

We had **134** attendances at 20 events providing a break and much needed activities.

Young Adult Carers have had opportunities to be creative with partnerships such as By Deckle and Hyde and Next Door But One. We've toured York Open Studios, created terrariums and had some amazing sessions for **Love January** such as a shared meal and pickling workshop, Men's Wellbeing Mondays as well as delivering door step goodie bags for isolated carers.

Carers Rights

Through some funding from the Brammall Foundation, we delivered our 2nd cohort of **YACstars**, focussed on employment:

- Finding a Job
- Getting the Job
- Keeping Your Job
- Thriving at Work

We harnessed the power of peer support, bringing in 4 peer role models.

"Seeing someone with similar starting points as me do so many incredible things with their life was inspiring. It gave me the courage to want to do things for me, and to think about my own aspirations and chase them. I felt empowered to try! It gave me the confidence to say yes I can!"

"YACstars helped us develop, understand and change the way we view our caring role, allowing us to turn our experiences into something positive and beneficial to our future"

Raising awareness and Carers Voices

Young Adult Carers have taken part in various opportunities to influence and raise awareness:

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

- Sharing good practice with other YAC projects
- Contributing to the City of York Carers Strategy Working Group
- Contributing to the York Hospitals Carers Improvement Plan
- Involvement in Healthwatch York Core Connectors project

Cognitive Behavioural Therapy (CBT) and family support

This year we secured further Lottery funding to support young and young adult carers with CBT and family work for a further 3 years.

Family Support Work

- 29 families supported
- 8 families engaged in Positive And Adverse Childhood Experiences (PAACE) workshops
- 129 contacts with professionals (including meetings with schools, phone calls, housing etc.)
- 22 grants sourced for items including laptop to access remote learning, a cot for a new baby, white goods, school uniform and boxing classes for physical and emotional wellbeing.

"I've got less anxious about leaving the house, which has made my self-esteem better"

CBT and mental health:

- 318 sessions delivered
- 21 individuals received CBT
- 2 mental health workshops involving 16 young carers
- 4 voice and influence events, involving 10 young carers

Commonly presented issues were PTSD, low mood, anger and anxieties. Outcomes have included reduced PTSD symptoms (such as flashbacks, interrupted sleep and panic attacks), improved focus at school and increased confidence to go out independently.

Nothing About Us Without Us

Carers from both the young and young adult carers groups are involved in this children and young people's mental health advisory group. They have worked together and with professionals and decision makers who can make sure the voices of children and young people are heard and listened to.

Young Carers

This year we have supported **300** young carers.

We received and assessed **71** new referrals for the young carers service, a 33% increase on the previous year.

One-to-one support

91 one-to-one sessions provided to young carers

Tailored to individuals, these sessions can be a lifeline for many young carers. Themes have included:

- Stress, worry, anxiety, low self-esteem, lack of confidence
- School issues – lack of support, transitions
- Worry for the cared-for person / health
- Coping with change – parent sectioned or hospitalised, living with other family members, worry about being taken into care
- Child Protection / Child in Need Meetings, Attachment issues
- Gender identity
- Anxiety, Emotional regulation, Mental health – Suicidal thoughts

With funding from York Children's Trust, we were able to provide **65** families with support towards the cost of school uniforms.

Groups and activities

We provided **75** opportunities for a break, through trips, events, workshops and youth clubs, with **776** attendances.

2 whole family trips with **42** families attending trips to the coast and Flamingoland.

35 attendances at First Aid Training for primary and secondary age groups.

We'd like to thank those who have supported our work through providing funding or in-kind support, without whom we would not be able to provide amazing opportunities for young carers and their families.

Activities are carefully planned to consider opportunities for building positive relationships, improving mental and emotional health, taking part in physical activity as well as experiencing new things.

Youth Groups, called LAFFS provide space for young carers to get together, try new things and have a break from caring. We have provided sports sessions, crafts, music sessions and another visit from the award winning author Rab Ferguson.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Events provide opportunities to build positive relationships, try new things and address the negative impacts of caring/isolation. These are just some examples of the exciting and varied programme we have provided thanks to additional funding:

- Canon Hall Farm, Oxygen, Go Ape, Agility
- Cooking Sessions x2
- Flamingoland trip
- Bowling, Laser Tag, ice skating, climbing, mini golf
- Christmas party
- Being creative – making a mural for Love January, Creating plant pots and flowers, pottery painting, Next Door But One drama sessions

'It's an amazing way to feel relaxed and to know other people face being a young carer too'

'A group where you can get help if you need, but even if you don't, you can just be around people who get it'

Schools

Drop-in sessions at all mainstream secondary schools (9) with each school having a link worker with YCC

- Primary and secondary network meetings held
- Provided 54 school support drop-in sessions, with 156 attendances
- Supported 2 schools to work towards the 'Young Carers in Schools' award

For **Young Carers Action Day**, we held a cinema event solely for Young Carers. We also provided schools with resources for Assemblies/ form time/PSHE lessons. Many schools used these to raise awareness.

Carers Voice

Young Carers help to decide activities, and support is tailored around their individual needs. Young carers are involved in the Nothing About Us Without Us work (see above) and have also been involved in speaking publicly:

- At the safeguarding conference to Designated Safeguard Leads from schools across York
- To Aviva staff on Young Carers Action Day.

We are also now involved with Young Carers National Voice, with the first session due to take place in April.

Fundraising

Thanks to National Lottery funding, we have been able to employ a part time community fundraiser. This is a new role for York Carers Centre. We are signed up to the Fundraising Regulator, have developed a new Fundraising Strategy, policies and procedures in order to prevent any impact on vulnerable people from our fundraising activities. We do not use professional fundraising companies.

We have received zero complaints about any fundraising activity, in fact we are proud to say we have received zero complaints across all our services.

Our new **fundraiser** commenced work in December and has raised over £15,000. Their work has involved:

- Identifying a group of volunteers to support fundraising activities
- Building relationships with local businesses
- Joining networking groups
- Working with volunteers to create social media story telling resources
- Contacting past donors and created a database for donors
- Running a number of fundraising events including music nights and preparing for stalls for Carers Week and York Pride.

Campaigns have included:

- Are you up for a challenge? – aimed at recruiting community fundraisers
- Charity of the year – aimed at recruiting companies to fundraise for YCC as their charity of the year
- March in March for Carers – to be an annual event

Financial review

York Carers Centre finished the year with a deficit of £66,643 (2024: surplus £6,781). Total income increased by £13,921 to £678,793 (2024: decreased by £24,607 to £664,872) and at the same time expenditure increased by £87,345 to £745,436 (2024: £35,842 to £658,091).

Reserves policy

Free reserves of £75,921 were held at 31 March 2025. (2024: £61,089) Free reserves exclude those reserves which are restricted, fixed assets and commitments.

The trustees have now established a reserves policy and agreed on the level of reserves the charity will require to sustain its operations in the future.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Risk management

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Future Plans

As always there are challenges in maintaining our current level of provision and in responding to the needs of carers on a day-to-day basis. We have successfully brought in significant additional funds over the past year, but sustaining this income will require continued creativity and determination.

Over the coming year, we will focus on building on our strengths while adapting to the changing needs of carers and the wider community. Our priorities will include:

Maintaining and Sustaining Services

With demand for support continuing to rise, we are committed to keeping our core services available for all who need them. This will require targeted fundraising to secure the resources necessary for the future. Key pressure points include our Counselling Service, Advice Work, and Young Carers Service.

Maintaining Quality

We will continue to review and enhance our services to ensure they remain effective, accessible, and delivered to the highest possible standard, guided by regular feedback from carers.

Listening to Carers and Amplifying Their Voice

Carers are at the heart of everything we do. We will take every opportunity for them to share their views, experiences, and priorities, ensuring their voices shape local and national decision-making.

Building Stronger Community Connections

By strengthening existing partnerships and creating new ones, we aim to increase understanding of caring, promote carer-friendly practices, and embed support for carers across all sectors.

Progressing Our New Website

We will complete the development of our new website to ensure carers can access clear, up-to-date information and support easily and securely.

Embedding Equality, Diversity and Inclusion (EDI)

We will continue integrating EDI principles across our work, ensuring that every carer feels welcomed, represented, and supported. Our work towards becoming a trauma-informed organisation is well underway, with plans to undergo peer assessment in the coming year.

We will also remain open to opportunities that raise awareness of caring and improve support for carers.

Our dedicated staff and volunteers, many of whom are carers themselves, remain our greatest asset. Their passion, expertise, and resilience are at the heart of our work, and we are committed to fostering a supportive, flexible, and open culture that enables them to thrive.

All these plans reflect our Aims and Objectives and ensure we continue supporting carers, as well as the staff and volunteers who work alongside them. Our vision for the year ahead is simple but ambitious: to keep carers at the centre of our work, strengthen the services they rely on, and champion their role in our community.

Trustee report on plans

The Trustees fully endorse the priorities set out for the year ahead. We recognise the ongoing challenges in sustaining our current level of provision while meeting the growing and increasingly complex needs of carers. The additional funds secured in the past year are a testament to the dedication and skill of the staff team, and we acknowledge that maintaining this level of income will require continued effort and innovation.

We are confident that the planned focus on maintaining and enhancing services, amplifying carers' voices, building stronger community connections, and progressing key developments such as the new website will strengthen the organisation's impact.

The Trustees wish to place on record our appreciation not only for the passion, commitment, and professionalism of the staff and volunteers, but also for the strength, resilience, and contribution of carers themselves. Carers remain at the heart of everything we do, and the way they share their experiences, shape services, and support each other is central to the Centre's success.

We are committed to ensuring that both carers and those who work alongside them receive the support they need to thrive. Through effective governance, strong financial stewardship, and close collaboration with the management team, we will work to keep the Carers Centre a trusted, valued, and forward-looking resource for our community.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Structure, governance and management

York Carers Centre is a registered charity and a company limited by guarantee not having a share capital. The company is governed by its Memorandum and Articles of Association dated 28th November 2008 and Articles dated 18th September 2014 as amended by special resolution dated 21 September 2017.

The board of trustees is responsible for management of York Carers Centre. The board consists of a minimum of 6 and a maximum of 12 trustees who should either be elected by and from the membership at or prior to the annual general meeting. Up to four persons (who need not be members of the charity) can be co-opted by the trustees because they make a special contribution or have a particular interest in the work of the charity; provided that at no time shall co-opted trustees constitute more than one half of the total board.

The chief executive who is also the company secretary reports to the board of trustees, and is responsible for the day to day management of the Carers Centre. The board of trustees hold a management meeting once a month. All trustees received training and an induction when appointed, and their training needs are reviewed annually.

Funds held as custodian trustee

At 31 March 2025 the charity held funds on behalf of Young Carers Revolution of £4,538 (2024: £5,060).

The trustees' report was approved by the Board of Trustees on 15 September 2025.

Rosemarie J Temple

Mrs R J Temple - Chair

YORK CARERS CENTRE

STATEMENT OF TRUSTEES' RESPONSIBILITIES ***FOR THE YEAR ENDED 31 MARCH 2025***

The trustees, who are also the directors of York Carers Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

YORK CARERS CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YORK CARERS CENTRE

I report to the trustees on my examination of the financial statements of York Carers Centre (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity (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 financial statements of the charity 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 financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity'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 and Wales, which is a listed body.

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 that in any material respect:

- 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).

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 financial statements to be reached.

Frances Howard

Frances Howard FCA

Fortus Limited
Business Advisors and Accountants
Equinox House
Clifton Park
Shipton Road
YO30 5PA
York

Dated: 15 September 2025

YORK CARERS CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
Income and endowments							
Donations and legacies	2	4,821	18,567	23,388	2,746	7,848	10,594
Charitable activities	3	435,840	193,607	629,447	402,287	243,390	645,677
Other trading activities	4	6,879	7,186	14,065	-	2,907	2,907
Other income	5	5,093	6,800	11,893	1,492	4,202	5,694
Total income		<u>452,633</u>	<u>226,160</u>	<u>678,793</u>	<u>406,525</u>	<u>258,347</u>	<u>664,872</u>
Expenditure							
Charitable activities	6	437,560	307,876	745,436	415,667	242,424	658,091
Net income/(expenditure) for the year/							
Net movement in funds		15,073	(81,716)	(66,643)	(9,142)	15,923	6,781
Fund balances at 1 April 2024		<u>72,115</u>	<u>199,857</u>	<u>271,972</u>	<u>81,257</u>	<u>183,934</u>	<u>265,191</u>
Fund balances at 31 March 2025		<u><u>87,188</u></u>	<u><u>118,141</u></u>	<u><u>205,329</u></u>	<u><u>72,115</u></u>	<u><u>199,857</u></u>	<u><u>271,972</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

YORK CARERS CENTRE

STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Intangible assets	11		4,637		2,121
Tangible assets	12		5,198		5,315
			<u>9,835</u>		<u>7,436</u>
Current assets					
Debtors	13	2,586		3,445	
Cash at bank and in hand		208,545		276,635	
		<u>211,131</u>		<u>280,080</u>	
Creditors: amounts falling due within one year	15	<u>(15,637)</u>		<u>(15,544)</u>	
Net current assets			195,494		264,536
Total assets less current liabilities			<u>205,329</u>		<u>271,972</u>
Income funds					
Restricted funds	16		118,141		199,857
Unrestricted funds			87,188		72,115
			<u>205,329</u>		<u>271,972</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 Board of Trustees on 15 September 2025

Rosemarie J. Temple

Mrs R J Temple - Chair

Company registration number 6760783

YORK CARERS CENTRE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Cash flows from operating activities					
Cash (absorbed by)/generated from operations	20		(57,033)		16,179
Investing activities					
Purchase of intangible assets		(5,365)		(3,182)	
Purchase of tangible fixed assets		(5,692)		(4,207)	
Net cash used in investing activities					
			(11,057)		(7,389)
Net cash used in financing activities					
			-		-
Net (decrease)/increase in cash and cash equivalents					
			(68,090)		8,790
Cash and cash equivalents at beginning of year					
			276,635		267,845
Cash and cash equivalents at end of year					
			208,545		276,635

YORK CARERS CENTRE

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

1 Accounting policies

Charity information

York Carers Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is Priory Street Centre, 17 Priory Street, York, YO1 6ET.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

All income is included in the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to the category.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct costs and support costs relating to such activities.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include its audit fees and costs linked to the strategic management of the charity.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website	33% straight line
---------	-------------------

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Fixed assets are stated at cost or valuation less accumulated depreciation. Individual fixed assets costing £500 or more are capitalised at cost.

Tangible fixed assets are depreciated on a straight line basis over their estimated useful lives as follows:

Computer System	33% straight line
Office Equipment	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are measured at transaction price.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are recognised at transaction price

Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised at transaction price.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Pension costs

Staff can pay into the Pension Trust's Flexible Retirement Plan. The assets are held separately from those of the charity. Pension costs charged in the statement of financial activities represent the contributions payable by the charity in the year.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2025	2025	2025	2024	2024	2024
	£	£	£	£	£	£
Donations	4,821	18,567	23,388	2,746	7,848	10,594

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

3 Charitable activities

	Charitable Income 2025 £	Charitable Income 2024 £
Grants and contracts		
City of York Council	435,096	400,137
NHS Humber and North Yorkshire Integrated Care Partnership	81,154	81,154
Carers Trust	-	2,590
Grant making trusts	26,870	78,327
National Lottery	86,327	83,469
	<u>629,447</u>	<u>645,677</u>
Analysis by fund		
Unrestricted funds	435,840	402,287
Restricted funds	193,607	243,390
	<u>629,447</u>	<u>645,677</u>

4 Other trading activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Restricted funds 2024 £
Fundraising	6,879	7,186	14,065	2,907
	<u>6,879</u>	<u>7,186</u>	<u>14,065</u>	<u>2,907</u>

5 Other income

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Other income	5,093	6,800	11,893	1,492	4,202	5,694
	<u>5,093</u>	<u>6,800</u>	<u>11,893</u>	<u>1,492</u>	<u>4,202</u>	<u>5,694</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

6 Charitable activities

	Expenditure on Charitable Activities 2025 £	Expenditure on Charitable Activities 2024 £
Salaries	572,051	472,017
DBS and recruitment	4,985	4,208
Volunteers expenses	816	929
Training and conferences	6,151	5,803
Rent and room hire	23,394	21,210
General running costs	45,513	55,390
Carers week and carers rights day	1,103	1,143
Travel expenses including parking	4,664	3,346
Activity costs	44,679	45,646
Project costs (counselling)	3,218	2,660
Newsletter costs	5,019	5,928
Hospitality for carers	643	561
	<u>712,236</u>	<u>618,841</u>
Share of support costs (see note 7)	31,264	36,240
Share of governance costs (see note 7)	1,936	3,010
	<u>745,436</u>	<u>658,091</u>
Analysis by fund		
Unrestricted funds	437,560	415,667
Restricted funds	307,876	242,424
	<u>745,436</u>	<u>658,091</u>

7 Support costs

	Support costs £	Governance costs £	2025 £	Support costs £	Governance costs £	2024 £
Depreciation	8,658	-	8,658	5,218	-	5,218
Bank charges	580	-	580	470	-	470
Legal and professional fees	16,858	-	16,858	27,101	-	27,101
Website and IT costs	2,285	-	2,285	1,976	-	1,976
Advertising	2,883	-	2,883	1,475	-	1,475
Accountancy	-	1,092	1,092	-	2,194	2,194
Governance cost	-	844	844	-	816	816
	<u>31,264</u>	<u>1,936</u>	<u>33,200</u>	<u>36,240</u>	<u>3,010</u>	<u>39,250</u>
Analysed between						
Charitable activities	<u>31,264</u>	<u>1,936</u>	<u>33,200</u>	<u>36,240</u>	<u>3,010</u>	<u>39,250</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

8 Trustees

During the year the charity paid £38 of subsistence expenses to one Trustee (2024: £35 of subsistence expenses to one trustee).

9 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	Number
Total	28	26
	<u> </u>	<u> </u>
Employment costs	2025	2024
	£	£
Wages and salaries	506,783	419,170
Social security costs	36,639	29,252
Pension costs	26,748	23,450
Holiday accrual movement	1,881	145
	<u> </u>	<u> </u>
	<u>572,051</u>	<u>472,017</u>

No employee received emoluments of more than £60,000 per annum (2024: none).

The average number of full time equivalent staff was 19 (2024: 18).

The total paid to key management personnel during the year was £83,002 (2024: £63,182).

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Intangible fixed assets

	Website
	£
Cost	
At 1 April 2024	3,182
Additions - separately acquired	5,365
	<u> </u>
At 31 March 2025	8,547
	<u> </u>
Amortisation and impairment	
At 1 April 2024	1,061
Amortisation charged for the year	2,849
	<u> </u>
At 31 March 2025	3,910
	<u> </u>
Carrying amount	
At 31 March 2025	4,637
	<u> </u>
At 31 March 2024	2,121
	<u> </u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

12 Tangible fixed assets

	Computer System £	Office Equipment £	Total £
Cost			
At 1 April 2024	34,626	2,029	36,655
Additions	4,558	1,134	5,692
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2025	39,184	3,163	42,347
	<u> </u>	<u> </u>	<u> </u>
Depreciation			
At 1 April 2024	29,311	2,029	31,340
Depreciation charged in the year	5,431	378	5,809
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2025	34,742	2,407	37,149
	<u> </u>	<u> </u>	<u> </u>
Carrying amount			
At 31 March 2025	4,442	756	5,198
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2024	5,315	-	5,315
	<u> </u>	<u> </u>	<u> </u>

13 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Prepayments and accrued income	2,586	3,445
	<u> </u>	<u> </u>

14 Funds Held For Other Parties

The Charity holds funds on behalf of Young Carers Revolution.

