

Carers

in bedfordshire



**ANNUAL
REVIEW 2023/24**



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I hope this report offers an insightful look into the remarkable work our staff and volunteers have achieved, supporting over 12,000 Carers across Bedfordshire including Young Carers in Bedford Borough.

Within these pages, you'll see how we've worked against our strategic objectives and balanced innovative solutions, such as our Online Support Tools, with the essential telephone, face-to-face and outreach services that so many Carers rely on.

Sadly, we have continued to see many Carers under increasing pressure, dealing with deteriorating health and financial difficulties which has been a central cause in the rise of demand on our services. These challenges are not unique to us and reflect a wider system of support that is under strain and is why we spend a significant amount of time collaborating with other organisations to help strengthen and evolve the broader support network that Carers interact with.

Carers in Bedfordshire has come a long way and achieved a lot in its 20 years. We're supporting more Carers than ever before, 12,000 and counting, and adapting our ways of working to enable us to increase that number even more. We have a strong board of trustees, bringing together people from many walks of life and with a variety of experiences who are committed to the cause. More importantly, we have a forward-thinking team continually looking to improve.

I'd like to highlight the contribution made by the Carers Panel, first set up in 2022. This group of 12 or so Carers has worked alongside the Board, adding the kind of extra insight that you can only get from people who really know what it's like and bringing a fresh sense of urgency to Board discussions about our future direction. I especially hope that this Panel will be a crucial means of ensuring that the voice of Carers is loud and clear in our work to

This year, we reached a significant milestone — Carers in Bedfordshire's 20th anniversary. This remarkable achievement is a testament to the dedication and determination of the staff, volunteers, trustees, and partners who have supported the charity's mission over the years. This occasion serves as a reminder of the privilege and responsibility that we have to continue the vital work that Yvonne began years ago, to see that every Carer feels recognised, respected, and supported.

I extend my heartfelt thanks to our dedicated staff, volunteers, and trustees who have worked tirelessly over the past 12 months. I also want to offer special thanks to our funders, including Bedford Borough Council, Central Bedfordshire Council, and the Integrated Care Board, whose financial and strategic support has been and remains critical to our work.

CHRIS STELLING

Chief Executive Officer



influence the wider system that Chris mentions in his opening.

On behalf of the Board, I'd like to thank the whole team of staff and volunteers for the skill and dedication that they bring to their roles. This year, I want to offer my special thanks to two members of the Board who are standing down after nine and ten years of service. They are Emma Wilkinson and Graham Mills, who have been with Carers in Bedfordshire through pretty much half of its life and offered so much to help the organisation reach its current level of success. We wish them all the very best in whatever comes next and hope that we can continue to benefit from their contributions in the years to come in different roles.

PHIL TAVERNER

Chairperson



OUR VISION

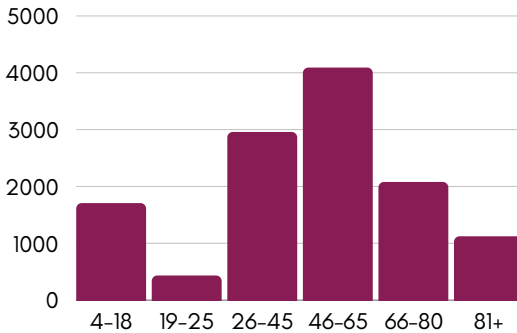
Carers will feel recognised, respected and supported in their role.

OUR MISSION

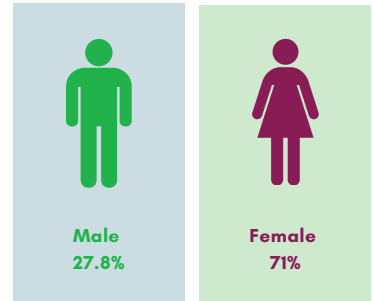
To give Carers access to the support, information and skills that enhances their wellbeing and enables them to remain in a caring role for as long as they choose.

