

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

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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 Mrs N Brett Trustees noted above	(to 1 August 2025) (from 1 August 2025)

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.

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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		452,633	226,160	678,793	406,525	258,347	664,872
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		72,115	199,857	271,972	81,257	183,934	265,191
Fund balances at 31 March 2025		87,188	118,141	205,329	72,115	199,857	271,972

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	<u>193,607</u>	<u>243,390</u>
	<u>629,447</u>	<u>645,677</u>

4 Other trading activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Restricted funds 2024 £
Fundraising	<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	<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	31,264	1,936	33,200	36,240	3,010	39,250

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 Number	2024 Number
Total	28	26
	<hr/>	<hr/>
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
	<hr/>	<hr/>
	572,051	472,017
	<hr/>	<hr/>

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
	<hr/>
At 31 March 2025	8,547
	<hr/>
Amortisation and impairment	
At 1 April 2024	1,061
Amortisation charged for the year	2,849
	<hr/>
At 31 March 2025	3,910
	<hr/>
Carrying amount	
At 31 March 2025	4,637
	<hr/>
At 31 March 2024	2,121
	<hr/>

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
	<hr/>	<hr/>	<hr/>
At 31 March 2025	39,184	3,163	42,347
	<hr/>	<hr/>	<hr/>
Depreciation			
At 1 April 2024	29,311	2,029	31,340
Depreciation charged in the year	5,431	378	5,809
	<hr/>	<hr/>	<hr/>
At 31 March 2025	34,742	2,407	37,149
	<hr/>	<hr/>	<hr/>
Carrying amount			
At 31 March 2025	4,442	756	5,198
	<hr/>	<hr/>	<hr/>
At 31 March 2024	5,315	-	5,315
	<hr/>	<hr/>	<hr/>

13 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Prepayments and accrued income	2,586	3,445
	<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 (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
	<hr/>	<hr/>
	15,637	15,544
	<hr/>	<hr/>

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:

		Movement in funds			
	Balance at 1 April 2024	Income	Expenditure	Transfers	Balance at 31 March 2025
	£	£	£	£	£
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>

		Movement in funds			
	Balance at 1 April 2023	Income	Expenditure	Transfers	Balance at 31 March 2024
	£	£	£	£	£
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 2025 £	Restricted funds 2025 £	Total 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>
	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>

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
Cash (absorbed by)/generated from operations	<u>(57,033)</u>	<u>16,179</u>