During the year the Charity received no income (2024: £nil) and paid £522 of expenses (2024: £213) on behalf of Young Carers Revolution.

The balance held at year end was £4,538 (2024: £5,060).

15 Creditors: amounts falling due within one year

	2025 £	2024 £
Other creditors	3,834	5,359
Accruals	11,803	10,185
	<u> </u>	<u> </u>
	15,637	15,544
	<u> </u>	<u> </u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2024	Movement in funds			Balance at 31 March 2025
		Income	Expenditure	Transfers	
	£	£	£	£	£
Carers Trust	2,833	800	(800)	-	2,833
Young Carers	40,820	33,701	(16,705)	-	57,816
Young Adults	3,292	7,287	(4,221)	-	6,358
Adults	3,763	7,602	(737)	-	10,628
Substance Misuse Fund	7,814	7,233	(999)	-	14,048
National Lottery Community Fund	34,015	86,327	(100,632)	-	19,710
YMH Partnership Funding	77,622	71,410	(148,083)	-	949
Extra Discharge Support Service (EDSS)	29,698	11,800	(35,699)	-	5,799
	<u>199,857</u>	<u>226,160</u>	<u>(307,876)</u>	<u>-</u>	<u>118,141</u>

	Balance at 1 April 2023	Movement in funds			Balance at 31 March 2024
		Income	Expenditure	Transfers	
	£	£	£	£	£
Carers Trust	1,813	1,840	(820)	-	2,833
Young Carers	40,486	20,198	(19,864)	-	40,820
Young Adults	4,943	1,245	(2,896)	-	3,292
Adults	6,906	4,077	(7,220)	-	3,763
Substance Misuse Fund	4,279	6,214	(2,679)	-	7,814
National Lottery Community Fund	32,252	83,469	(81,706)	-	34,015
YMH Partnership Funding	93,255	101,304	(116,937)	-	77,622
Extra Discharge Support Service (EDSS)	-	40,000	(10,302)	-	29,698
	<u>183,934</u>	<u>258,347</u>	<u>(242,424)</u>	<u>-</u>	<u>199,857</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

16 Restricted funds

(Continued)

Carers Trust

Individual grants received to provide opportunities for carers to improve and maintain their health and wellbeing, support them in accessing work, training and employment and to work with them to explore a life outside their caring role.

Funding for young carers

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers under 18 years.

Funding for young adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 18-25 years.

Funding for adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 25+ years.

Substance Misuse Fund

Donations/fundraising from businesses and organisations specifically to provide information and support groups for carers who are affected by someone else's substance misuse.

National Lottery Community Fund

Three year funding to employ a CBT Therapist and Family Worker to support young carers who have developed, or are at high risk of developing a mental health condition, whose caring responsibilities worry and upset them to such a degree that they are unable to function and lead normal healthy lives. The Therapist offers support to equip young carers with the tools and coping skills to manage a range of emotional conditions. Alongside this the Family Worker assesses the family circumstances and caring role and identifies appropriate help in the home, liaison with school, support for young carers to maintain their own health and wellbeing, maintain their education and lead healthy fulfilling lives transitioning into adulthood.

York Mental Health Partnership Grant

NHS Humber and North Yorkshire Integrated Care Partnership grant funding to deliver a peer support service as part of the Pathway to Recovery Project to support carers of individuals with mental ill health. This is an exciting project delivering support for carers looking after someone discharged from hospital. Focus groups and carer peer support groups, together with drop-in sessions at Foss Park Hospital and Clarence Street Mental Health Hub (part of the Community Mental Health Transformation work), provide a point of contact for information, advice and support and a link into regular groups/other support services.

Extra Discharge Support Service (EDSS) at York Hospital

The EDSS is a partnership of Age UK York, North Yorkshire Sport, York CVS and York Carers Centre. The service supports patients and unpaid carers on discharge from hospital and includes help with transport home and settling in and a programme to get patients up and moving to feel steady on their feet again. York Carers Centre Outreach Advisers support unpaid carers offering advice and guidance so they can continue in their caring role after discharge.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

17 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2025	2025	2025
	£	£	£
Fund balances at 31 March 2025 are represented by:			
Intangible fixed assets	4,637	-	4,637
Tangible assets	1,422	3,776	5,198
Current assets/(liabilities)	81,129	114,365	195,494
	<u>87,188</u>	<u>118,141</u>	<u>205,329</u>
	<u><u>87,188</u></u>	<u><u>118,141</u></u>	<u><u>205,329</u></u>
	Unrestricted funds	Restricted funds	Total
	2024	2024	2024
	£	£	£
Fund balances at 31 March 2024 are represented by:			
Intangible fixed assets	2,121	-	2,121
Tangible assets	3,336	1,979	5,315
Current assets/(liabilities)	66,658	197,878	264,536
	<u>72,115</u>	<u>199,857</u>	<u>271,972</u>
	<u><u>72,115</u></u>	<u><u>199,857</u></u>	<u><u>271,972</u></u>

18 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2025	2024
	£	£
Within one year	<u>5,208</u>	<u>5,569</u>

19 Related party transactions

There were no disclosable related party transactions within the year (2024 - none).

20 Cash generated from operations

	2025	2024
	£	£
(Deficit)/surplus for the year	(66,643)	6,781
Adjustments for:		
Depreciation and impairment of tangible fixed assets	8,658	5,218
Movements in working capital:		
Decrease in debtors	859	1,364
Increase in creditors	93	2,816
	<u>(57,033)</u>	<u>16,179</u>
Cash (absorbed by)/generated from operations	<u><u>(57,033)</u></u>	<u><u>16,179</u></u>

YORK CARERS CENTRE

England & Wales - Charity number 1127644

Accounts

Charity registration number 1127644

Company registration number 6760783 (England and Wales)

YORK CARERS CENTRE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

YORK CARERS CENTRE

CONTENTS

	Page
Legal and administrative information	1
Trustees' report	2 - 10
Statement of trustees' responsibilities	11
Independent examiner's report	12
Statement of financial activities	13
Statement of financial position	14
Notes to the financial statements	16 - 25

YORK CARERS CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mrs R J Temple - Chair Mr J P R Dean - Treasurer Mr C Durant Ms L Shelbourn Ms H Weatherly Mr E I C Robson Mrs E Ryan Mrs J Chapman	(Appointed 7 December 2023)
Secretary and chief executive	Mrs S Smith	
Patron	Mr Matt Harper Hardcastle	(appointed 18 September 2023)
Charity number	1127644	
Company number	6760783	
Registered office	Priory Street Centre 17 Priory Street York YO1 6ET	
Independent examiner	Frances Howard FCA Fortus Limited Business Advisors and Accountants Equinox House Clifton Park Shipton Road York YO30 5PA	
Bankers	Unity Trust Bank Plc PO Box 7193 Planetary Road Willenhall WV1 9DG	
Key management personnel	Mrs S Smith Mrs J Crosby Trustees noted above	(after 1 April 2023)

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

The trustees (who are also the directors of York Carers Centre for the purposes of company law) present their report and financial statements for the year ended 31 March 2024 which are also prepared to meet the requirements for a directors report and accounts for Companies Act purposes.

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 published in October 2019".

The legal and administrative information page forms part of this report.

Objectives and activities

The company's principal activity and public benefit is to relieve in and around the city of York the elderly, the sick and people with disabilities by providing support, advice and information to those responsible for their care.

York Carers Centre is committed to meeting the needs of all Carers in York and improving their quality of life, helping them fulfil their full potential living their own life alongside their caring role. We aim to achieve this by providing support, advice and information, representing carers' views and influencing local and national policies and practice.

Aims

- To enable carers to have choices about their caring role
- To positively influence local and national policy and practice to benefit carers
- To support effective caring

Objectives

- To support carers in their caring role
- To provide quality information, advice and advocacy for carers in York
- To provide accurate and accessible information and advice
- To assist carers to register an emergency plan
- To facilitate carer representation on local and national groups and forums
- To support carer groups and facilitate consultations
- To run groups, organise trips and events for carers
- To provide a support service for young carers including one to one work
- To provide access to breaks for all carers
- To provide groups, trips and events for young carers
- To provide specific support groups for 18-25 year old carers
- To provide help with employment, education and training for carers

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Our vision

Our vision is that unpaid carers, of all ages, in York are valued, recognised and supported to have a good quality of life.

Our mission

Our mission is to challenge the inequalities unpaid carers face, and ensure carers have access to support and services that reflect their needs and interests.

We do this through:

- Attending meetings and campaigning for better for carers
- Training professionals to be 'carer aware'
- Running awareness events, stalls, stands and carer groups
- Providing individual carers with information, advice and support
- Supporting carers to have their voices heard

Achievements and performance summary

- We have provided information and support to **4662** unpaid carers.
 - Actively worked with **2,487** carers of all ages
 - Received **1,646** new registrations and responded to **3,393** requests for support
 - Provided **2,411** one-to-one carer support sessions across the different services, responding to individual needs
 - **8,419** quarterly newsletters and **35,261** monthly e-bulletins sent to carers and professionals
 - Survey results highlighted that **80%** of carers feel that the newsletter information is relevant and useful
-

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

- 168 groups or workshops delivered, which 932 different carers attended. There were 1445 attendances overall, helping carers to maintain a life of their own and stay connected to other carers
- Supported 238 carers to access benefits advice, raising £238,000 in extra welfare benefits to increase their family income
- 143 Carers Assessments of Need completed ensuring carers received early information and advice, and the right support for their individual needs
- 864 Carers hold our Carers Emergency Card
- 61 professionals attended our Carer Awareness Training sessions
- 63% of carers who completed our annual survey have accessed more than one type of support from us in the last 12 months
- Our project for carers of people with mental ill-health supported 124 carers with 693 contacts

Support for Individuals - Providing support to carers when they need it most

One to One Support

This year we have provided 2,411 one-to-one carer support sessions across all our services, including young carers. This support helps carers to take time to focus on themselves as well as providing practical advice and information.

"I'd like to thank [staff member] for reminding me that I need to care about myself. I had completely lost track of this for many years. I'm here today because of [staff member] and am so grateful to her for encouraging me to remember to look after myself."

Counselling service

35 carers have accessed counselling during this year. The Benenden funding ended, and we are seeking further funds to provide more sessions for carers

"I'm getting towards the end of my counselling sessions with [staff member], and OMG 🤯 what a journey this has been. It's difficult to put into words just how brilliant she's been. The whole thing has left me so much stronger as a person."

Telephone Listening Service

We made 204 contacts with carers through the telephone listening service, providing regular or one-off contacts with a volunteer, helping carers to keep in touch and signposting to other support where needed.

Support for carers when the cared for person is being discharged from hospital

In January we joined the Extra Discharge Support Service (EDSS), working with other organisations to support people being discharged from York Hospital. Our role to support carers has seen 9 carers supported in the first quarter with this gradually building as we become more visible within the hospital.

Supporting carers of someone with mental ill-health

The number of one-to-one sessions has increased over the year due to additional funding, including a large project to support carers of someone with mental ill-health.

We work in partnership with other organisations to support the transformation of Community Mental Health services. Our role includes:

- Supporting carers when the person they care for is being discharged from Foss Park hospital
- Supporting carers through the Mental Health hub at 30 Clarence Street
- Influencing services

Groups and activities - Keeping carers connected through groups and activities

We helped 932 carers to maintain a life of their own and stay connected to other carers through 168 groups or workshops

Hubs in the community

We hosted 24 hubs in the north and west of York aimed at providing space for carers to come together in a relaxed environment. Carers can chat to each other, build up networks and obtain essential advice and information from a Carers Support Worker.

"...the level of support is fantastic. It's amazing and I have made friends through these groups and connections."

Workshops, trips and events

We provided 25 sessions aimed at improving adult carers wellbeing, including:

- Wreathmaking
- Coherent breathing with Justin Mazotta
- Art and loss workshops with Next Door But One
- A wellbeing day at York College
- Day trip to Leeds Royal Armouries

Thank you to our partners who have facilitated many of these sessions, which support carers physical and mental health, help carers build social networks, and access information and advice from knowledgeable staff.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

"Many thanks for Art and Loss group. I really appreciated and needed it."

Families affected by addiction

We ran **24** groups for carers of people who have an addiction. **44** carers have benefitted from guest speakers, peer support and the chance to share their coping strategies with one another. The group regularly welcomes new members.

"I'm so glad I came, it's the first time I've talked openly about what's going on."

Care home carers group

We supported a group of carers to meet regularly to share the many emotions involved when a partner or parent moves into a care home. The group continues to meet independently with arm's length support from our Advice Worker.

Supporting carers of someone with mental ill-health

We facilitated **24** groups for carers of those with a mental health condition. One monthly group provides peer support, guest speakers and the opportunity to share stories helping to raise awareness of the issues they face with professionals.

We adapted the other group to focus on well-being, covering topics including gut health, mindfulness and sleep.

We also held focus groups to hear from carers about their experiences of the person they care for being discharged from Foss Park hospital.

Carers' Rights

Advice work

We provided **1,076** carer advice sessions on topics including:

- Paying for care, care options and arranging care
- Short Breaks for disabled children
- Managing finances of cared for
- Working and caring
- Foodbank referrals
- Blue Badge applications

We have provided access to **2 legal advice** and **2 independent financial advice** clinics

60 carers accessed our evening advice line

"I just wanted to thank you for all the support and advice you have given, and which has helped to decide what to do next at different stages of this lengthy process. Thank you so much for your time and patience in answering all my questions and listening! It has been hugely appreciated and your advice has been invaluable."

Carers Assessments of Need

We completed **143** Carers Assessments of Need. These are undertaken by experienced staff who help carers access information and advice, outlining what services are available as well as their rights and entitlements, alongside supporting with the emotional impact of caring.

"In the few minutes we have been speaking, my shoulders have gone down as I now feel there might actually be someone there for us, who can help us..."

Information sessions

Carers Rights Day

24 Carers attended an event to provide information and advice on some of our most asked about topics. Guest speakers covered:

- Legal Planning (Lasting Power of Attorney, Wills, Trusts)
- Financial planning (Benefits, Independent financial advice)
- Potential funding sources (Local Authority, Continual Health Care, Section 117 aftercare)
- Paying for care (Local Authority contributions/self-funding).

There was opportunity to ask questions and access individual advice as well as a nice lunch

"Very good content more than I expected"

Maximising carers' income

This year our specialist welfare benefits worker helped **238** carers with benefits entitlement checks and through the application process and responded to carers impacted by the Carers Allowance issues reported in media.

This part-time role has generated **£238,000** in extra income for carers and their families.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Equality and Inclusion

We have started some work to look at how we reach and support all carers and have set up a small working group to look at the Equity of our service for all.

Raising Awareness of Carers' Needs

Our vision is to ensure carers' needs are recognised, valued and supported by society and services. We do everything we can to promote this. We attended at least **99** awareness raising sessions from stalls and stands to presentations and meetings.

Carers Action Group

This group meets regularly to provide the opportunity for carers' voices to be heard. We invite guests to hear directly from carers, and to consult with them on relevant issues. This year we engaged with different staff from York and Scarborough Teaching Hospitals NHS Foundation Trust, the Integrated Care Board, City of York Council amongst others.

There are some carers who are very actively involved and represent carers on various forums across the city. The group have members who sit on the Carers Strategy Group, and collectively we have started to look at what should be included in the new Carers Strategy for York.

Our thanks to carers who give their time and energy to attend and help to campaign for better support and recognition of carers.

GP resource pack

Along with NHS England, City of York Council, and other organisations, carers and staff have produced a resource pack for primary care to help identify and support carers through GP practices. This will be launched later in 2024.

Families affected by addiction

Further to work completed in 2022-2023, we have continued to facilitate regular marketplace events for all services involved in addiction support to come together and for carers to access support in one place.

We have also further showcased our findings from the **Mind the Gap** project which highlighted the importance of involving carers in the development of services for those with addictions.

Mental Health Services

We are one of the partners involved in Community Mental Health Transformation, working with York Mind, City of York Council, Tees, Esk & Wear Valleys NHS Foundation Trust (TEWV), Primary Care and York CVS amongst others, to change the way mental health services are provided.

Carers' voices are essential, and we seize every opportunity to represent, advocate, and push for better outcomes through this work. We are based across both the new Mental Health hub and Foss Park hospital and have a seat in meetings alongside directors and decision makers.

A special thank you to carer Ros Savege who despite a continuing caring role, attends many meetings and is intricately involved in this work.

The Young Carers and Young Adult Carers Services also raise awareness of the needs of young and young adult carers.

61 professionals attended our Carer Awareness Training sessions, aimed at highlighting the challenges carers face. Professionals leave with a better understanding of how they can identify and support carers, where other help is available and the importance of looking after carers' own health and wellbeing.

"This was an excellent session with some great discussions".

"The videos really brought the caring roles to life and I will definitely share with carers the value of the CEC (emergency card)"

Media Coverage - Raising awareness through the media

Throughout the year, we have raised awareness of issues affecting carers and reached out to those who may not see themselves as carers. From interviews with our new CEO, radio, regional television and local press coverage as well as social media, we have made caring visible in our community.

Young Carers Action Day (YCAD) and **Love January festival** for Young Adult Carers were featured in radio interviews.

Carers Week

This year, our carers week events went well:

- Stall in the Parliament Street in the centre of York, with tombola, giveaways, information and lots more
- Marketplace at NHS event to raise awareness

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

- Carer Awareness training for York University students
- Legal and financial advice clinics
- Carer hubs, groups and the Carers Action Group held during the week celebrated with cake

Valuing Volunteers

We couldn't do what we do without our amazing group of volunteers. We are proud that **43** volunteers committed to supporting our work over the year. The total number of volunteer hours was **4,586**. Volunteers support with many aspects of work including helping in groups and with activities for both adults and young carers, supporting fundraising and awareness events, providing one-to-one support through the telephone listening service and assisting with office/admin work.

We have started a series of **volunteer roadshows** in libraries and other locations, to raise awareness of carers and the wide range of opportunities for volunteering with us.

"York Carers Centre is an amazing charity, dedicated to support so many individuals in the community. Being a volunteer with York Carers Centre gives you an opportunity to work amongst some of the most caring, welcoming supportive people I have ever had the pleasure of working with."

Student social work placements

We hosted 2 social work students on 70-day placements who made the most of the opportunity and helped with many areas of work. They got involved with Carers Assessment Reviews, research, planning events, helping at hubs and on stalls, updating the carers discount card and much more.

Carer champions

Many carers feel strongly about raising awareness of carers' needs and reducing the stigma around certain conditions. We support those carers to make a difference, to represent the voices of carers and help shape local services. It is crucial that the voices of those with lived experience are heard.

14 Carer Champions have represented carers through attending meetings, conferences and strategic forums as well as sharing their experiences through training and presentations. Examples include Carer Champions delivering posters and flyers to GP Practices and Pharmacies across York about the substance misuse service.

Young Adult Carers

This year our work with 18- to 25-year-old carers was varied to say the least.

We supported **120** Young Adult Carers through our service

We provided **221** breaks through events, activities and one to one support

We maintained our Instagram channel **@yacsYork** to maintain contact, continuity, familiarity, peer support and momentum.

One-to-one support was provided flexibly to meet the needs of individuals and consider any social anxiety or other needs.

Events and groups

Alongside the monthly groups, Young Adult Carers have attended **Art Walks** to see York Open Studios, Educated Vandals, a graffiti exhibition, and a trip to Yorkshire Sculpture Park.