WHO WE SUPPORT

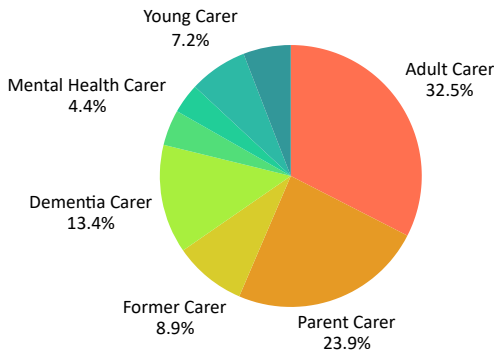
Age of carers



Gender of carers



Carer Types supported



We support more than 12,390 Carers across Bedford Borough and Central Bedfordshire that's a 20% increase from last year

We're a local charity which has supported unpaid family Carers of all ages since 2004. They might be an older person looking after a spouse with dementia, a young person caring for a disabled sibling, a parent supporting a child with additional needs, or an adult looking after a partner with a mental health condition or addiction.

Our compassionate and knowledgeable Support Workers give a listening ear and practical advice. They help Carers navigate the health and social care system, or reassure someone dealing with a difficult situation at home.

We are regulated by the Charity Commission and comply with Company Law. We're a Network Partner of Carers Trust, and also work closely with Carers UK, the UK's two national carer charities.

We have a busy program of peer support groups and activities to bring Carers together. We run regular social groups, one-off activities and wellbeing events.

We help Carers have their say on caring matters in Bedfordshire, and beyond, working with the NHS, local councils, and influencing government, local and national.

Our services include wellbeing sessions, coping with hospital admissions, grants, benefits advice, and information such as the Carers magazine and podcast.

We are well connected locally with many health and social care organisations and have strong links with businesses, schools and employers.

Our Memory Navigation Service is for people living with memory loss and dementia, and their carers.

We work closely with local and national agencies and can signpost carers to specialised sources of support.



We only do what makes life better for Carers – Carers are at the heart of our values.



Flitwick Vale Inner Wheel
raised money for us by
selling 100 handmade
Easter chicks

We have 41 members of staff (19 full-time, 22 part-time) and 65 volunteers working across Bedfordshire to give carers access to support, information and skills which enhance their wellbeing and enables them to remain in a caring role for as long as they choose.

**130,000 interactions
with Carers**

an increase of 96% from last year

**2,741 one to one in
person interactions**

an increase of 215% from last year

**178,724 unique website
page views**

an increase of 34% from last year

**£229,830 carers grants
awarded**

increase of 6% from last year

**51,000 interactions
through digital**

increase of 15% from last year

**4,699 hours donated by
volunteers**

an decrease of 6% from last year

As a charity supporting so many people with a diverse range of needs the Board of Trustees set strategic priorities to guide the charity in what it chooses to do and for whom. Otherwise the charity can be pulled in a number of different directions and end up working towards goals that are not rooted in its core vision and mission. In 2020 the Board published its strategic plan for the coming years; within that plan it committed to five key objectives.

OUR FIVE KEY OBJECTIVES:

**Reach more
Carers**

**Be transparent,
efficient and effective**

Work in Partnership

**Invest in high
quality support**

**Advocate with
Carers**



Reaching Communities Programme

Our Reaching Communities project, funded by the National Lottery, has allowed us to target support for Young Adult Carers (YACs), Male Carers, and areas of Bedfordshire where carer engagement is disproportionately low.

Young Adult Carers

Through a combination of digital outreach and community engagement, we've made significant strides in supporting Young Adult Carers. Many YACs face challenges transitioning into adulthood, such as moving away to university, balancing their caring role with employment or even finding the space to explore these opportunities fully. Our dedicated transitions worker has played a pivotal role in bridging this gap using a combination of engagement events and support work.

Male Carers

Male Carers remain an underserved group in the carer community, and we have made headway in addressing this. Over the past year, we've seen a rise in male registrations, spurred by content-driven marketing campaigns that speak directly to men's experiences. Our family events have also created spaces for male carers to connect and share their experiences.

Reaching Underrepresented Areas

We have identified and targeted underrepresented areas of Bedfordshire, focusing on geographic pockets where Carers have traditionally been less visible. By working closely with local partners, such as GP Surgeries, and running

hyper-localised digital campaigns, we've been able to raise awareness and direct more carers to our services. Physical media drops and partnership events have further extended our reach.

