

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

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# YORK CARERS CENTRE

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	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)
<b>Secretary and chief executive</b>	Ms C D Zagrovic Mrs S Smith	(until 31 March 2023) (from 1 April 2023)
<b>Patron</b>	Mr H Gratton MBE, DL	(Died 24 June 2022)
<b>Charity number</b>	1127644	
<b>Company number</b>	6760783	
<b>Registered office</b>	Priory Street Centre 17 Priory Street York YO1 6ET	
<b>Independent examiner</b>	N Clemit ACA, FCCA JWPCreers LLP Chartered Accountants Genesis 5 Church Lane York YO10 5DQ	
<b>Bankers</b>	Unity Trust Bank Plc PO Box 7193 Planetary Road Willenhall WV1 9DG	
<b>Key management personnel</b>	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**

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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**

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### **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**

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### ***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

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### **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

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### ***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

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### 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

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### 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***

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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

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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

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
<b>Income from:</b>							
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
<b>Total income</b>		<b>403,835</b>	<b>285,644</b>	<b>689,479</b>	<b>433,602</b>	<b>200,153</b>	<b>633,755</b>
<b>Expenditure on:</b>							
Charitable activities	5	408,125	214,124	622,249	445,692	159,548	605,240
<b>Net (outgoing)/incoming resources before transfers</b>		<b>(4,290)</b>	<b>71,520</b>	<b>67,230</b>	<b>(12,090)</b>	<b>40,605</b>	<b>28,515</b>
Gross transfers between funds		(791)	791	-	(734)	734	-
<b>Net (expenditure)/income for the year/</b>							
<b>Net movement in funds</b>		<b>(5,081)</b>	<b>72,311</b>	<b>67,230</b>	<b>(12,824)</b>	<b>41,339</b>	<b>28,515</b>
Fund balances at 1 April 2022		86,338	111,623	197,961	99,162	70,284	169,446
<b>Fund balances at 31 March 2023</b>		<b>81,257</b>	<b>183,934</b>	<b>265,191</b>	<b>86,338</b>	<b>111,623</b>	<b>197,961</b>

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 £	£
<b>Fixed assets</b>					
Tangible assets	10		5,265		1,761
<b>Current assets</b>					
Debtors	11	4,809		3,394	
Cash at bank and in hand		267,845		205,223	
		272,654		208,617	
<b>Creditors: amounts falling due within one year</b>	13	(12,728)		(12,417)	
Net current assets			259,926		196,200
<b>Total assets less current liabilities</b>			265,191		197,961
<b>Income funds</b>					
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

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

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# 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 £
<b>Grants and contracts</b>		
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	<u>274,475</u>	<u>195,565</u>
	<u>677,322</u>	<u>627,100</u>

### 4 Other trading activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Restricted funds 2022 £
Fundraising	<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 2023 £	Expenditure on Charitable Activities 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>
<b>Analysis by fund</b>		
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	24,871	3,539	28,410	24,357	2,376	26,733

# 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
	<hr/>	<hr/>
<b>Employment costs</b>	<b>2023</b>	<b>2022</b>
	£	£
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
	<hr/>	<hr/>
	462,504	431,332
	<hr/>	<hr/>

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

# 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>4,809</u>	<u>3,394</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>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 1 April 2021	Income	Expenditure	Transfers	Balance at 31 March 2022
	£	£	£	£	£
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
	<b>Cash generated from operations</b>	<u>70,152</u>	<u>41,346</u>