Young Adult Carers have had 2 **theatre trips**, and had the opportunity to go on a **speedboat** thanks to Wet Wheels.

"I was really anxious about coming to the event today and nearly didn't bother coming so many times. But I'm so glad I did as I don't feel nervous at all now. It's been really nice to spend time with people who understand some of the things I go through as a carer but also to chat to people about other things too" Young Adult Carer

We introduced small peer groups formed around a shared interest or experience which encourages friendships to form over time. From this we developed some specific groups with young male carers.

We ran a wellbeing skills share session with **Felt Keyring Making** led by one of the young adult carers.

The York University Outreach team attended our pre-Christmas social and made some positive observations:

"The session felt so warm and welcoming, and the young people seem so at ease having that as one of their safe spaces to just enjoy being themselves."

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Love January was created to beat the blues of January, to encourage wellbeing, peer-support, and kindness. One of the carers crocheted some branded stress balls, and we received donations of goodies to give away.

YACstars

With thanks to funding from the Bramall Foundation, we will be able to run 6 months of the YACstars project. We have consulted with young adult carers and will be holding 6 bitesize sessions at future YACsYork Socials on the following topics:

- Finding a Job
- Getting the Job
- Keeping Your Job
- Thriving at Work

Carers Voices

Young Adult Carers have taken part in various opportunities to influence and raise awareness:

- Young Adult Carer co-presenting at National Carers Trust conference
- Stage one and two of City of York's Realising Rights project
- Involved in the production of GP resource pack
- Contributed to emotional support research
- Attended 'Nothing about us without us' - mental health feedback events

Nothing About Us Without Us

Carers from both the young and young adult carers groups attended the Summer Meeting of Humber and North Yorkshire Health & Care Partnership Access to Mental Health Advisory Group

Helping young carers to stay well/ Lottery funding

Cognitive Behavioural Therapy (CBT) and family support

Our final year of National Lottery funding enabled us to support **75** individuals with Cognitive Behavioural Therapy and/or family support.

The early intervention project was set up in response to the increasing needs of young and young adult carers aged 11-24, struggling with their mental health.

267 therapy sessions have been provided for young people, covering a range of circumstances including depression, anxiety, self-harm, PTSD and trauma.

"It's been really good. I was worried it wouldn't be and I would have to say I didn't want to do it anymore. I thought I might feel really judged"

"I feel better in the mornings I can come to school without feeling nervous"

Family support

Alongside therapy for young people there is wraparound support for the whole family, including an essentials fund, emotional support, family breaks, foodbank vouchers and support with managing the cost of living. We have liaised with schools, colleges and statutory services in order to improve understanding of the issues faced by young people with caring responsibilities.

Young Carers

This year we have supported **241** young carers.

We received and assessed **53** new referrals for the young carers service.

We provided **96** opportunities for a break, through trips, events, workshops and youth clubs, with **566** attendances.

5 whole family events including ice skating, Yorkshire Wildlife Park and a day trip to Scarborough with **83** attendances.

With funding from York Children's Trust, we were able to provide **64** families with support towards the cost of school uniforms.

100 one-to-one sessions provided to young carers.

We'd like to thank those who have supported our work through providing funding or in-kind support, without whom we would not be able to provide amazing opportunities for young carers and their families.

Activities are not just trips and time to have fun, they are carefully planned to consider opportunities for building positive relationships, improving mental and emotional health as well as getting outside and experiencing things that many other young people might take for granted.

Schools

We provided **38** school support sessions, with drop-ins and individual sessions. Staff plan sessions around different themes such as World Autism Day, Mental Health Awareness week, Carers week and exam stress.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Young Carers Action Day

We contacted all schools asking them to take part in the Carers Trust 'Young Carers Challenge', wrote to MP's, the Education lead at CYC, and all primary and secondary schools across the city as well as putting on events and activities for young and young adult carers.

Youth Groups

Regular groups, called LAFFS provide space for young carers to get together, try new things and have a break from caring. We have provided sports sessions, crafts, music sessions and a visit from the author of a book about young carers with signed copies to give out.

"I have always found making friends difficult but here it is just different."

One-to-One Support

Tailored to individuals, these sessions can be a lifeline for many young carers. Themes have included:

- Low self-esteem, confidence, anger, anxiety, managing emotions
- Mental health, CAMHS Crisis, Self-Harm
- School issues, lack of understanding, exclusions, exam stress
- Managing caring role and navigating feelings of responsibility and guilt
- Neurodivergence, transgender and health issues
- Hidden young carers, service delays
- Family and relationship issues

Trips and events

Events provide opportunities to build positive relationships, try new things and address the negative impacts of caring/isolation. These are just some examples of the exciting and varied programme we have provided thanks to additional funding:

- Graffiti workshops, art walks, drama workshops
- Escape rooms, Go Ape, climbing
- Seaside trip, Allerthorpe Lake, Lotherton Hall
- Beetlebank Farm, the Web adventure park

"I don't think I would have the opportunity to do an activity like this without York Carers Centre."

Whole family events

"With the cost of living this year this was the only day out we have had so Thank you"

Financial review

York Carers Centre finished the year with a surplus of £6,781 (2023: surplus £67,230). Total income decreased by £24,607 to £664,872 (2023: £55,724 to £689,479) and at the same time expenditure increased by £35,842 to £658,091 (2023: £17,009 to £622,249).

Reserves policy

Free reserves of £61,089 were held at 31 March 2024. (2023: £72,358) Free reserves exclude those reserves which are restricted, fixed assets and commitments.

The trustees have now established a reserves policy and agreed on the level of reserves the charity will require to sustain its operations in the future.

Risk management

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Future Plans

As always there are challenges in maintaining our current level of provision and in responding to the needs of carers on a day-to-day basis. We have brought in significant additional funds, and to maintain this is an ongoing challenge.

Carers need more support than ever, and we will strive to meet their needs. Maintaining positive relationships with the carers we serve, our funders and partner organisations, not least through the Carer Support Service Contract commissioned by City of York Council is a key aim and requires time and energy.

According to our survey, completed in October, carers said they are likely to need the following from us:

63% information and advice
43% someone to talk to
34% benefits advice
28% events and activities
17% counselling

In response, we would like to source funding for another Advice worker to meet the growing demand for this service.

Equality, Diversity and Inclusion

We want to do everything we can to provide inclusive information, advice and support for all unpaid carers and ensure that there is equity across our services. We will improve the data we gather, look at our current reach and make plans for widening this. We will attend events such as York Pride, sign the City of York anti racist pledge and attend events to raise awareness amongst carers from the entire community of York. We envisage this being ongoing work.

Evidence of Quality

We plan to evidence and further improve the quality of our service, through undertaking a self-assessment tool working towards Trauma Informed Practice and a Carers Trust Social Return on Investment tool, which will be useful when applying for funding.

Website

We will develop a new website to incorporate improved accessibility and user experience. As well as having brand consistency this will enable us to digitise some processes and update the information that is available to carers.

Carers Emergency Card and Discount card

We would like to review the Carers Emergency Card to better meet the needs of carers, improving information for our new website and reducing any unnecessary complex procedures. We have updated the Discount Card but will take up any opportunities to add new discounts to this.

Local Strategies and resources

We will facilitate carers to have their voices heard in the development of a new Carers Strategy document for York, support the launch of the GP resource pack and continue to raise awareness of the issues carers face through attendance at Strategic forums and meetings, and will facilitate carers voices to be heard and represented.

Funding

We have bid for further Lottery funding for CBT and family work, which includes a fundraiser post. This is a new post for us and a fantastic opportunity to widen our community fundraising efforts.

We hope for a continuation of community mental health funding and will work to secure ongoing funding for the posts within York Hospital as these roles are key to identifying carers at points when they are most likely to need support

Sourcing a range of financial support for addiction work, counselling, carers activities, school uniforms for Young Carers and YACstars will be key to enhancing the support available for carers.

General

We will make the most of any opportunities that arise to support or involve carers and raise awareness, for example, we have been invited to take part in the Trailblazers Tansy beetle project by Make It York and York Civic Trust.

We will build on opportunities to recruit and support volunteers and carer champions to help raise awareness of the needs of carers.

Our dedicated committed staff team are our greatest asset, many of whom are carers themselves. They work beyond expectation with such passion and commitment. We will continue to provide a supportive, flexible and open working culture which enables them to undertake their roles whilst maintaining a good work-life balance.

All these plans support our Aims and Objectives as outlined under Objectives and Activities continuing to support staff and volunteers

Trustee report on plans

As Trustees, we recognise the ongoing challenges in maintaining our current level of service, particularly in securing the necessary funds to meet the growing demands of carers. Yet, we are encouraged by the proactive steps outlined to address these needs, from the proposed addition of an Advice Worker to the emphasis on inclusivity through enhanced data collection and community engagement.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

The commitment to evidence-based practices, such as the Trauma Informed Practice self-assessment and the Carers Trust Social Return on Investment tool, is a significant stride in ensuring the quality and impact of our services. Moreover, the planned development of a more accessible and user-friendly website aligns with our goal of reaching more carers and providing them with the support they need in a more efficient manner.

We are particularly heartened by the focus on maintaining strong relationships with carers, funders, and partner organisations. The emphasis on the Carer Support Service Contract with the City of York Council and the broader strategic initiatives, including the new Carers Strategy document, underscores our commitment to representing and advocating for carers at every level.

The proposed expansion in fundraising efforts, including the bid for Lottery funding and the new fundraiser post, reflects our determination to secure the resources necessary to sustain and grow our services. These efforts, combined with the initiatives to enhance support for carers in hospitals and through addiction work, counselling, and other vital services, will be critical in meeting the diverse needs of our community.

Finally, we are deeply appreciative of our dedicated staff, whose passion and commitment are the backbone of our organisation. Their well-being remains a priority, and we fully support the plans to maintain a positive and flexible working culture.

These future plans are not only ambitious but also deeply rooted in our mission. As Trustees, we are confident that with continued collaboration, strategic focus, and a shared commitment to excellence, we will successfully navigate the challenges ahead and make a lasting impact on the lives of carers in our community.

This comment reflects the Trustee's endorsement of the plans, acknowledges challenges, and expresses confidence in the organisation's ability to achieve its goals

Structure, governance and management

York Carers Centre is a registered charity and a company limited by guarantee not having a share capital. The company is governed by its Memorandum and Articles of Association dated 28th November 2008 and Articles dated 18th September 2014 as amended by special resolution dated 21 September 2017.

The board of trustees is responsible for management of York Carers Centre. The board consists of a minimum of 6 and a maximum of 12 trustees who should either be elected by and from the membership at or prior to the annual general meeting. Up to four persons (who need not be members of the charity) can be co-opted by the trustees because they make a special contribution or have a particular interest in the work of the charity; provided that at no time shall co-opted trustees constitute more than one half of the total board.

The chief executive who is also the company secretary reports to the board of trustees, and is responsible for the day to day management of the Carers Centre. The board of trustees hold a management meeting once a month. All trustees received training and an induction when appointed, and their training needs are reviewed annually.

Funds held as custodian trustee

At 31 March 2024 the charity held funds on behalf of Young Carers Revolution of £5,060 (2023: £5,273).

The trustees' report was approved by the Board of Trustees on 16 September 2024.



Mrs R J Temple - Chair

YORK CARERS CENTRE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

The trustees, who are also the directors of York Carers Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

YORK CARERS CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YORK CARERS CENTRE

I report to the trustees on my examination of the financial statements of York Carers Centre (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the charity (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 financial statements of the charity 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 financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity'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 and Wales, and the Association of Chartered Certified Accountants, which are 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 that in any material respect:

- 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).

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 financial statements to be reached.

Frances Howard

Frances Howard FCA

Fortus Limited
Business Advisors and Accountants
Equinox House
Clifton Park
Shipton Road
YO30 5PA
York

Dated: 18 September 2024

YORK CARERS CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
Income and endowments							
Donations and legacies	2	2,746	7,848	10,594	885	9,495	10,380
Charitable activities	3	402,287	243,390	645,677	402,847	274,475	677,322
Other trading activities	4	-	2,907	2,907	103	1,674	1,777
Other income	5	1,492	4,202	5,694	-	-	-
Total income		<u>406,525</u>	<u>258,347</u>	<u>664,872</u>	<u>403,835</u>	<u>285,644</u>	<u>689,479</u>
Expenditure							
Charitable activities	6	<u>415,667</u>	<u>242,424</u>	<u>658,091</u>	<u>408,125</u>	<u>214,124</u>	<u>622,249</u>
Gross transfers between funds		-	-	-	(791)	791	-
Net (expenditure)/income for the year/							
Net movement in funds		(9,142)	15,923	6,781	(5,081)	72,311	67,230
Fund balances at 1 April 2023		<u>81,257</u>	<u>183,934</u>	<u>265,191</u>	<u>86,338</u>	<u>111,623</u>	<u>197,961</u>
Fund balances at 31 March 2024		<u><u>72,115</u></u>	<u><u>199,857</u></u>	<u><u>271,972</u></u>	<u><u>81,257</u></u>	<u><u>183,934</u></u>	<u><u>265,191</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

YORK CARERS CENTRE

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Intangible assets	11		2,121		-
Tangible assets	12		5,315		5,265
			<u>7,436</u>		<u>5,265</u>
Current assets					
Debtors	13	3,445		4,809	
Cash at bank and in hand		276,635		267,845	
		<u>280,080</u>		<u>272,654</u>	
Creditors: amounts falling due within one year	15	(15,544)		(12,728)	
		<u>264,536</u>		<u>259,926</u>	
Total assets less current liabilities			<u>271,972</u>		<u>265,191</u>
Income funds					
Restricted funds	16	199,857		183,934	
Unrestricted funds		72,115		81,257	
		<u>271,972</u>		<u>265,191</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 2024.

The director acknowledges his 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 Board of Trustees on 16 September 2024



Mrs R J Temple - Chair

Company registration number 6760783

YORK CARERS CENTRE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from operations	20		16,179		70,152
Investing activities					
Purchase of intangible assets		(3,182)		-	
Purchase of tangible fixed assets		(4,207)		(7,530)	
Net cash used in investing activities			(7,389)		(7,530)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			8,790		62,622
Cash and cash equivalents at beginning of year			267,845		205,223
Cash and cash equivalents at end of year			276,635		267,845

YORK CARERS CENTRE

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

1 Accounting policies

Charity information

York Carers Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is Priory Street Centre, 17 Priory Street, York, YO1 6ET.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

All income is included in the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to the category.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct costs and support costs relating to such activities.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include its audit fees and costs linked to the strategic management of the charity.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website	33% straight line
---------	-------------------

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Fixed assets are stated at cost or valuation less accumulated depreciation. Individual fixed assets costing £500 or more are capitalised at cost.

Tangible fixed assets are depreciated on a straight line basis over their estimated useful lives as follows:

Computer System	33% straight line
Office Equipment	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are measured at transaction price.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are recognised at transaction price

Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised at transaction price.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Pension costs

Staff can pay into the Pension Trust's Flexible Retirement Plan. The assets are held separately from those of the charity. Pension costs charged in the statement of financial activities represent the contributions payable by the charity in the year.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Donations	2,746	7,848	10,594	885	9,495	10,380

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

3 Charitable activities

	Charitable Income 2024 £	Charitable Income 2023 £
Grants and contracts		
City of York Council	400,137	480,353
NHS Humber and North Yorkshire Integrated Care Partnership	81,154	81,154
Carers Trust	2,590	4,940
Grant making trusts	78,327	11,460
Children in Need	-	8,720
National Lottery	83,469	82,695
Mind the gap NHS	-	8,000
	<u>645,677</u>	<u>677,322</u>
Analysis by fund		
Unrestricted funds	402,287	402,847
Restricted funds	243,390	274,475
	<u>645,677</u>	<u>677,322</u>

4 Other trading activities

	Restricted funds 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fundraising	2,907	103	1,674	1,777
	<u>2,907</u>	<u>103</u>	<u>1,674</u>	<u>1,777</u>

5 Other income

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
Other income	1,492	4,202	5,694	-
	<u>1,492</u>	<u>4,202</u>	<u>5,694</u>	<u>-</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6 Charitable activities

	Expenditure on Charitable Activities 2024 £	Expenditure on Charitable Activities 2023 £
Salaries	472,017	462,504
DBS and recruitment	4,208	2,544
Volunteers expenses	929	1,211
Training and conferences	5,803	5,945
Rent and room hire	21,210	12,531
General running costs	55,390	39,661
Carers week and carers rights day	1,143	899
Travel expenses including parking	3,346	4,726
Activity costs	45,646	55,179
Project costs (counselling)	2,660	3,620
Newsletter costs	5,928	4,569
Hospitality for carers	561	450
	<u>618,841</u>	<u>593,839</u>
Share of support costs (see note 7)	36,240	24,871
Share of governance costs (see note 7)	3,010	3,539
	<u>658,091</u>	<u>622,249</u>
Analysis by fund		
Unrestricted funds	415,667	408,125
Restricted funds	242,424	214,124
	<u>658,091</u>	<u>622,249</u>

7 Support costs

	Support costs £	Governance costs £	2024 £	Support costs £	Governance costs £	2023 £
Depreciation	5,218	-	5,218	4,026	-	4,026
Bank charges	470	-	470	551	-	551
Legal and professional fees	27,101	-	27,101	14,370	-	14,370
Website and IT costs	1,976	-	1,976	4,031	-	4,031
Advertising	1,475	-	1,475	1,893	-	1,893
Accountancy	-	2,194	2,194	-	2,430	2,430
Governance cost	-	816	816	-	1,109	1,109
	<u>36,240</u>	<u>3,010</u>	<u>39,250</u>	<u>24,871</u>	<u>3,539</u>	<u>28,410</u>
Analysed between						
Charitable activities	<u>36,240</u>	<u>3,010</u>	<u>39,250</u>	<u>24,871</u>	<u>3,539</u>	<u>28,410</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

8 Trustees

During the year the charity paid £35 of subsistence expenses to one Trustee (2023: £93 of travel expenses to one trustee).

9 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Total	26	27
	<u> </u>	<u> </u>
Employment costs	2024	2023
	£	£
Wages and salaries	419,170	414,500
Social security costs	29,252	30,650
Pension costs	23,450	18,996
Holiday accrual movement	145	(1,648)
	<u> </u>	<u> </u>
	472,017	462,498
	<u> </u>	<u> </u>

No employee received emoluments of more than £60,000 per annum (2023: none).

The average number of full time equivalent staff was 18 (2023: 15).

The total paid to key management personnel during the year was £63,182 (2023: £60,911).

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Intangible fixed assets

	Website £
Cost	
At 1 April 2023	-
Additions - separately acquired	3,182
	<u> </u>
At 31 March 2024	3,182
	<u> </u>
Amortisation and impairment	
At 1 April 2023	-
Amortisation charged for the year	1,061
	<u> </u>
At 31 March 2024	1,061
	<u> </u>
Carrying amount	
At 31 March 2024	2,121
	<u> </u>
At 31 March 2023	-
	<u> </u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

12 Tangible fixed assets

	Computer System £	Office Equipment £	Total £
Cost			
At 1 April 2023	30,419	2,029	32,448
Additions	4,207	-	4,207
	<hr/>	<hr/>	<hr/>
At 31 March 2024	34,626	2,029	36,655
	<hr/>	<hr/>	<hr/>
Depreciation			
At 1 April 2023	25,399	1,784	27,183
Depreciation charged in the year	3,912	245	4,157
	<hr/>	<hr/>	<hr/>
At 31 March 2024	29,311	2,029	31,340
	<hr/>	<hr/>	<hr/>
Carrying amount			
At 31 March 2024	5,315	-	5,315
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 31 March 2023	5,020	245	5,265
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

13 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Prepayments and accrued income	3,445	4,809
	<hr/> <hr/>	<hr/> <hr/>

14 Funds Held For Other Parties

The Charity holds funds on behalf of Young Carers Revolution.

During the year the Charity received no income (2023: £nil) and paid £213 of expenses (2023: £1,400) on behalf of Young Carers Revolution.

The balance held at year end was £5,060 (2023: £5,273).

15 Creditors: amounts falling due within one year

	2024 £	2023 £
Other creditors	5,359	4,157
Accruals	10,185	8,571
	<hr/>	<hr/>
	15,544	12,728
	<hr/> <hr/>	<hr/> <hr/>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2023	Movement in funds			Balance at 31 March 2024
		Income	Expenditure	Transfers	
	£	£	£	£	£
Carers Trust	1,813	1,840	(820)	-	2,833
Young Carers	40,486	20,198	(19,864)	-	40,820
Young Adults	4,943	1,245	(2,896)	-	3,292
Adults	6,906	4,077	(7,220)	-	3,763
Substance Misuse Fund	4,279	6,214	(2,679)	-	7,814
National Lottery Community Fund	32,252	83,469	(81,706)	-	34,015
YMH Partnership Funding	93,255	101,304	(116,937)	-	77,622
Extra Discharge Support Service (EDSS)	-	40,000	(10,302)	-	29,698
	<u>183,934</u>	<u>258,347</u>	<u>(242,424)</u>	<u>-</u>	<u>199,857</u>

	Balance at 1 April 2022	Movement in funds			Balance at 31 March 2023
		Income	Expenditure	Transfers	
	£	£	£	£	£
Carers Trust	1,781	840	(808)	-	1,813
Young Carers	35,275	10,446	(5,235)	-	40,486
Young Adults	7,079	-	(2,136)	-	4,943
Adults	10,635	11,800	(15,529)	-	6,906
Substance Misuse Fund	2,954	3,773	(2,448)	-	4,279
Children in Need	-	8,720	(8,871)	151	-
Quilter Foundation	13,932	3,600	(18,050)	518	-
National Lottery Community Fund	32,494	82,695	(82,937)	-	32,252
Holiday Activity Fund	-	11,990	(12,013)	23	-
Mind the Gap NHS	-	8,000	(8,099)	99	-
YMH Partnership Funding	7,473	143,780	(57,998)	-	93,255
	<u>111,623</u>	<u>285,644</u>	<u>(214,124)</u>	<u>791</u>	<u>183,934</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Restricted funds

(Continued)

Carers Trust

Individual grants received to provide opportunities for carers to improve and maintain their health and wellbeing, support them in accessing work, training and employment and to work with them to explore a life outside their caring role.

Funding for young carers

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers under 18 years.

Funding for young adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 18-25 years.

Funding for adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 25+ years.

Substance Misuse Fund

Donations/fundraising from businesses and organisations specifically to provide information and support groups for carers who are affected by someone else's substance misuse.

Children in Need (2023 only)

A grant to deliver a six week activity programme over the summer holidays to increase the emotional wellbeing of young carers and enable them to build emotional and mental resilience. The programme delivers workshops to learn about food and nutrition in a fun, creative way. It enables young carers to adopt healthy eating habits and cooking healthy meals on a budget, and will help families on low incomes and increase young people's practical skills throughout their lives. Through this programme young carers will engage in physical activities that challenge and improve their physical and mental ability and benefit them from engaging in team-work, relieve stress and build fitness thereby helping overcome long-term health problems such as obesity.

Quilter Foundation (Carers Trust) (2023 only)

Funding from the Inspiring Change grant programme enabling young adult carers to take time out from the pressures they face to engage in fun activities and access one-to-one support helping overcome isolation and build their confidence and self-esteem. They will explore and identify future goals and plans that will help their transition into adulthood. In addition funding from the Aspirations grant programme helps young adult carers towards their goals, for example paying to complete a qualification needed for a job. On completion of the project, all young adult carers will have a portfolio featuring their skills and strengths; photographs of their achievements and a detailed action plan matching their identified goals and aspirations.

National Lottery Community Fund

Three year funding to employ a CBT Therapist and Family Worker to support young carers who have developed, or are at high risk of developing a mental health condition, whose caring responsibilities worry and upset them to such a degree that they are unable to function and lead normal healthy lives. The Therapist offers support to equip young carers with the tools and coping skills to manage a range of emotional conditions. Alongside this the Family Worker assesses the family circumstances and caring role and identifies appropriate help in the home, liaison with school, support for young carers to maintain their own health and wellbeing, maintain their education and lead healthy fulfilling lives transitioning into adulthood.

City of York Holiday Activities and Food Programme (HAF) (2023 only)

Holiday provision (Summer 2022) for young carers who receive benefits-related free school meals. School holidays for some families because of increased costs (such as food and childcare) and reduced incomes can be particularly difficult and this programme provides free holiday activities including food which encourages young people to eat more healthily over the school holidays and be more active. Engaging and enriching activities are delivered which support the development of resilience, character and wellbeing along with young carers gaining an increased knowledge of health and nutrition

Mind The Gap Programme (2023 only)

Phase 2 of the NHS funded programme to help integrate care systems to identify and support carers from vulnerable communities through co-production and carer-led innovation. Working in collaboration with NHS and project partners to put in place interventions, informed by 2021/22 scoping exercise, so that carers can access support to enable them to maintain their own wellbeing. This involved engaging carers and families attending a peer support group for carers looking after someone with an addiction problem and facilitating focus group sessions with carers and families to explore, discuss and share their experience.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Restricted funds

(Continued)

York Mental Health Partnership Grant

NHS Humber and North Yorkshire Integrated Care Partnership grant funding to deliver a peer support service as part of the Pathway to Recovery Project to support carers of individuals with mental ill health. This is an exciting project delivering support for carers looking after someone discharged from hospital. Focus groups and carer peer support groups, together with drop-in sessions at Foss Park Hospital and Clarence Street Mental Health Hub (part of the Community Mental Health Transformation work), provide a point of contact for information, advice and support and a link into regular groups/other support services.

Extra Discharge Support Service (EDSS) at York Hospital

The EDSS is a partnership of Age UK York, North Yorkshire Sport, York CVS and York Carers Centre. The service supports patients and unpaid carers on discharge from hospital and includes help with transport home and settling in and a programme to get patients up and moving to feel steady on their feet again. York Carers Centre Outreach Advisers support unpaid carers offering advice and guidance so they can continue in their caring role after discharge.

17 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Fund balances at 31 March 2024 are represented by:			
Intangible fixed assets	2,121	-	2,121
Tangible assets	3,336	1,979	5,315
Current assets/(liabilities)	66,658	197,878	264,536
	<u>72,115</u>	<u>199,857</u>	<u>271,972</u>
	<u>72,115</u>	<u>199,857</u>	<u>271,972</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 31 March 2023 are represented by:			
Tangible assets	4,032	1,233	5,265
Current assets/(liabilities)	77,225	182,701	259,926
	<u>81,257</u>	<u>183,934</u>	<u>265,191</u>
	<u>81,257</u>	<u>183,934</u>	<u>265,191</u>

18 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024 £	2023 £
Within one year	5,569	4,124
Between two and five years	-	743
	<u>5,569</u>	<u>4,867</u>
	<u>5,569</u>	<u>4,867</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

19 Related party transactions

There were no disclosable related party transactions within the year (2023 - none).

20 Cash generated from operations	2024	2023
	£	£
Surplus for the year	6,781	67,230
Adjustments for:		
Depreciation and impairment of tangible fixed assets	5,218	4,026
Movements in working capital:		
Decrease/(increase) in debtors	1,364	(1,415)
Increase in creditors	2,816	311
Cash generated from operations	<u>16,179</u>	<u>70,152</u>

YORK CARERS CENTRE

England & Wales - Charity number 1127644

Accounts

Charity registration number 1127644

Company registration number 6760783 (England and Wales)

YORK CARERS CENTRE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

YORK CARERS CENTRE

CONTENTS

	Page
Legal and administrative information	1
Trustees' report	2 - 8
Statement of trustees' responsibilities	9
Independent examiner's report	10
Statement of financial activities	11
Statement of financial position	12
Notes to the financial statements	14 - 23

YORK CARERS CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mrs R J Temple - Chair Mr J P R Dean - Treasurer Mr C Durant Ms L Shelbourn Ms H Weatherly Mr E I C Robson Mr M Walters Mrs E Ryan	(Appointed 9 May 2022) (Appointed 14 June 2022)
Secretary and chief executive	Ms C D Zagrovic Mrs S Smith	(until 31 March 2023) (from 1 April 2023)
Patron	Mr H Gratton MBE, DL	(Died 24 June 2022)
Charity number	1127644	
Company number	6760783	
Registered office	Priory Street Centre 17 Priory Street York YO1 6ET	
Independent examiner	N Clemit ACA, FCCA JWPCreers LLP Chartered Accountants Genesis 5 Church Lane York YO10 5DQ	
Bankers	Unity Trust Bank Plc PO Box 7193 Planetary Road Willenhall WV1 9DG	
Key management personnel	Ms C D Zagrovic Mrs S Smith Mrs J Crosby Trustees noted above	(until 31 March 2023) (after 1 April 2023)

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

The trustees (who are also the directors of York Carers Centre for the purposes of company law) present their report and financial statements for the year ended 31 March 2023 which are also prepared to meet the requirements for a directors report and accounts for Companies Act purposes.

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 published in October 2019".

The legal and administrative information page forms part of this report.

Objectives and activities

The company's principal activity and public benefit is to relieve in and around the city of York the elderly, the sick and people with disabilities by providing support, advice and information to those responsible for their care.

York Carers Centre is committed to meeting the needs of all Carers in York and improving their quality of life, helping them fulfil their full potential living their own life alongside their caring role. We aim to achieve this by providing support, advice and information, representing carers' views and influencing local and national policies and practice.

Aims

- To enable carers to have choices about their caring role
- To positively influence local and national policy and practice to benefit carers
- To support effective caring

Objectives

- To support carers in their caring role
- To provide quality information, advice and advocacy for carers in York
- To provide accurate and accessible information and advice
- To assist carers to register an emergency plan
- To facilitate carer representation on local and national groups and forums
- To support carer groups and facilitate consultations
- To run groups, organise trips and events for carers
- To provide a support service for young carers including one to one work
- To provide access to breaks for all carers
- To provide groups, trips and events for young carers
- To provide specific support groups for 18-25 year old carers
- To provide help with employment, education and training for carers

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Our Mission

Challenging the inequalities unpaid carers face, and ensuring carers have access to support and services that reflect their needs and interests.

Achievements and performance summary

- We have provided information and support to 4863 unpaid carers.
- We have provided 909 one-to-one carer support sessions with 263 carers, responding to individual needs.
- We sent out 18,080 newsletters to carers and professionals.
- We ran 99 group activities for adult carers aimed at reducing isolation, helping 678 carers to maintain a life of their own and stay connected to other carers.
- We supported 275 carers to access benefits advice, raising £220,700 in extra welfare benefits to increase their family income.
- We answered 3,692 calls and enquiries from carers, providing information, advice and signposting.
- We completed 136 Carers Assessments of Need ensuring carers received early information and advice, and the right support for their individual needs.
- 699 Carers hold our Carers Emergency Card, with 85% saying it provides them with peace of mind.
- We received 165 responses to our annual survey, with 91% saying our support helped them to cope with their caring role. The survey helps us to better understand the needs of carers and shape our services accordingly.
- 170 people completed our online training and 57 professionals attended our Carer Awareness Training sessions.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Helping Carers Stay Well

One to One Support

This year we have provided 909 one-to-one carer support sessions with 263 carers responding to what each individual needs. This includes carers of people with mental health conditions through our work in Foss Park Hospital.

Wellbeing sessions

We delivered 21 sessions, aimed at improving carers wellbeing including:

- Journaling for wellbeing
- Spring walk at St Nicks
- Garden centre visit
- Wreath making
- CreateArts photography and mixed arts sessions

Sessions support carers' wellbeing, and help carers develop social contacts, while knowledgeable staff provide information and advice.

Carefree Breaks

Following our sign-up as a Community Partner with Carefree Breaks we have referred 26 carers for a break. Breaks comprise of 2-3 days free hotel accommodation and breakfast for up to 2 people. The accommodation is provided by hospitality partners who donate vacant rooms in hotels across the UK.

Telephone Listening Service

We made 140 contacts with carers through the telephone listening service, providing regular or one-off contacts with a volunteer, helping carers to keep in touch and signposting to other support where needed.

Counselling Service

Due to the reduction in our funding this year, we had to bring the carers counselling service in-house.

23 carers started counselling sessions during the year. Additional funding from Rethink - York branch and Benenden supported this, and we are hoping to expand further through grants and donations.

Groups & Activities

Keeping carers connected through groups and activities.

We helped 678 adult carers to maintain a life of their own and stay connected to other carers through 99 group activities.

Hubs in the community

We hosted 27 hubs in and around the city aimed at providing space for carers to come together in a relaxed environment. Carers can chat to each other, build up networks and obtain essential advice and information from knowledgeable staff.

Ward funding helped us to provide hot meals during the winter months and give out 40 'keep warm, keep well' packs containing blankets, thermal socks, soup and items to aid with the cost-of-living crisis.

Families affected by addiction

We ran 2 monthly groups for carers of people who have an addiction.

Sessions include peer support, guest speakers and targeted work with facilitated sessions for example 'Managing difficult and Traumatic Relationships', providing carers with space to validate their feelings about their role in supporting an addict and share coping strategies with each other.

Workshops, trips and events

Along with other organisations we have facilitated workshops around art and bereavement, the journey after loss, how to communicate with professionals and mindfulness.

Our successful trip to Lotherton Hall, including afternoon tea, provided carers with the opportunity for a break and time with other carers. A tour of York Minster was greatly appreciated with carers commenting that they otherwise would not find time to enjoy the city they live in.

Care home carers

After listening to carers at the Carers Action Group, we facilitated a session for carers of those living in care homes. Carers shared the emotional impact and feelings of guilt involved when your partner or parent moves into a care home. Our advice worker provided tailored information and advice including regarding paying for care.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Supporting carers of someone with mental ill-health

We facilitated 2 monthly groups for carers of those with a mental health condition. Sessions included the opportunity to share stories and support each other, listen to guest speakers such as the Head of Nursing, a Pharmacist and the Police. Carers shared their stories helping to raise awareness of the issues they face with professionals.

We also held focus groups hearing from carers about their experience of the person they care for being discharged from Foss Park Hospital.

Carers' Rights

Advice work

We provided 664 carer advice sessions. 90% of carers said the advice they received has helped them.

After receiving information and advice from our specialist carer advice worker, carers said that:

- There has been a positive impact on their mental health
- They appreciate the advice on how to deal with the current situation and what to do next
- They could not provide care without this help and support
- Made them feel more comfortable with their situation

Carers Assessments of Need

We completed 136 Carers Assessments of Need this year. The Assessments are undertaken by experienced staff who help carers access information and advice at a point when they first seek support, outlining what services are available as well as their rights and entitlements, alongside supporting with the emotional impact of caring.

Information sessions

Our Carers Rights Day event was planned in response to the high number of enquiries we receive about legal & financial planning, adult social care assessments, and paying for care.

We invited 4 speakers with specific knowledge in these areas to provide information and advice. Our team were on hand to advise and support carers, and there was also time for a nice lunch, Q&A session and opportunity to access individual advice.

In partnership with Crombie Wilkinson, we offered legal clinics for carers to obtain free advice on power of attorney, wills and probate.

Communicating with Professionals workshops and groups aimed to empower carers to use their rights to challenge decisions and communicate effectively.

Maximising carers' income

This year our specialist welfare benefits worker helped 275 carers with benefits entitlements checks and support through the entire application process, generating £220,700 extra income for carers and their families.

Raising Awareness of Carers' Needs

Families affected by addiction

We completed work with NHS Mind the Gap highlighting the importance of involving carers in the development of services for those with addictions. We presented this work at several forums including National Carers Conference to over 200 professionals, and shared a carer digital story film and our newly created carer flyer 'it could happen to you'.

We held a marketplace event for all services involved in addiction support to come together and for carers to access support in one place.

Carers Action Group

The Carers Action Group was setup to ensure carers voices are heard and carers are acknowledged as experts by experience. The group meet regularly with staff and statutory services and members represent carers through City of York Council Carers Strategy meetings.

Through this group, carers have influenced the setting up of a new group for carers who care for someone living in a care home, input into Healthwatch's report into the mental health crisis line and discussed carers breaks. They are an active group who represent carers on various forums across the city.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Raising awareness through the media

Throughout the year we have raised awareness of caring in our community and issues affecting carers, as well as reaching out to 'hidden' carers who may not be accessing any support. From regional television to local press, radio and social media, we have made caring visible in our community.

One of our substance misuse Carer Champions (who initiated the Stitch Away the Stigma campaign) was mentioned in a Channel 4 documentary "Losing my Twin Rupert" with Will Young. This has further raised awareness of the impact of addiction and signposted more carers to the centre.

Carers Week 2022

- Stall in Parliament Street in York, providing goodie bags, massages and information as well as raising funds and awareness
- Supported launch of staff carer passport for York and Scarborough Teaching Hospitals NHS Trust. Stall in the hospital foyer with information aimed at reaching carers visiting patients
- Stall in Foss Park Hospital

Training for health and social care staff

We facilitated Carer Awareness Training to 57 professionals from local health, social care and voluntary organisations.

Our training aims to highlight the challenges carers face, particularly around navigating statutory services and co-ordinating health and social care support.

Professionals leave with a better understanding of identifying and supporting carers, where other help is available and carers health and wellbeing.

Work with Carer Champions

Many carers are passionate about raising awareness of carers' needs and reducing the stigma around conditions. We support those carers to make a difference, to represent the voice of carers and to help shape local services.

This year 26 volunteer Carer Champions represented York Carers Centre and carers through attending meetings, conferences and strategic forums and shared their experience at our training sessions for health and social care professionals.

Valuing Volunteers

Our committed group of volunteers are an important part of our work with carers, and we are proud to have 39 volunteers this year.

Total number of volunteer hours: 3,575.

Volunteers are involved in many areas of our work and use their skills and experience to support carers in a range of ways, including helping in groups and with activities for both adults and young carers, supporting fundraising and awareness-raising events, making one-to-one welfare and befriending calls and assisting with office/admin work.

This year, in addition to our regular volunteers, we were joined by several Health and Social Care and Psychology students on placements offering us support across the centre. Examples of their involvement include administrative tasks / research, assisting in updating records for the carers emergency card scheme, providing support at young carer youth groups, supporting staff in completing carers assessments / reviews, helping at carer hubs / stalls / events and support with our telephone listening service.

Young Adult Carers

Our work this year with 18 to 25 year old carers focused on our YACstars project, building up the service after difficult engagements following the pandemic and consolidating the support available.

We maintained our Instagram Channel @yacsyork to maintain contact, continuity, familiarity, peer support and project momentum.

Young Adult Carers directly benefitted from creative sessions, social events, one to one support and lots of opportunities to have a say in things that matter to them.

- We supported 129 Young Adult Carers through our service.
- We provided 87 breaks through events, activities and one-to-one meet ups.
- Our reels of the YACSYORK Instagram Channel have been viewed 27,760 times.

We ran a YACstars project as part of some funding to increase employability skills. Part of this project saw former Young Adult Carers talking to the group about their experiences, and highlighted how the skills gained from being a carer are transferable and valuable in employment and life in general.

We visited the Food Circle project where Young Adult Carers met with local organic food producers. The Food Circle team then cooked a wonderful meal for the carers whilst they socialised and had a break from their caring roles. We provided 10 carers with a slow cooker to enable them to cook healthy, low-energy and low-cost food to tackle emerging cost of living problems. The Food Circle provided a box of wonderful fresh, dried and preserved ingredients and a recipe card for the YACs to take away.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Young Adult Carers (continued)

Young Carers and Young Adult Carers attended a Mental Health Service feedback and co-production event with Humber and North Yorkshire Health and Care Partnership.

Alongside some fantastic group sessions, we've provided 49 one-to-one support sessions, providing a safe space for Young Adult Carers to talk openly and honestly.

Young Carers

Our continued National Lottery funded project, now in year 2 has built on the work of the Family Worker and Cognitive Behavioural Therapist to meet the increasing needs of Young Carers experiencing mental health problems.

Funding from BBC Children in Need and Holiday Activities and Food (HAF) provided 24 Summer Fun experiences, with a focus on food and nutrition and improving emotional and physical wellbeing.

Successful funding from York Children's Trust provided 65 families with school uniforms, helping to address the cost-of-living crisis.

- This year we supported 194 Young Carers through our service
- We provided 67 breaks through trips, activities and youth clubs
- Provided 65 families with help towards the cost of school uniforms
- 208 one-to-one conversations and meetups

Activities and support focusses on building positive relationships, improving mental and emotional health as well as getting outside and having experiences that many children and young people take for granted.

We facilitated 2 sessions for Young Carers Action Day, enabling young carers to have a voice about things that are important to them, as well as having fun.

Schools

We have supported Young Carers through school drop-ins, raised awareness through school assemblies and developed a short film and presentation for schools.

Youth Clubs

Regular youth groups, called LAFFS provide a fun safe space for Young Carers to come together, share stories and have a break from caring. We have seen an increase in youth club engagement.

One-to-One Support

Tailored to individuals this support can be crucial for many young people.

Topics have included:

- Confidence, independence and self-esteem
- Recognising/reflecting on caring role and family dynamics
- Preparing for change
- Mental health crisis and safety planning
- Bereavement
- Anxiety, managing emotions, navigating feelings of guilt
- Exam stress, puberty
- Issues with school, behaviour, homework, GCSE choices
- Unwanted thoughts, cared for worries, understanding behaviour related to condition of cared for person

Trips and events

Events help to address the negative impacts children face through extended periods of isolation, loneliness and lack of participation in normal activities. Bowling, mini-golf, trampolining, ice skating, Go Ape, Flamingo Land trip are just some of the exciting and varied programmes we have offered.

In addition educational and wellbeing sessions such as attending the cookery school and creative art therapy sessions, all enhance support for Young Carers.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Helping Young Carers to stay well

Family Support and CBT

Successful funding from the National Lottery provided 97 individuals with Cognitive Behavioural Therapy (CBT) and / or Family Support.

This early intervention project was developed in response to the increasing needs of Young Carers aged 11 to 24, struggling with their mental health, and who often face months of waiting for diagnosis or support.

298 therapy sessions have been delivered, focusing on coping skills and techniques, alongside providing practical support for the whole family, including an essentials fund, emotional support, family holidays, foodbank vouchers, liaising with schools and statutory services. The therapeutic work has covered a range of conditions and situations, including depression, anxiety, PTSD, self-harm, grief and anger management.

The essentials fund has enabled families to access items such as beds, laptops, transport, all helping to improve outcomes for families and Young Carers.

Financial review

York Carers Centre finished the year with a surplus of £67,230 (2022: surplus £28,515). Total income increased by £55,724 to £689,479 (2022: £633,755) and at the same time expenditure increased by £17,009 to £622,249 (2022: £605,240).

Reserves policy

Free reserves of £72,358 were held at 31 March 2023. (2022: £84,577) Free reserves exclude those reserves which are restricted, fixed assets and commitments.

The trustees have now established a reserves policy and agreed on the level of reserves the charity will require to sustain its operations in the future.

Risk management

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Future Plans

With a new CEO in post, it is a good time to reflect on our activities and look to the future. There are challenges simply in maintaining the current level of provision and managing the increasing demands on the service. However, we want to strive to develop and constantly improve our service. We will build on our past achievements and reputation to maintain and develop a quality service.

Key areas we will be focussing on in the future are:

- Maintaining positive relationships with the carers we serve, our funders and partner organisations, not least through the Carer Support Service Contract commissioned by City of York Council
- Working within York Hospital, alongside project partners and a range of health and social care professionals to identify carers requiring support
- Continuing to raise awareness of carers and the issues they face, including involvement in the development of a Resource Pack for GP's and Primary Care
- Aim to reach more carers ensuring that carers in York are identified and have access to responsive and flexible support that is appropriate to their needs, helping to prevent the breakdown of caring arrangements
- Building on the work with Community Mental Health Transformation, through the Pathway to Recovery Team and Mental Health Hub, supporting carers of people with mental ill health. This will continue to open new opportunities for partnership working with other agencies and support services across York
- Funding from the National Lottery Community Fund to continue our Mental Health Support Programme for Young Carers and Young Adult Carers and their families
- Exploring opportunities which build on our successful Carers Trust Quilter Project to assist Young Adult Carers to identify future goals and plans that will help their transition into adulthood
- Sourcing a range of financial support for mental health, addiction work, counselling, carers activities and school uniforms for Young Carers
- Volunteer participation opportunities and support for more Carer Champions to make a difference, to represent the voice of carers and help shape local services
- Using our newsletter to remind carers who do not attend groups or events, that they are not forgotten by focussing mailings on themes or top tips around specific topics

Our dedicated committed staff team are our greatest asset, and we will continue to maintain and develop family and carer-friendly policies to help staff maintain a good work-life balance.

All these plans support our Aims and Objectives as outlined under Objectives and Activities.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Trustees report on future plans

The trustees recognise the impact on staff of the increasing demands on the service and the pressures faced by those working across the whole of the health and social care sector. We know that the key to being able to provide quality services is maintaining a consistent and dedicated staff team.

The impact of pressures across the system and the cost-of-living crisis severely impact carers and it is more important than ever to focus our work on supporting carers own health and wellbeing, and help them to access any benefits or services that they are entitled to.

Funding streams such as the Mental Health Community Transformation Fund and the Lottery have shown the opportunities this brings to enhance support for carers who need it most, ensure their voices are heard when developing services and building strong working relationships with a wide range of partners. We would like to develop both of these areas of work further with extensions of current funding arrangements and enhanced provision for carers.

Maintaining and increasing the funding into the service to enable the provision of crucial support for carers is essential to meet their emerging needs. Areas including counselling, addiction, mental health and carer activities are all priority areas.

We have learned that even small efforts can make such a huge difference to carers for example the keep warm, keep well packs provided to support carers during winter months, or summer activities for Young Carers, but also the importance of having carers voices at the heart of decision making for example through our mental health work.

We have learned the value of having a Patron to assist in raising awareness and will seek to find a suitable Patron going forward.

Structure, governance and management

York Carers Centre is a registered charity and a company limited by guarantee not having a share capital. The company is governed by its Memorandum and Articles of Association dated 28th November 2008 and Articles dated 18th September 2014 as amended by special resolution dated 21 September 2017.

The board of trustees is responsible for management of York Carers Centre. The board consists of a minimum of 6 and a maximum of 12 trustees who should either be elected by and from the membership at or prior to the annual general meeting. Up to four persons (who need not be members of the charity) can be co-opted by the trustees because they make a special contribution or have a particular interest in the work of the charity; provided that at no time shall co-opted trustees constitute more than one half of the total board.

The chief executive who is also the company secretary reports to the board of trustees, and is responsible for the day to day management of the Carers Centre. The board of trustees hold a management meeting once a month. All trustees received training and an induction when appointed, and their training needs are reviewed annually.

Funds held as custodian trustee

At 31 March 2023 the charity held funds on behalf of Young Carers Revolution of £5,273 (2022: £6,673).

The trustees' report was approved by the Board of Trustees on 18 September 2023.



R J Temple

Signed on 21/09/23 @ 09:47

Mrs R J Temple - Chair

YORK CARERS CENTRE

STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also the directors of York Carers Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

YORK CARERS CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YORK CARERS CENTRE

I report to the trustees on my examination of the financial statements of York Carers Centre (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity (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 financial statements of the charity 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 financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity'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 and Wales, and the Association of Chartered Certified Accountants, which are 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 that in any material respect:

- 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).

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 financial statements to be reached.



N P Clemit
Signed on 21/09/23 @ 13:16

N Clemit ACA, FCCA

JWPCreers LLP
Chartered Accountants
Genesis 5
Church Lane
York
YO10 5DQ

Dated: 19 September 2023

YORK CARERS CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Donations and legacies	2	885	9,495	10,380	2,067	3,561	5,628
Charitable activities	3	402,847	274,475	677,322	431,535	195,565	627,100
Other trading activities	4	103	1,674	1,777	-	1,027	1,027
Total income		<u>403,835</u>	<u>285,644</u>	<u>689,479</u>	<u>433,602</u>	<u>200,153</u>	<u>633,755</u>
Expenditure on:							
Charitable activities	5	<u>408,125</u>	<u>214,124</u>	<u>622,249</u>	<u>445,692</u>	<u>159,548</u>	<u>605,240</u>
Net (outgoing)/incoming resources before transfers		(4,290)	71,520	67,230	(12,090)	40,605	28,515
Gross transfers between funds		<u>(791)</u>	<u>791</u>	<u>-</u>	<u>(734)</u>	<u>734</u>	<u>-</u>
Net (expenditure)/income for the year/ Net movement in funds		(5,081)	72,311	67,230	(12,824)	41,339	28,515
Fund balances at 1 April 2022		<u>86,338</u>	<u>111,623</u>	<u>197,961</u>	<u>99,162</u>	<u>70,284</u>	<u>169,446</u>
Fund balances at 31 March 2023		<u><u>81,257</u></u>	<u><u>183,934</u></u>	<u><u>265,191</u></u>	<u><u>86,338</u></u>	<u><u>111,623</u></u>	<u><u>197,961</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

YORK CARERS CENTRE

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	10		5,265		1,761
Current assets					
Debtors	11	4,809		3,394	
Cash at bank and in hand		267,845		205,223	
		272,654		208,617	
Creditors: amounts falling due within one year	13	(12,728)		(12,417)	
Net current assets			259,926		196,200
Total assets less current liabilities			265,191		197,961
Income funds					
Restricted funds	14		183,934		111,623
Unrestricted funds			81,257		86,338
			265,191		197,961

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 2023.

The director acknowledges his 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 Board of Trustees on 18 September 2023



R J Temple
Signed on 21/09/23 @ 09:47

Mrs R J Temple - Chair

Company registration number 6760783

YORK CARERS CENTRE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash generated from operations	18		70,152		41,346
Investing activities					
Purchase of tangible fixed assets		(7,530)		(730)	
Net cash used in investing activities					
			(7,530)		(730)
Net cash used in financing activities					
			-		-
Net increase in cash and cash equivalents					
			62,622		40,616
Cash and cash equivalents at beginning of year			205,223		164,607
Cash and cash equivalents at end of year					
			267,845		205,223

YORK CARERS CENTRE

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

1 Accounting policies

Charity information

York Carers Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is Priory Street Centre, 17 Priory Street, York, YO1 6ET.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

All income is included in the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to the category.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct costs and support costs relating to such activities.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include its audit fees and costs linked to the strategic management of the charity.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Fixed assets are stated at cost or valuation less accumulated depreciation. Individual fixed assets costing £500 or more are capitalised at cost.

Tangible fixed assets are depreciated on a straight line basis over their estimated useful lives as follows:

Computer System	33% straight line
Office Equipment	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are measured at transaction price.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are recognised at transaction price

Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised at transaction price.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Pension costs

Staff can pay into the Pension Trust's Flexible Retirement Plan. The assets are held separately from those of the charity. Pension costs charged in the statement of financial activities represent the contributions payable by the charity in the year.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations	885	9,495	10,380	2,067	3,561	5,628

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

3 Charitable activities

	Charitable Income 2023 £	Charitable Income 2022 £
Grants and contracts		
City of York Council	480,353	383,421
NHS Humber and North Yorkshire Integrated Care Partnership	81,154	81,154
Carers Trust	4,940	29,265
Grant making trusts	11,460	25,171
Children in Need	8,720	8,220
National Lottery	82,695	89,869
Mind the gap NHS	8,000	10,000
	<u>677,322</u>	<u>627,100</u>
Analysis by fund		
Unrestricted funds	402,847	431,535
Restricted funds	274,475	195,565
	<u>677,322</u>	<u>627,100</u>

4 Other trading activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Restricted funds 2022 £
Fundraising	103	1,674	1,777	1,027
	<u>103</u>	<u>1,674</u>	<u>1,777</u>	<u>1,027</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

5 Charitable activities

	Expenditure on Charitable Activities	Expenditure on Charitable Activities
	2023	2022
	£	£
Salaries	462,504	431,332
DBS and recruitment	2,544	2,502
Volunteers expenses	1,211	876
Training and conferences	5,945	4,358
Rent and room hire	12,531	21,222
General running costs	39,661	48,319
Carers week and carers rights day	899	865
Travel expenses including parking	4,726	2,469
Activity costs	55,179	43,904
Project costs (counselling)	3,620	16,000
Newsletter costs	4,569	6,128
Hospitality for carers	450	532
	<u>593,839</u>	<u>578,507</u>
Share of support costs (see note 6)	24,871	24,357
Share of governance costs (see note 6)	3,539	2,376
	<u>622,249</u>	<u>605,240</u>
Analysis by fund		
Unrestricted funds	408,125	445,692
Restricted funds	214,124	159,548
	<u>622,249</u>	<u>605,240</u>

6 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Depreciation	4,026	-	4,026	2,019	-	2,019
Bank charges	551	-	551	376	-	376
Legal and professional fees	14,370	-	14,370	9,993	-	9,993
Website and IT costs	4,031	-	4,031	8,857	-	8,857
Advertising	1,893	-	1,893	3,112	-	3,112
Accountancy	-	2,430	2,430	-	1,920	1,920
Governance cost	-	1,109	1,109	-	456	456
	<u>24,871</u>	<u>3,539</u>	<u>28,410</u>	<u>24,357</u>	<u>2,376</u>	<u>26,733</u>
Analysed between						
Charitable activities	<u>24,871</u>	<u>3,539</u>	<u>28,410</u>	<u>24,357</u>	<u>2,376</u>	<u>26,733</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

7 Trustees

During the year the charity paid travel expenses of £93 to a Trustee (2022: £nil).

8 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Total	27	23
	<u> </u>	<u> </u>
Employment costs	2023	2022
	£	£
Wages and salaries	414,506	385,532
Social security costs	30,650	27,834
Pension costs	18,996	17,895
Holiday accrual movement	(1,648)	71
	<u> </u>	<u> </u>
	462,504	431,332
	<u> </u>	<u> </u>

No employee received emoluments of more than £60,000 per annum (2022: none).

The average number of full time equivalent staff was 15 (2022: 14).

The total paid to key management personnel during the year was £60,911 (2022: £58,523).

9 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

10 Tangible fixed assets

	Computer System £	Office Equipment £	Total £
Cost			
At 1 April 2022	22,889	2,029	24,918
Additions	7,530	-	7,530
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2023	30,419	2,029	32,448
	<u> </u>	<u> </u>	<u> </u>
Depreciation			
At 1 April 2022	22,291	866	23,157
Depreciation charged in the year	3,108	918	4,026
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2023	25,399	1,784	27,183
	<u> </u>	<u> </u>	<u> </u>
Carrying amount			
At 31 March 2023	5,020	245	5,265
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2022	598	1,163	1,761
	<u> </u>	<u> </u>	<u> </u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

11 Debtors	2023	2022
	£	£
Amounts falling due within one year:		
Prepayments and accrued income	4,809	3,394
	<u> </u>	<u> </u>

12 Funds Held For Other Parties

The Charity holds funds on behalf of Young Carers Revolution.

During the year the Charity received no income (2022: £nil) and paid expenses of £1,400 (2022: £551) on behalf of Young Carers Revolution.

The balance held at year end was £5,273 (2022: £6,673).

13 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other creditors	4,157	616
Accruals	8,571	11,801
	<u> </u>	<u> </u>
	<u>12,728</u>	<u>12,417</u>

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2022	Movement in funds			Balance at 31 March 2023
		Income	Expenditure	Transfers	
	£	£	£	£	£
Carers Trust	1,781	840	(808)	-	1,813
Young Carers	35,275	10,446	(5,235)	-	40,486
Young Adults	7,079	-	(2,136)	-	4,943
Adults	10,635	11,800	(15,529)	-	6,906
Substance Misuse Fund	2,954	3,773	(2,448)	-	4,279
Children in Need	-	8,720	(8,871)	151	-
Quilter Foundation	13,932	3,600	(18,050)	518	-
National Lottery Community Fund	32,494	82,695	(82,937)	-	32,252
Holiday Activity Fund	-	11,990	(12,013)	23	-
Mind the Gap NHS	-	8,000	(8,099)	99	-
YMH Partnership Funding	7,473	143,780	(57,998)	-	93,255
	<u>111,623</u>	<u>285,644</u>	<u>(214,124)</u>	<u>791</u>	<u>183,934</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

14 Restricted funds

(Continued)

	Movement in funds				Balance at 31 March 2022 £
	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers £	
Carers Trust	2,160	4,588	(4,967)	-	1,781
Young Carers	34,833	22,423	(21,981)	-	35,275
Young Adults	6,584	750	(255)	-	7,079
Adults	13,424	6,164	(8,953)	-	10,635
Substance Misuse Fund	3,517	3,872	(4,435)	-	2,954
Children in Need	-	8,220	(8,340)	120	-
Quilter Foundation	7,178	23,227	(16,473)	-	13,932
Joseph Rowntree Foundation	2,588	-	(2,669)	81	-
National Lottery Community Fund -Dev	-	7,000	(7,017)	17	-
National Lottery Community Fund	-	82,869	(50,375)	-	32,494
Holiday Activity Fund	-	11,040	(11,315)	275	-
Mind the Gap NHS	-	10,000	(10,241)	241	-
YMH Partnership Funding	-	20,000	(12,527)	-	7,473
	<u>70,284</u>	<u>200,153</u>	<u>(159,548)</u>	<u>734</u>	<u>111,623</u>

Carers Trust

Individual grants received to provide opportunities for carers to improve and maintain their health and wellbeing, support them in accessing work, training and employment and to work with them to explore a life outside their caring role.

Funding for young carers

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers under 18 years.

Funding for young adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 18-25 years.

Funding for adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 25+ years.

Substance Misuse Fund

Donations/fundraising from businesses and organisations specifically to provide information and support groups for carers who are affected by someone else's substance misuse.

Children in Need

A grant to deliver a six week activity programme over the summer holidays to increase the emotional wellbeing of young carers and enable them to build emotional and mental resilience. The programme delivers workshops to learn about food and nutrition in a fun, creative way. It enables young carers to adopt healthy eating habits and cooking healthy meals on a budget, and will help families on low incomes and increase young people's practical skills throughout their lives. Through this programme young carers will engage in physical activities that challenge and improve their physical and mental ability and benefit them from engaging in team-work, relieve stress and build fitness thereby helping overcome long-term health problems such as obesity.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

14 Restricted funds

(Continued)

Quilter Foundation (Carers Trust)

Funding from the Inspiring Change grant programme enabling young adult carers to take time out from the pressures they face to engage in fun activities and access one-to-one support helping overcome isolation and build their confidence and self-esteem. They will explore and identify future goals and plans that will help their transition into adulthood. In addition funding from the Aspirations grant programme helps young adult carers towards their goals, for example paying to complete a qualification needed for a job. On completion of the project, all young adult carers will have a portfolio featuring their skills and strengths; photographs of their achievements and a detailed action plan matching their identified goals and aspirations.

Joseph Rowntree Foundation (2022 only)

A small grant to employ a part time member of staff to facilitate a regular group for carers of people with severe mental ill health. The member of staff will also offer additional support to carers who require it and follow up any issues that arise at group meetings.

National Lottery Community Fund - Development (2022 only)

Funding for a development stage taking up to at least two months prior to the project work with young carers commencing. This will produce systems; develop partners, forums, groups, terms of reference; and also work with young adult carers to develop a group to influence the project going forward.

National Lottery Community Fund

Three year funding to employ a CBT Therapist and Family Worker to support young carers who have developed, or are at high risk of developing a mental health condition, whose caring responsibilities worry and upset them to such a degree that they are unable to function and lead normal healthy lives. The Therapist offers support to equip young carers with the tools and coping skills to manage a range of emotional conditions. Alongside this the Family Worker assesses the family circumstances and caring role and identifies appropriate help in the home, liaison with school, support for young carers to maintain their own health and wellbeing, maintain their education and lead healthy fulfilling lives transitioning into adulthood.

City of York Holiday Activities and Food Programme (HAF)

Holiday provision (Summer 2022) for young carers who receive benefits-related free school meals. School holidays for some families because of increased costs (such as food and childcare) and reduced incomes can be particularly difficult and this programme provides free holiday activities including food which encourages young people to eat more healthily over the school holidays and be more active. Engaging and enriching activities are delivered which support the development of resilience, character and wellbeing along with young carers gaining an increased knowledge of health and nutrition

Mind The Gap Programme

Phase 2 of the NHS funded programme to help integrate care systems to identify and support carers from vulnerable communities through co-production and carer-led innovation. Working in collaboration with NHS and project partners to put in place interventions, informed by 2021/22 scoping exercise, so that carers can access support to enable them to maintain their own wellbeing. This involved engaging carers and families attending a peer support group for carers looking after someone with an addiction problem and facilitating focus group sessions with carers and families to explore, discuss and share their experience.

York Mental Health Partnership Grant

NHS Humber and North Yorkshire Integrated Care Partnership grant funding to deliver a peer support service as part of the Pathway to Recovery Project to support carers of individuals with mental ill health. This is an exciting project delivering support for carers looking after someone discharged from hospital. Focus groups and carer peer support groups, together with drop-in sessions at Foss Park Hospital and Clarence Street Mental Health Hub (part of the Community Mental Health Transformation work), provide a point of contact for information, advice and support and a link into regular groups/other support services.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

15 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2023	2023	2023
	£	£	£
Fund balances at 31 March 2023 are represented by:			
Tangible assets	4,032	1,233	5,265
Current assets/(liabilities)	77,225	182,701	259,926
	<u>81,257</u>	<u>183,934</u>	<u>265,191</u>
	<u><u>81,257</u></u>	<u><u>183,934</u></u>	<u><u>265,191</u></u>
	Unrestricted funds	Restricted funds	Total
	2022	2022	2022
	£	£	£
Fund balances at 31 March 2022 are represented by:			
Tangible assets	1,761	-	1,761
Current assets/(liabilities)	84,577	111,623	196,200
	<u>86,338</u>	<u>111,623</u>	<u>197,961</u>
	<u><u>86,338</u></u>	<u><u>111,623</u></u>	<u><u>197,961</u></u>

16 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023	2022
	£	£
Within one year	4,124	-
Between two and five years	743	-
	<u>4,867</u>	<u>-</u>
	<u><u>4,867</u></u>	<u><u>-</u></u>

17 Related party transactions

There were no disclosable related party transactions within the year (2022 - none).

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

18	Cash generated from operations	2023 £	2022 £
	Surplus for the year	67,230	28,515
	Adjustments for:		
	Depreciation and impairment of tangible fixed assets	4,026	2,019
	Movements in working capital:		
	(Increase)/decrease in debtors	(1,415)	8,819
	Increase in creditors	311	1,993
	Cash generated from operations	<u>70,152</u>	<u>41,346</u>

YORK CARERS CENTRE

England & Wales - Charity number 1127644

Accounts

Charity registration number 1127644

Company registration number 6760783 (England and Wales)

YORK CARERS CENTRE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

YORK CARERS CENTRE

CONTENTS

	Page
Legal and administrative information	1
Trustees' report	2 - 6
Statement of trustees' responsibilities	7
Independent examiner's report	8
Statement of financial activities	9
Statement of financial position	10
Notes to the financial statements	11 - 20

YORK CARERS CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J P R Dean - Treasurer Mrs R J Temple - Chair Mrs J Chapman (Resigned 23 September 2021) Mr C Durant Ms L Shelbourn Ms H Weatherly Mr E I C Robson
Secretary and chief executive	Ms C D Zagrovic
Patron	Mr H Gratton MBE, DL (Died 24 June 2022)
Charity number	1127644
Company number	6760783
Registered office	Priory Street Centre 17 Priory Street York YO1 6ET
Independent examiner	N Clemit ACA, FCCA JWPCreers LLP Chartered Accountants Genesis 5 Church Lane York YO10 5DQ
Bankers	Unity Trust Bank Plc PO Box 7193 Planetary Road Willenhall WV1 9DG
Key management personnel	Ms C D Zagrovic Mrs J Crosby Trustees noted above

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The trustees (who are also the directors of York Carers Centre for the purposes of company law) present their report and financial statements for the year ended 31 March 2022 which are also prepared to meet the requirements for a directors report and accounts for Companies Act purposes.

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 published in October 2019".

The legal and administrative information page forms part of this report.

Objectives and activities

The company's principal activity and public benefit is to relieve in and around the city of York the elderly, the sick and people with disabilities by providing support, advice and information to those responsible for their care.

York Carers Centre is committed to meeting the needs of all Carers in York and improving their quality of life, helping them fulfil their full potential living their own life alongside their caring role. We aim to achieve this by providing support, advice and information, representing carers' views and influencing local and national policies and practice.

Aims

- To enable carers to have choices about their caring role
- To positively influence local and national policy and practice to benefit carers
- To support effective caring

Objectives

- To support carers in their caring role
- To provide quality information, advice and advocacy for carers in York
- To provide accurate and accessible information and advice
- To assist carers to register an emergency plan
- To facilitate carer representation on local and national groups and forums
- To support carer groups and facilitate consultations
- To run groups, organise trips and events for carers
- To provide a support service for young carers including one to one work
- To provide access to breaks for all carers
- To provide groups, trips and events for young carers
- To provide specific support groups for 18-25 year old carers
- To provide help with employment, education and training for carers

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Keeping carers connected through groups and activities

We helped 513 adult carers to maintain a life of their own and stay connected to other carers through 153 group activities.

Hubs in the community

We run regular Carers' Hubs in different locations around the city, adapting these to meet need. We've heard lots of positive feedback from carers about how this has helped to reduce isolation and build relationships with other carers in similar situations.

Families affected by addiction

Our regular group for people affected by a family member or friend's drug or alcohol use helps those carers to stay connected to others in similar situations, reduces isolation and equips carers with new skills.

The group discussions focus on helping carers with establishing boundaries, learning coping skills, understanding relationships, sharing experiences and hearing about local resources and services.

Bereavement workshops

Our series of bereavement workshops this year gave carers chance to connect with one another, and to speak openly about both their bereavement loss and the loss of their caring role and identity.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Supporting someone with mental ill-health

We host two regular mental health support groups, offering family members and friends of someone with mental ill-health the chance to talk to others in similar situations, stay up to date by hearing from local health services and have their voice heard by decision makers.

Valuable speaker sessions this year included Tees, Esk and Wear Valleys NHS Trust pharmacists, several sessions with the Head of Nursing for mental health for North Yorkshire and York, the Social Prescribing and Local Area Coordination Teams, and the Action Towards Inclusion team.

Planning for Tomorrow

We responded to carers' needs by offering a series of workshops on planning for the future, focusing on end-of-life care.

The sessions worked to tackle this difficult topic in a sensitive and open manner and provided carers with information, advice and the chance to speak to others in similar situations.

Supporting better understanding of Carers' rights

Advice work

After receiving information and advice from our specialist carer advice worker, carers said that:

- they felt listened to and understood
- they understood their particular issue more and felt able to make an informed choice
- they felt better equipped to challenge decisions
- receiving clear information and advice relieved stress and anxiety levels
- they were able to move forward with their issue or it had been resolved

Carers Assessments of Need

We completed 135 Carers Assessments of Need this year. The Assessments are undertaken by experienced staff who help carers access information and advice at a point when they first seek support, outlining what services are available as well as their rights and entitlements, alongside supporting with the emotional impact of caring.

Information sessions

Our information sessions aimed at empowering carers to understand and use their rights included:

- A Carers Rights Day event: 'Get Heard in the UK Parliament, highlighting how to raise issues and understand the parliamentary system
- Communicating with Professionals workshops, funded by York Inspirational Kids, empowering parent carers to use their rights to challenge decisions and communicate effectively.
- Benefits advice sessions covering carers entitlements and individual support.

Raising awareness of Carers' needs

Families affected by addiction

Our successful application to the NHS Mind the Gap programme, resulted in an innovative carer-led project and three carefully crafted short films demonstrating the challenges carers face in looking after someone with an alcohol or drug dependency.

The films were shared widely by our health and social care partners to raise awareness of what matters most to carers and how services, professionals and the wider community can help.

The panel concluded that our successful application showed "great knowledge of helping carers from vulnerable communities to identify and understand what matters most to them. And great evidence of co-production with carers in co-designing recommendations."

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Carers Action Group

The Carers Action Group was set up to ensure carers voices are heard and carers are acknowledged as experts by experience. The group meet regularly with staff and statutory services and members represent carers through City of York Council Carers Strategy meetings.

Themes for discussion and action have included: care homes; the pandemic and vaccinations for carers; disability parking; a 'wish list' for Primary Care; carer breaks.

Staff and carers take an active role in a number of groups in the city including, Dementia Strategy; Ageing Well Partnership; Healthwatch Steering Group, all highlighting carers' needs and the value they bring to integrating health and social care services.

Raising awareness through the media

Throughout the year we have raised awareness of caring in our community and issues affecting carers, as well as reaching out to 'hidden' carers who may not be accessing any support. From regional television to local press, radio and social media, we have made caring visible in our community.

Training for health and social care staff

We facilitated carer awareness training to 400 professionals from local health, social care and voluntary organisations.

Our training aims to highlight the challenges carers face, particularly around navigating statutory services and co-ordinating health and social care support. Professionals leave with a better understanding of identifying and supporting carers, where other help is available and carers health and wellbeing.

Work with employers

We engaged with 35 local employers this year to raise awareness of carers' needs in the workplace. We are proud to have continued our partnership work with large organisations, such as York and Scarborough Teaching Hospitals NHS Foundation Trust through their launch of the Caring 4 Carers staff network.

Carer Champions

Many carers are passionate about raising awareness of carers' needs and reducing the stigma around conditions. We support those carers to make a difference, to represent the voice of carers and to help shape local services.

Helping carers to stay well

One to one support

This year we have completed 570 one-to-one carer support sessions with 130 carers, responding to what each individual needs.

Wellbeing sessions

We delivered a range of sessions, meeting the expressed needs of carers, including: voicefulness, creative writing, an art group, bereavement workshops, and mindfulness to name just a few. Sessions support carers' wellbeing, and help carers develop social contacts, while knowledgeable staff provide information and advice.

We hosted two courses facilitated by a counsellor helping carers to cope with their caring roles, providing time and space to explore the many emotions and feelings involved when caring for someone.

Support for carers at Foss Park

We were granted funding to work as part of a Pathway to Recovery team based at Foss Park mental health hospital, employing carers as peer supporters to support families and carers of those being discharged from hospital.

This project which began in September 2021 received around 40 referrals and we actively worked with over 20 carers up to the end of March, ensuring they have access to information and advice at the point of crisis, and support to help maintain their wellbeing.

Maximising carers' income

This year our specialist welfare benefits worker helped 226 carers with benefit entitlement checks and support through the entire application process, generating £160,000 extra income for carers and their families.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Valuing volunteers

Our committed group of volunteers are an important part of our work with carers, and we are proud to have over 35 volunteers this year.

Volunteers are involved in many areas of our work and use their skills and experience to support carers in a range of ways, including helping in groups for both adults and young carers, planning events, making one-to-one welfare and befriending calls and assisting with office work.

Young adult carers

Our work this year with 18- to 25-year-old carers focused on being a point of contact throughout the pandemic and providing activities to maintain their health and wellbeing. We facilitated walk- and-talk sessions enabling carers to talk freely (away from the person they care for); give them a break from the household environment, and an opportunity to exercise.

We started an Instagram Channel @yacsyork to maintain contact, continuity, familiarity, peer support and project momentum. We also developed a 60 Second Virtual Steering Group which was well received and helped shape our offer.

29 young adult carers directly benefitted from our Inspiring Change project funded by the Quilter Foundation. Creative sessions, social events, and one-to-one coaching helped carers establish goals towards independence and employability.

To celebrate Carers Rights Day, we arranged a group trip to Liverpool to meet with Barnado's young adult carers. The trip was a real success and Liverpool carers were inspired by the possibilities and opportunities.

Young carers

We continually adapted our support during the pandemic for 5- to 18-year-old carers, responding to restrictions and finding ways to maintain activities and services without any pause or gaps. Our successful funding to the National Lottery enabled us to employ a Family Worker and Cognitive Behavioural Therapist to meet the increasing needs of young carers experiencing mental health problems.

Funding from BBC Children in Need and the Holiday Activity and Food programme provided 416 Summer Fun experiences, with a focus on healthy eating, physical activity, positive creative expression, making new friendships and young carers having their voices heard.

Successful funding including from City of York Council, Ed de Nunzio Charitable Trust and York Children's Trust, provided 52 families with school uniforms, free IT equipment and other essentials.

Participating in the national Young Carers Action Day, young carers produced a film to use in schools to raise awareness and help identify and reach 'hidden' young carers.

Helping young carers to stay well

Family Support and CBT

Successful funding from the National Lottery provided 67 young carers and their families with Cognitive Behavioural Therapy (CBT) and Family Support.

This early intervention project was developed in response to the increasing needs of young carers aged 11 to 24, struggling with their mental health, and who often face months of waiting for diagnosis or support.

208 therapy sessions have been delivered, teaching coping skills and techniques, in venues such as schools and community centres, alongside providing practical support for the whole family, including emotional support, foodbank vouchers, debt management, funding for household items, sourcing mentors and liaising with schools and statutory service.

Highlights for the year

- We answered 3,495 calls and enquiries from carers, providing support, information and signposting to other services that might be able to help.
- We helped 513 carers to maintain a life of their own and stay connected to other carers through group activities.
- We supported carers to access £160,000 in extra welfare benefits to increase their family income.
- We completed 135 Carers Assessments of Need ensuring carers got early information and advice, and the right support for their individual needs.
- We ran a survey to better understand the needs of carers in our area, and gained 230 responses, providing us with evidence to shape our services accordingly and highlight wider issues.
- We distributed 17,408 copies of our regular newsletter, to ensure local carers and professionals had up to date information about events and news that may help them.
- 503 unpaid carers in York hold our Carers Emergency Card, making them better equipped to deal with a crisis, with 85% saying the card provides peace of mind.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Financial review

York Carers Centre finished the year with a surplus of £28,515 (2021: surplus £24,636). Total income increased by £111,793 to £633,755 (2021: £521,962) and at the same time expenditure increased by £107,914 to £605,240 (2021: £497,326).

Reserves policy

Free reserves of £84,577 were held at 31 March 2022. Free reserves exclude those reserves which are restricted and fixed assets.

The trustees have now established a reserves policy and agreed on the level of reserves the charity will require to sustain its operations in the future.

Risk management

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

York Carers Centre is a registered charity and a company limited by guarantee not having a share capital. The company is governed by its Memorandum and Articles of Association dated 28th November 2008 and Articles dated 18th September 2014 as amended by special resolution dated 21 September 2017.

The board of trustees is responsible for management of York Carers Centre. The board consists of a minimum of 6 and a maximum of 12 trustees who should either be elected by and from the membership at or prior to the annual general meeting. Up to four persons (who need not be members of the charity) can be co-opted by the trustees because they make a special contribution or have a particular interest in the work of the charity; provided that at no time shall co-opted trustees constitute more than one half of the total board.

The chief executive who is also the company secretary reports to the board of trustees, and is responsible for the day to day management of the Carers Centre. The board of trustees hold a management meeting once a month. All trustees received training and an induction when appointed, and their training needs are reviewed annually.

Funds held as custodian trustee

At 31 March 2022 the charity held funds on behalf of Young Carers Revolution of £6,673 (2021: £7,224).

The trustees' report was approved by the Board of Trustees.



R J Temple
Signed on 29/09/22 @ 10:43

Mrs R J Temple - Chair

Trustee

Date: 23 September 2022

YORK CARERS CENTRE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2022

The trustees, who are also the directors of York Carers Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

YORK CARERS CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YORK CARERS CENTRE

I report to the trustees on my examination of the financial statements of York Carers Centre (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity (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 financial statements of the charity 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 financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity'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 and Wales, and the Association of Chartered Certified Accountants, which are 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 that in any material respect:

- 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).

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 financial statements to be reached.



N P Clemit

Countersigned on 29/09/22 @ 11:48

N Clemit ACA, FCCA

JWPCreers LLP
Chartered Accountants
Genesis 5
Church Lane
York
YO10 5DQ

Dated: 27 September 2022

YORK CARERS CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
Income							
Donations and legacies	2	2,067	3,561	5,628	1,841	11,657	13,498
Charitable activities	3	431,535	195,565	627,100	435,757	72,641	508,398
Other trading activities	4	-	1,027	1,027	66	-	66
Total income		433,602	200,153	633,755	437,664	84,298	521,962
Expenditure							
Charitable activities	5	445,692	159,548	605,240	438,859	58,467	497,326
Net (expenditure)/income before transfers		(12,090)	40,605	28,515	(1,195)	25,831	24,636
Gross transfers between funds		(734)	734	-	619	(619)	-
Net (expenditure)/income for the year/							
Net movement in funds		(12,824)	41,339	28,515	(576)	25,212	24,636
Fund balances at 1 April 2021		99,162	70,284	169,446	99,738	45,072	144,810
Fund balances at 31 March 2022		86,338	111,623	197,961	99,162	70,284	169,446

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

YORK CARERS CENTRE

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	9		1,761		3,050
Current assets					
Debtors	10	3,394		12,213	
Cash at bank and in hand		205,223		164,607	
		<u>208,617</u>		<u>176,820</u>	
Creditors: amounts falling due within one year	11	<u>(12,417)</u>		<u>(10,424)</u>	
Net current assets			196,200		166,396
Total assets less current liabilities			<u>197,961</u>		<u>169,446</u>
Income funds					
Restricted funds	12		111,623		70,284
Unrestricted funds			86,338		99,162
			<u>197,961</u>		<u>169,446</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 2022.

The director acknowledges his 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 23 September 2022



R J Temple
Signed on 29/09/22 @ 10:43

Mrs R J Temple - Chair

Trustee

Company registration number 6760783

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

York Carers Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is Priory Street Centre, 17 Priory Street, York, YO1 6ET.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

All income is included in the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to the category.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct costs and support costs relating to such activities.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include its audit fees and costs linked to the strategic management of the charity.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Fixed assets are stated at cost or valuation less accumulated depreciation. Individual fixed assets costing £500 or more are capitalised at cost.

Tangible fixed assets are depreciated on a straight line basis over their estimated useful lives as follows:

Computer System	33% straight line
Office Equipment	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are measured at transaction price.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are recognised at transaction price

Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised at transaction price.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Pension costs

Staff can pay into the Pension Trust's Flexible Retirement Plan. The assets are held separately from those of the charity. Pension costs charged in the statement of financial activities represent the contributions payable by the charity in the year.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations	2,067	3,561	5,628	1,841	11,657	13,498

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

3 Charitable activities

	Charitable Income 2022 £	Charitable Income 2021 £
Grants and contracts		
City of York Council	383,421	356,603
Vale of York CCG	81,154	81,154
Carers Trust	29,265	9,078
Grant making trusts	25,171	54,658
Children in Need	8,220	-
Better Care	-	6,905
National Lottery	89,869	-
Mind the gap NHS	10,000	-
	<u>627,100</u>	<u>508,398</u>
Analysis by fund		
Unrestricted funds	431,535	435,757
Restricted funds	195,565	72,641
	<u>627,100</u>	<u>508,398</u>

4 Other trading activities

	Restricted funds 2022 £	Unrestricted funds 2021 £
Fundraising	1,027	66
	<u>1,027</u>	<u>66</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

5 Charitable activities

	Expenditure on Charitable Activities 2022 £	Expenditure on Charitable Activities 2021 £
Salaries	431,332	371,920
DBS and recruitment	2,502	481
Volunteers expenses	876	690
Training and conferences	4,358	1,846
Rent and room hire	21,222	22,307
General running costs	48,319	43,504
Carers week and carers rights day	865	273
Travel expenses including parking	2,469	2,842
Activity costs	43,904	24,108
Project costs (counselling)	16,000	16,000
Newsletter costs	6,128	3,465
Hospitality for carers	532	257
	<hr/>	<hr/>
	578,507	487,693
	<hr/>	<hr/>
Share of support costs (see note 6)	24,357	7,565
Share of governance costs (see note 6)	2,376	2,068
	<hr/>	<hr/>
	605,240	497,326
	<hr/>	<hr/>
Analysis by fund		
Unrestricted funds	445,692	438,859
Restricted funds	159,548	58,467
	<hr/>	<hr/>
	605,240	497,326
	<hr/>	<hr/>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

6 Support costs

	2022		2021		2021	
	Support costs	Governance costs	2022 Support costs	Support costs	Governance costs	2021
	£	£	£	£	£	£
Depreciation	2,019	-	2,019	3,289	-	3,289
Bank charges	376	-	376	367	-	367
Legal and professional fees	9,993	-	9,993	750	-	750
Website and IT costs	8,857	-	8,857	3,159	-	3,159
Advertising	3,112	-	3,112	-	-	-
Independent examiners fee	-	1,920	1,920	-	1,860	1,860
Governance cost	-	456	456	-	208	208
	<u>24,357</u>	<u>2,376</u>	<u>26,733</u>	<u>7,565</u>	<u>2,068</u>	<u>9,633</u>
Analysed between						
Charitable activities	<u>24,357</u>	<u>2,376</u>	<u>26,733</u>	<u>7,565</u>	<u>2,068</u>	<u>9,633</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Total	<u>23</u>	<u>22</u>
Employment costs	2022	2021
	£	£
Wages and salaries	381,834	326,003
Social security costs	27,834	23,530
Pension costs	17,895	18,062
Holiday accrual	3,769	3,698
	<u>431,332</u>	<u>371,293</u>

No employee earned £60,000 pa or more (2021: none).

The average number of full time equivalent staff was 14 (2021: 13).

The key management personnel received £58,523 in the year (2021: £56,204).

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

9 Tangible fixed assets

	Computer System £	Office Equipment £	Total £
Cost			
At 1 April 2021	22,889	1,299	24,188
Additions	-	730	730
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2022	22,889	2,029	24,918
	<u> </u>	<u> </u>	<u> </u>
Depreciation			
At 1 April 2021	20,705	433	21,138
Depreciation charged in the year	1,586	433	2,019
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2022	22,291	866	23,157
	<u> </u>	<u> </u>	<u> </u>
Carrying amount			
At 31 March 2022	598	1,163	1,761
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2021	2,184	866	3,050
	<u> </u>	<u> </u>	<u> </u>

10 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Prepayments and accrued income	3,394	12,213
	<u> </u>	<u> </u>

11 Creditors: amounts falling due within one year

	2022 £	2021 £
Other creditors	616	2,483
Accruals	11,801	7,941
	<u> </u>	<u> </u>
	12,417	10,424
	<u> </u>	<u> </u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2021	Movement in funds			Balance at 31 March 2022
		Income	Expenditure	Transfers	
	£	£	£	£	£
Carers Trust	2,160	4,588	(4,967)	-	1,781
Young Carers	34,833	22,423	(21,981)	-	35,275
Young Adults	6,584	750	(255)	-	7,079
Adults	13,424	6,164	(8,953)	-	10,635
Substance Misuse Fund	3,517	3,872	(4,435)	-	2,954
Children in Need	-	8,220	(8,340)	120	-
Quilter Foundation	7,178	23,227	(16,473)	-	13,932
Joseph Rowntree Foundation	2,588	-	(2,669)	81	-
National Lottery Community Fund -Dev	-	7,000	(7,017)	17	-
National Lottery Community Fund	-	82,869	(50,375)	-	32,494
Holiday Activity Fund	-	11,040	(11,315)	275	-
Mind the Gap NHS	-	10,000	(10,241)	241	-
YMH Partnership Funding	-	20,000	(12,527)	-	7,473
	<u>70,284</u>	<u>200,153</u>	<u>(159,548)</u>	<u>734</u>	<u>111,623</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

12 Restricted funds

(Continued)

	Movement in funds				Balance at 31 March 2021 £
	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers £	
Carers Trust	3,255	5,298	(6,393)	-	2,160
Young Carers	19,922	24,095	(9,184)	-	34,833
Young Adults	5,502	5,105	(4,023)	-	6,584
Adults	8,165	7,910	(2,651)	-	13,424
Substance Misuse Fund	3,050	1,995	(1,528)	-	3,517
Quilter Foundation	5,178	2,000	-	-	7,178
National Lottery Community Fund (Covid Support)	-	18,506	(17,686)	(820)	-
Independent Age Grants Fund	-	7,484	(7,564)	80	-
Joseph Rowntree Foundation	-	5,000	(2,412)	-	2,588
City of York Council Better Care Fund	-	6,905	(7,026)	121	-
	<u>45,072</u>	<u>84,298</u>	<u>(58,467)</u>	<u>(619)</u>	<u>70,284</u>

Carers Trust

Individual grants received to provide opportunities for carers to improve and maintain their health and wellbeing, support them in accessing work, training and employment and to work with them to explore a life outside their caring role.

Funding for young carers

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers under 18 years.

Funding for young adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 18-25 years.

Funding for adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 25+ years.

Substance Misuse Fund

Donations/fundraising from businesses and organisations specifically to provide information and support groups for carers who are affected by someone else's substance misuse.

Children in Need

A three year grant to deliver a six week activity programme over the summer holidays to increase the emotional wellbeing of young carers and enable them to build emotional and mental resilience. The programme delivers workshops to learn about food and nutrition in a fun, creative way. It enables young carers to adopt healthy eating habits and cooking healthy meals on a budget, and will help families on low incomes and increase young people's practical skills throughout their lives. Through this programme young carers will engage in physical activities that challenge and improve their physical and mental ability and benefit them from engaging in team-work, relieve stress and build fitness thereby helping overcome long-term health problems such as obesity.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Restricted funds

(Continued)

Quilter Foundation (Carers Trust)

Funding from the Inspiring Change grant programme enabling young adult carers to take time out from the pressures they face to engage in fun activities and access one-to-one support helping overcome isolation and build their confidence and self-esteem. They will explore and identify future goals and plans that will help their transition into adulthood. In addition funding from the Aspirations grant programme helps young adult carers towards their goals, for example paying to complete a qualification needed for a job. On completion of the project, all young adult carers will have a portfolio featuring their skills and strengths; photographs of their achievements and a detailed action plan matching their identified goals and aspirations.

Joseph Rowntree Foundation

A small grant to employ a part time member of staff to facilitate a regular group for carers of people with severe mental ill health. The member of staff will also offer additional support to carers who require it and follow up any issues that arise at group meetings.

National Lottery Community Fund - Development

Funding for a development stage taking up to at least two months prior to the project work with young carers commencing. This will produce systems; develop partners, forums, groups, terms of reference; and also work with young adult carers to develop a group to influence the project going forward.

National Lottery Community Fund

Three year funding to employ a CBT Therapist and Family Worker to support young carers who have developed, or are at high risk of developing a mental health condition, whose caring responsibilities worry and upset them to such a degree that they are unable to function and lead normal healthy lives. The Therapist offers support to equip young carers with the tools and coping skills to manage a range of emotional conditions. Alongside this the Family Worker assesses the family circumstances and caring role and identifies appropriate help in the home, liaison with school, support for young carers to maintain their own health and wellbeing, maintain their education and lead healthy fulfilling lives transitioning into adulthood.

City of York Holiday Activities and Food Programme (HAF)

Holiday provision (Summer and Christmas 2021) for young carers who receive benefits-related free school meals. School holidays for some families because of increased costs (such as food and childcare) and reduced incomes can be particularly difficult and this programme provides free holiday activities including food which encourages young people to eat more healthily over the school holidays and be more active. Engaging and enriching activities are delivered which support the development of resilience, character and wellbeing along with young carers gaining an increased knowledge of health and nutrition.

Mind The Gap Programme

NHS funded programme to help integrate care systems to identify and support carers from vulnerable communities through co-production and carer-led innovation. The six month programme is aimed at scoping how to best identify and support carers of individuals with alcohol and drug dependence. This involves engaging carers and families attending a peer support group for carers looking after someone with an addiction problem and facilitating focus group sessions with carers and families to explore, discuss and share their experience.

York Mental Health Partnership Grant

City of York grant funding to deliver a peer support service as part of the Pathway to Recovery Pilot to support carers of individuals with mental ill health. This is an exciting project, funded for one year initially, to deliver support for carers looking after someone discharged from hospital. Focus groups and carer peer support groups together with drop-in sessions at Foss Park Hospital will provide a point of contact for information, advice and support to those carers visiting people in hospital and a link into regular groups/other support services.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

13 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2022	2022	2022
	£	£	£
Fund balances at 31 March 2022 are represented by:			
Tangible assets	1,761	-	1,761
Current assets/(liabilities)	84,577	111,623	196,200
	<u>86,338</u>	<u>111,623</u>	<u>197,961</u>
	<u><u>86,338</u></u>	<u><u>111,623</u></u>	<u><u>197,961</u></u>
	Unrestricted funds	Restricted funds	Total
	2021	2021	2021
	£	£	£
Fund balances at 31 March 2021 are represented by:			
Tangible assets	3,050	-	3,050
Current assets/(liabilities)	96,112	70,284	166,396
	<u>99,162</u>	<u>70,284</u>	<u>169,446</u>
	<u><u>99,162</u></u>	<u><u>70,284</u></u>	<u><u>169,446</u></u>

14 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

YORK CARERS CENTRE

England & Wales - Charity number 1127644

Accounts

Charity Registration No. 1127644

Company Registration No. 6760783 (England and Wales)

YORK CARERS CENTRE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

YORK CARERS CENTRE

CONTENTS

	Page
Legal and administrative information	1
Trustees' report	2 - 6
Statement of trustees' responsibilities	7
Independent examiner's report	8
Statement of financial activities	9
Statement of financial position	10
Notes to the financial statements	11 - 19

YORK CARERS CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J P R Dean - Treasurer Mrs R J Temple - Chair Mrs J Chapman Mr C Durant Ms L Shelbourn Ms H Weatherly Mr G Cooney Mr E I C Robson	(Resigned 28 October 2020) (Appointed 7 December 2020)
Secretary and chief executive	Ms C D Zagrovic	
Patron	Mr H Gratton MBE, DL	
Charity number	1127644	
Company number	6760783	
Registered office	Priory Street Centre 17 Priory Street York YO1 6ET	
Independent examiner	N Clemit ACA, FCCA JWPCreers LLP Chartered Accountants Genesis 5 Church Lane York YO10 5DQ	
Bankers	Unity Trust Bank Plc Nine Brindley Place 4 Cozells Square Birmingham B1 2HB	
Key management personnel	Ms C D Zagrovic Mrs J Crosby Trustees noted above	

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

The trustees (who are also the directors of York Carers Centre for the purposes of company law) present their report and financial statements for the year ended 31 March 2021 which are also prepared to meet the requirements for a directors report and accounts for Companies Act purposes.

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 published in October 2019".

The legal and administrative information page forms part of this report.

Objectives and activities

The company's principal activity and public benefit is to relieve in and around the city of York the elderly, the sick and people with disabilities by providing support, advice and information to those responsible for their care.

York Carers Centre is committed to meeting the needs of all Carers in York and improving their quality of life, helping them fulfil their full potential living their own life alongside their caring role. We aim to achieve this by providing support, advice and information, representing carers' views and influencing local and national policies and practice.

Aims

- To enable carers to have choices about their caring role
- To positively influence local and national policy and practice to benefit carers
- To support effective caring

Objectives

- To support carers in their caring role
- To provide quality information, advice and advocacy for carers in York
- To provide accurate and accessible information and advice
- To assist carers to register an emergency plan
- To facilitate carer representation on local and national groups and forums
- To support carer groups and facilitate consultations
- To run groups, organise trips and events for carers
- To provide a support service for young carers including one to one work
- To provide access to breaks for all carers
- To provide groups, trips and events for young carers
- To provide specific support groups for 18-25 year old carers
- To provide help with employment, education and training for carers

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Group support

We facilitated a number of peer support groups for carers including carers who look after someone with an addiction problem and mental health conditions.

Securing additional funding helped to maintain our monthly carer mental health group meetings and adapt these to online support. Peer support has been crucial during this time, and we have supported carers through various crises. We held a marketplace event, speaker sessions and fed back carers issues to mental health providers.

Mental health has been a key component during the pandemic, and we have dealt with an increasing number of carers struggling with their own mental health. The carers mental health planning group met regularly and both carers and staff take an active role in Northern Quarter developments, Community Transformation work and attend meetings with the mental health service providers including Tees, Esk and Wear Valleys.

Carers looking after someone with a substance misuse

Specialist staff and volunteers facilitated carer group sessions providing space to share experience, build social networks and meet with statutory and other service representatives.

As a result of the national charity Adfam attending our sessions, two carers joined Adfam's **Lived Experience Advisory Group**.

We are thrilled to report a carer attending our substance misuse group started her own project, **Stitch Away The Stigma**, aimed at supporting others and raising awareness of some of the issues involved in caring for someone with an addiction.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Volunteers

Volunteers work alongside staff, providing direct support to carers over the phone, support admin and reception duties, attend Zoom activity and training sessions, and advocate through a number of forums and meetings with statutory services.

York Council for Voluntary Services and City of York Council registered huge numbers of people, new to volunteering, during the early stages of the pandemic. Many came from professional backgrounds given temporary leave of absence from work. We must remember despite the fear and uncertainty, Covid drove a huge surge in community solidarity.

Volunteers at York Carers Centre were engaged in providing regular welfare calls to the most vulnerable families and carers along with counselling and IT support.

Welfare calls started with the oldest carer registered with us (aged 100 years). Calls were a way of keeping in touch, identifying hidden needs, to provide information and reminding carers that we were here for them. Support included regular calls to reduce isolation and organising formal care services and support in the home.

Building carer friendly workplaces

We engaged with local employers to raise awareness of the business benefits of supporting working carers and we are pleased to report that several local employers achieved Carer Friendly status during 2020/21.

We were thrilled to expand this area of work with the Vale of York Clinical Commissioning Group and York and Scarborough Teaching Hospitals NHS Foundation Trust who, amongst others, both met the high standards of achieving Carer Friendly status.

Responding to the pandemic

Bereavement support needs increased during the pandemic, exacerbated by carers not being able to visit their loved one in hospital and care homes. Many witnessed traumatic end to life without having the support from friends and family. We have undertaken a review of our bereavement offer, and are planning to facilitate an event for bereaved carers and produce a resource which can be used to direct carers to further sources of support.

Suicide has similarly been a theme through the pandemic, becoming more and more talked about by carers to our staff. The team have dealt with this extremely well, showing a willingness to be open and learn new skills in responding. They have listened, supported and provided a safe space for carers to explore the topic without fear of repercussion. We have assisted carers in making safety plans for themselves, and in accessing health services where they have been reluctant to do so. Carers have told us about their own plans to take their own lives, something they have not spoken about with anyone else, and we have responded in a caring and open manner.

Our response was to attend workshops to share knowledge and to engage with a local prevent suicide campaign. We further created a resource pack for those in crisis which has been shared with the Suicide Prevention Officer for City of York Council.

Carers Assessment of Need work

Under the Care Act 2014 carers have a right to statutory assessment enabling them to talk about their caring responsibilities and the impact that caring has on their lives. Assessments can help carers to access early intervention support including cash payments.

We processed 261 referrals for Carers Assessments in 2020/21 with City of York Council.

We support carers through a variety of means, regular newsletters and updates, attending carer groups, hosting training to support carers identified needs, organising social events and activities, specialist advice work and individual one to one support, where carers are assigned to a specialist worker.

York Carers Centre remains a focal point for carers to contact staff who know their circumstances. In this way we can intervene early, should their situation deteriorate and reduce crisis support from statutory services.

Carers Action Group

We have maintained our support to the Carers Action Group. Facilitated by staff, the meetings enable carers to share experience and discuss a range of issues they face.

Representatives are invited from statutory services to hear from carers, not only to share problems but to consider solutions and influence improvements. Working together in this way empowers carers, enabling them to assist service providers to meet their priorities and help tackle inequalities and integrate health and social care.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Key areas of work include:

- collaborating with Vale of York Clinical Commissioning Group to promote the flu vaccination as well as working closely to coordinate Covid-19 vaccine advice for carers, to ensure carers had access to information they needed to stay safe.
- transport issues, Blue Badge parking and city centre access
- responding to City of York Council consultation on multiple long term conditions
- sharing carers experience of mental health support
- sharing with professionals carers views on the impact of the pandemic and inconsistent messaging
- maintaining links with York Carers Strategy Group and the York Strategy for Carers and associated Action Plans
- *supporting carers to engage in a range of forums with statutory services*

Promotions and communications

The annual **Carers Rights Day** in November, **Carers Week** in June, and **Young Carers Action Day** in February create a national platform to raise awareness.

Carers attended advice sessions on Power of Attorney and finances, as well as an online Tea and Talk with Reverend Kate Bottley.

Printed media and radio:

- **Press Feb 2021:** [Trust works with charity to improve carers lives](#)
- **Radio York (listenership 72k) Feb 2021:** Radio York Children's Mental Health Week, CEO Carole Zagrovic spoke on Radio York. [Listen here](#)
- **Greatest Hits Radio news transcript Jan 2021:** [Carers encouraged to get vaccinated](#)
- **Greatest Hits Radio (listenership 140k) Dec 2020:** Carers and the vaccine
- **Radio York 12 Nov:** 10 min interview about Young carers and our BBC Children in Need funding
- **Press June 2020:** [Charity adapts to keep carers connected to support"](#)

Annual survey

We consulted 230 carers of all ages through our Annual Survey and results highlighted carers were highly satisfied with our services and support:

- **90%** said their experience with York Carers Centre was positive
- **95%** said our support helped them to cope in their caring role
- **91%** said our support helped them to keep caring

Rebranding

To reflect our varied audience across the city, and to reach new/younger and 'hidden' carers, we have rebranded. We are in the process of creating a new website with improved functionality.

The new brand encapsulates what we stand for: **competent, unique, empathic, human and based in the heart of York.**

Work with young adult carers

The Quilter Foundation funded Inspiring Change project has provided a well-structured and exciting opportunity for young adult carers across three areas of work:

- 'Zinemaking' workshops with the Charity of the Year Award Winning CREATE Charity, resulting in explosions of creativity and explorations into art and enterprise
- Aspire 1:1s focussing on achieving personal goals through a coaching model
- A series of social events that revealed a level of social isolation fuelled by public health restrictions and allowed us to prioritise future approaches

The Young Adult Carers Steering Group continues to focus and reflect our work, keeping our practice relevant and proactive.

Work with Young Carers

We initiated Project Lockdown providing arts and crafts sessions on Zoom, with materials delivered by Good Gym to young carers homes.

Christmas activity involved a special delivery of arts material to the doorsteps of young carers across the city. Through Zoom sessions young carers were guided through Christmas Card making and felt craft sessions, making penguins.

The activities were a good way to end the year, encouraging a good mix of social, technical and creative skills and provided young carers with something they could keep.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

We started a funding application to the National Lottery in February 2020 which was suspended due to Covid. National Lottery then re-opened their funding for new applications, and we were invited to re-submit and develop a new application. Following months of re-working and re-drafting we were informed of our success in January 2021.

This is a really exciting area of work where a CBT specialist and a whole-family worker will work with young carers at risk of developing mental health problems and their families.

We are also planning to deliver projects with funding from Quilter and the BBC Children in Need, that we were unable to deliver due to lockdown restrictions. These will now be delivered in 2021.

Funding

As with many charities we were forced to suspend some of our activities, due to Covid restrictions, but with the amazing support of our funders we are planning to deliver our projects during 2021.

Successful funding applications have enabled us to develop and expand our work responding to carers needs. Details can be found on our website and through our financial reports including:

- emergency funds to purchase essential household items and IT equipment for staff and carers
- postcards to some 2,000 vulnerable and elderly carers registered with us at the beginning of lockdown to reassure them they could contact us with any needs
- school uniform funding
- training and carer support groups including with parent carers
- 145 activity and wellbeing packs distributed to carers
- online creative activity sessions including arts and crafts, yoga and family history and seed planting with St Nicks

We were also successful with an application to the National Lottery, securing 3 year funding to deliver mental health support to young carers and their families.

HIGHLIGHTS

1 April 2020 to 31 March 2021

- 4,393 carers are registered with YCC: 4091 adult carers, 141 young adult carers and 161 young carers
- 35 young carer events were held
- 742 Welfare calls made to carers during the pandemic
- 11 local schools involved in the Young Carers Schools Award
- 714 Discount Cards issued to carers
- 948 carers carry our Carers Emergency Card
- 118 Carers Assessment of Need completed
- 20,441 newsletters distributed to carers and professionals
- 245 professionals completed our online carer awareness training
- 14,037 hits on our website
- 2,445 Twitter followers
- New contemporary branding to reflect our audience

Financial review

York Carers Centre finished the year with a surplus of £24,636 (2020: deficit £5,165). Total income increased by £32,741 to £521,962 (2020: £489,221) and at the same time expenditure increased by £2,940 to £497,326 (2020: £494,386).

Reserves policy

Free reserves of £96,112 were held at 31 March 2021. Free reserves exclude those reserves which are restricted and fixed assets.

The trustees have now established a reserves policy and agreed on the level of reserves the charity will require to sustain its operations in the future.

Risk management

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Impact of Covid

As like many charitable organisations, we had to act quickly from the 16th March 2020, once the UK went into national lockdown, to reduce the spread of Coronavirus. We are pleased to report we had good support from our local authority, City of York Council, throughout this period.

We quickly initiated a Covid sub-group and drafted an action plan to safely and quickly enable staff to work from home, and maintain support to carers. We sent out working from home guidance to all staff and volunteers including recommendations for looking after the health and wellbeing of employees. We further initiated Zoom conferencing for all staff to meet, and maintain contact, and were fortunate to be able to deliver mindfulness sessions. We also sent out employee appreciation gifts to remind staff that their contribution during such trying times was valued and recognised.

We maintained an accessible reception, information and advice service through normal office hours Monday to Friday and our evening carers advice line. We contacted all our funders and had support from them to re-negotiate and/or temporarily suspend delivery of funded projects.

We are proud to report that we are continuing to support carers, and working with our partners, not least City of York Council and the Vale of York Clinical Commissioning Group, ensuring carers have access to information, advice and support including statutory carers assessment of need.

We are continually working with our regional network partners through Carers Trust and York Council for Voluntary Services, who are also our landlords, to develop creative opportunities to maintain support for carers and to ensure we adopt flexible and safe return to work plans in light of Government Covid compliance recommendations.

Structure, governance and management

York Carers Centre is a registered charity and a company limited by guarantee not having a share capital. The company is governed by its Memorandum and Articles of Association dated 28th November 2008 and Articles dated 18th September 2014 as amended by special resolution dated 21 September 2017.

The board of trustees is responsible for management of York Carers Centre. The board consists of a minimum of 6 and a maximum of 12 trustees who should either be elected by and from the membership at or prior to the annual general meeting. Up to four persons (who need not be members of the charity) can be co-opted by the trustees because they make a special contribution or have a particular interest in the work of the charity; provided that at no time shall co-opted trustees constitute more than one half of the total board.

The chief executive who is also the company secretary reports to the board of trustees, and is responsible for the day to day management of the Carers Centre. The board of trustees hold a management meeting once a month. All trustees received training and an induction when appointed, and their training needs are reviewed annually.

Funds held as custodian trustee

At 31 March 2021 the charity held funds on behalf of Young Carers Revolution of £7,224 (2020: £7,344).

The trustees' report was approved by the Board of Trustees.

Mrs R J Temple - Chair

Trustee

Date: 20 September 2021

YORK CARERS CENTRE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2021

The trustees, who are also the directors of York Carers Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

YORK CARERS CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YORK CARERS CENTRE

I report to the trustees on my examination of the financial statements of York Carers Centre (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity (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 financial statements of the charity 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 financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity'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, 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 that in any material respect:

- 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).

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 financial statements to be reached.

N Clemit ACA, FCCA

JWPCreers LLP
Chartered Accountants
Genesis 5
Church Lane
York
YO10 5DQ

Dated: 23 September 2021

YORK CARERS CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Income							
Donations and legacies	2	1,841	11,657	13,498	2,459	5,110	7,569
Charitable activities	3	435,757	72,641	508,398	444,586	36,534	481,120
Other trading activities	4	66	-	66	-	532	532
Total income		437,664	84,298	521,962	447,045	42,176	489,221
Expenditure							
Charitable activities	5	438,859	58,467	497,326	448,828	45,558	494,386
Net (expenditure)/income before transfers		(1,195)	25,831	24,636	(1,783)	(3,382)	(5,165)
Gross transfers between funds		619	(619)	-	(26)	26	-
Net (expenditure)/income for the year							
Net movement in funds		(576)	25,212	24,636	(1,809)	(3,356)	(5,165)
Fund balances at 1 April 2020		99,738	45,072	144,810	101,547	48,428	149,975
Fund balances at 31 March 2021		99,162	70,284	169,446	99,738	45,072	144,810

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

YORK CARERS CENTRE

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	9		3,050		2,519
Current assets					
Debtors	10	12,213		4,051	
Cash at bank and in hand		164,607		144,724	
		<u>176,820</u>		<u>148,775</u>	
Creditors: amounts falling due within one year	11	<u>(10,424)</u>		<u>(6,484)</u>	
Net current assets			166,396		142,291
Total assets less current liabilities			<u>169,446</u>		<u>144,810</u>
Income funds					
Restricted funds	12		70,284		45,072
Unrestricted funds			99,162		99,738
			<u>169,446</u>		<u>144,810</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 2021.

The directors acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

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 20 September 2021

Mrs R J Temple - Chair
Trustee

Company Registration No. 6760783

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, "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) (issued in October 2019)" and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

All income is included in the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to the category.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct costs and support costs relating to such activities.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include its audit fees and costs linked to the strategic management of the charity.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Fixed assets are stated at cost or valuation less accumulated depreciation. Individual fixed assets costing £500 or more are capitalised at cost.

Tangible fixed assets are depreciated on a straight line basis over their estimated useful lives as follows:

Computer System	33% straight line
Office Equipment	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are measured at transaction price.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are recognised at transaction price

Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised at transaction price.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Pension costs

Staff can pay into the Pension Trust's Flexible Retirement Plan. The assets are held separately from those of the charity. Pension costs charged in the statement of financial activities represent the contributions payable by the charity in the year.

1.10 Leases

Rents payable under operating leases are charged in the statement of financial activities as incurred over the term of the lease.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Donations	1,841	11,657	13,498	2,459	5,110	7,569

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

3 Charitable activities

	Charitable Income 2021 £	Charitable Income 2020 £
Grants and contracts		
City of York Council	356,603	363,132
Vale of York CCG	81,154	81,154
Carers Trust	9,078	15,015
Grant making trusts	54,658	13,599
Children in Need	-	8,220
Better Care	6,905	-
	<u>508,398</u>	<u>481,120</u>
	<u><u>508,398</u></u>	<u><u>481,120</u></u>
Analysis by fund		
Unrestricted funds	435,757	444,586
Restricted funds	72,641	36,534
	<u>508,398</u>	<u>481,120</u>
	<u><u>508,398</u></u>	<u><u>481,120</u></u>

4 Other trading activities

	Unrestricted funds 2021 £	Restricted funds 2020 £
Fundraising	66	532
	<u>66</u>	<u>532</u>
	<u><u>66</u></u>	<u><u>532</u></u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

5 Charitable activities

	Expenditure on Charitable Activities 2021 £	Expenditure on Charitable Activities 2020 £
Salaries	371,920	360,304
DBS and recruitment	481	1,673
Volunteers expenses	690	710
Training and conferences	1,846	5,310
Rent and room hire	22,307	22,800
General running costs	43,504	26,039
Carers week and carers rights day	273	797
Travel expenses including parking	2,842	8,348
Activity costs	24,108	32,031
Project costs (counselling)	16,000	16,350
Newsletter costs	3,465	2,297
Hospitality for carers	257	434
	<u>487,693</u>	<u>477,093</u>
Share of support costs (see note 6)	7,565	15,189
Share of governance costs (see note 6)	2,068	2,104
	<u>497,326</u>	<u>494,386</u>
Analysis by fund		
Unrestricted funds	438,859	448,828
Restricted funds	58,467	45,558
	<u>497,326</u>	<u>494,386</u>

6 Support costs

	2021		2020			
	Support costs	Governance costs	2021	Support costs	Governance costs	2020
	£	£	£	£	£	£
Depreciation	3,289	-	3,289	4,492	-	4,492
Bank charges	367	-	367	382	-	382
Legal and professional fees	750	-	750	1,720	-	1,720
Website and IT costs	3,159	-	3,159	8,595	-	8,595
Independent examiners fee	-	1,860	1,860	-	1,920	1,920
Governance cost	-	208	208	-	184	184
	<u>7,565</u>	<u>2,068</u>	<u>9,633</u>	<u>15,189</u>	<u>2,104</u>	<u>17,293</u>
Analysed between						
Charitable activities	<u>7,565</u>	<u>2,068</u>	<u>9,633</u>	<u>15,189</u>	<u>2,104</u>	<u>17,293</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2021	2020
	Number	Number
Total	13	13
	<u> </u>	<u> </u>
Employment costs	2021	2020
	£	£
Wages and salaries	326,003	318,744
Social security costs	23,530	22,568
Pension costs	18,062	15,411
Holiday accrual	3,698	3,581
	<u> </u>	<u> </u>
	<u>371,293</u>	<u>360,304</u>

No employee earned £60,000 pa or more (2020: none).

The average number of staff was 22 (2020: 20).

The key management personnel received £56,204 in the year (2020: £54,838).

9 Tangible fixed assets

	Computer System	Office Equipment	Total
	£	£	£
Cost			
At 1 April 2020	20,368	-	20,368
Additions	2,521	1,299	3,820
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2021	22,889	1,299	24,188
	<u> </u>	<u> </u>	<u> </u>
Depreciation			
At 1 April 2020	17,849	-	17,849
Depreciation charged in the year	2,856	433	3,289
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2021	20,705	433	21,138
	<u> </u>	<u> </u>	<u> </u>
Carrying amount			
At 31 March 2021	2,184	866	3,050
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2020	2,519	-	2,519
	<u> </u>	<u> </u>	<u> </u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

10 Debtors

	2021	2020
	£	£
Amounts falling due within one year:		
Other debtors	-	175
Prepayments and accrued income	12,213	3,876
	<u>12,213</u>	<u>4,051</u>
	<u><u>12,213</u></u>	<u><u>4,051</u></u>

11 Creditors: amounts falling due within one year

	2021	2020
	£	£
Other creditors	2,483	708
Accruals	7,941	5,776
	<u>10,424</u>	<u>6,484</u>
	<u><u>10,424</u></u>	<u><u>6,484</u></u>

12 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2020	Movement in funds			Balance at 31 March 2021
		Income	Expenditure	Transfers	
	£	£	£	£	£
Carers Trust	3,255	5,298	(6,393)	-	2,160
Young Carers	19,922	24,095	(9,184)	-	34,833
Young Adults	5,502	5,105	(4,023)	-	6,584
Adults	8,165	7,910	(2,651)	-	13,424
Substance Misuse Fund	3,050	1,995	(1,528)	-	3,517
Quilter Foundation	5,178	2,000	-	-	7,178
National Lottery Community Fund (Coronavirus Support)	-	18,506	(17,686)	(820)	-
Independent Age Grants Fund	-	7,484	(7,564)	80	-
Joseph Rowntree Foundation	-	5,000	(2,412)	-	2,588
City of York Council Better Care Fund	-	6,905	(7,026)	121	-
	<u>45,072</u>	<u>84,298</u>	<u>(58,467)</u>	<u>(619)</u>	<u>70,284</u>
	<u><u>45,072</u></u>	<u><u>84,298</u></u>	<u><u>(58,467)</u></u>	<u><u>(619)</u></u>	<u><u>70,284</u></u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

12 Restricted funds

(Continued)

	Balance at 1 April 2019	Movement in funds			Balance at 31 March 2020
		Income	Expenditure	Transfers	
	£	£	£	£	£
Carers Trust	2,432	6,750	(5,927)	-	3,255
Young Carers	25,790	4,985	(10,853)	-	19,922
Young Adults	11,250	5,288	(11,036)	-	5,502
Adults	5,673	11,755	(9,263)	-	8,165
Substance Misuse Fund	3,283	-	(233)	-	3,050
Children in Need	-	8,220	(8,246)	26	-
Quilter Foundation	-	5,178	-	-	5,178
	<u>48,428</u>	<u>42,176</u>	<u>(45,558)</u>	<u>26</u>	<u>45,072</u>

Carers Trust

Individual grants received to provide opportunities for carers to improve and maintain their health and wellbeing, support them in accessing work, training and employment and to work with them to explore a life outside their caring role.

Funding for young carers

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers under 18 years.

Funding for young adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 18-25 years.

Funding for adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 25+ years.

Substance Misuse Fund

Donations/fundraising from businesses and organisations specifically to provide information and support groups for carers who are affected by someone else's substance misuse.

Children in Need (project delayed)

A three year grant to deliver a six week activity programme over the summer holidays to increase the emotional wellbeing of young carers and enable them to build emotional and mental resilience. The programme delivers workshops to learn about food and nutrition in a fun, creative way. It enables young carers to adopt healthy eating habits and cooking healthy meals on a budget, and will help families on low incomes and increase young people's practical skills throughout their lives. Through this programme young carers will engage in physical activities that challenge and improve their physical and mental ability and benefit them from engaging in team-work, relieve stress and build fitness thereby helping overcome long-term health problems such as obesity.

Due to the Covid restrictions we were unable to deliver this in July/August 2020 so Children in Need agreed that Year 2 of the funding could be delivered in July/August 2021 and then Year 3 would support July/August 2022 work.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

12 Restricted funds

(Continued)

Quilter Foundation (Carers Trust)

We have been successful in acquiring funding from the Inspiring Change grant programme. This will enable young adult carers to take time out from the pressures they face to engage in fun activities and access one-to-one support helping overcome isolation and build their confidence and self-esteem. They will explore and identify future goals and plans that will help their transition into adulthood. In addition we have received funding from the Aspirations grant programme to help young adult carers towards their goals where appropriate, for example paying to complete a qualification needed for a job. On completion of the project, all young adult carers will have a portfolio featuring their skills and strengths; photographs of their achievements and a detailed action plan matching their identified goals and aspirations.

National Lottery Community Fund (Coronavirus Support)

Coronavirus Support Fund Grant for six months to support isolated carers of all ages under tremendous pressure and at risk of mental and physical health breakdown. The impact of Covid 19 resulted in an increase in the numbers of carers feeling very isolated, overwhelmed with their caring responsibilities and asking for help. This funding enabled us to employ part time staff, fully equipped to work from home, who offered additional information, advice and emotional support to carers.

The transfer represents the net book value of the computer equipment purchased with this funding less the overspend of £182.

Independent Age Grants Fund

Covid response funding for six months to provide specialist advice and support to older frail carers who often go unrecognised without the support they are entitled to yet are the most vulnerable and at risk. The situation for older carers was exacerbated by the coronavirus not least by the digital divide. The funding enabled us to employ part time staff to reach out to these carers by offering regular welfare telephone calls and support. We were able to identify some vulnerable cases with great need and broker food bank vouchers, shopping deliveries and healthcare which otherwise might not have been accessed.

The transfer is to cover the slight overspend on the project.

Joseph Rowntree Foundation

A small grant to employ a part time member of staff to facilitate a regular group for carers of people with severe mental ill health. The member of staff will also offer additional support to carers who require it and follow up any issues that arise at group meetings.

City of York Council Better Care Fund

A joint application with Age UK to City York Council Better Care Fund provided support and resources to carers in York to help them through the winter/second wave of the coronavirus. We arranged for welfare packs to be distributed to adult carers and delivered group support sessions via zoom. Young carers were provided with a range of baking kits/craft resources and offered regular zoom activity sessions which were a great success.

The transfer is to cover the slight overspend on the project.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

13 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2021	2021	2021
	£	£	£
Fund balances at 31 March 2021 are represented by:			
Tangible assets	3,050	-	3,050
Current assets/(liabilities)	96,112	70,284	166,396
	<u>99,162</u>	<u>70,284</u>	<u>169,446</u>
	<u><u>99,162</u></u>	<u><u>70,284</u></u>	<u><u>169,446</u></u>
	Unrestricted funds	Restricted funds	Total
	2020	2020	2020
	£	£	£
Fund balances at 31 March 2020 are represented by:			
Tangible assets	2,139	380	2,519
Current assets/(liabilities)	97,599	44,692	142,291
	<u>99,738</u>	<u>45,072</u>	<u>144,810</u>
	<u><u>99,738</u></u>	<u><u>45,072</u></u>	<u><u>144,810</u></u>

14 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).