Podcast - Who Really Cares?

We launched our new podcast "Who Really Cares?". We chat to Carers and those that support them.

Our host always asks 3 questions in the chat, these are:

1. How was your caring day yesterday?
2. What do you wish you had known at the start of your caring role?
3. If you were in charge, what would you change to help Carers?

These chats give Carers a voice and also allow them to share information, resources and they also provide comfort for other carers who are struggling or feeling isolated.

So far we have heard from a Parent Carer, Young Adult Carer, Dementia Carer and some of our staff, including our Benefits Advisor and one of Young Carer Support workers. Episodes are released monthly.



Carers applied for grants for:

- Breaks away, holidays, retreats and days trips
- Beds, mattresses and bedding – Bicycles
- PCs, laptops, tablets and mobile phones
- Art supplies
- Shoes and clothes
- Large and small household appliances
- Zoo memberships
- Gym memberships, PT sessions and exercise classes
- Games consoles and equipment
- Massages, physio, chiropody and other holistic treatments
- Spa days
- BSL courses
- Child and baby equipment
- Cleaners, gardeners and dog walkers
- Counselling
- Swimming lessons
- Hair and beauty treatments
- Musical instruments
- Home and garden furniture
- Toys
- Books
- School uniforms and equipment
- Driving lessons
- Travel costs
- Cars and maintenance
- Electrical goods

- Fishing
- Cameras and photography equipment
- Workshops and training
- Camping and outdoor adventure equipment
- Dance classes
- School trips
- Redecorating material
- Dental treatment
- Glasses
- Meals out
- Football fees
- Funeral costs
- Garden furniture, activities and gardening equipment
- Sensory toys and items
- Yoga

Number of applications

1000

Number of Awards

772

Amount Awarded

£232,160.87

Thanks go to all of our generous grant funders for helping us achieve our goals

Here are a selection:



“ I think Carers in Bedfordshire have saved my life, I feel so supported and I know that you are in the background now, if ever I need anyone, you have been truly amazing thank you for everything.”

“ I have had tremendous support from Carers in Bedfordshire. When all other services failed to listen, Carers in Bedfordshire didn't. I have never felt judged.”

“ I feel very lucky to be a part of this group and the team are always attentive and go to great lengths to provide support and fun for everyone all year round.”

“ Carers in beds is a great organisation.”

“ Thank-you once again,
You have been my rock”

“ Thank you for all your help advice and support during my caring (and afterwards) for my mum and stepfather.”

We invested in high quality support by securing a number of new and existing roles integral to supporting Carers. In addition to staff training to ensure our workforce is delivering the best support possible for carers.

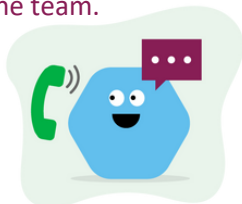
Online Support Hub



This year, we launched our **Online Support Hub**, a vital resource for Carers to access tailored assistance and information. The hub provides comprehensive support, including guidance on managing caregiving responsibilities, accessing financial and emotional support, maintaining physical health, and navigating legal matters. It also offers opportunities for Carers to connect through online groups, book support calls, and access downloadable resources. This initiative has significantly enhanced our ability to support carers remotely, ensuring they have the tools and resources they need, whenever they need them

Book A Call

We have introduced a 'book a call' system both internally and externally. This allows Carers to book a call at a time that suits them and our staff to book carers in to see a specialist within the team.



Need to talk to
someone?

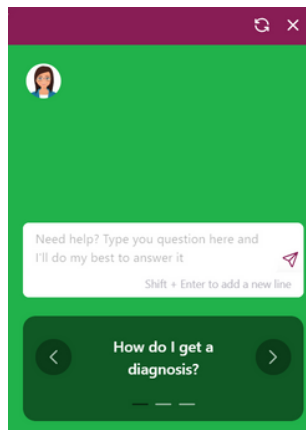
Why not
[Book a Call?](#)

Emma - our new chatbot



Over the last 6 months we have built Emma, a Memory Navigation Service Chatbot powered by Artificial Intelligence. Using a large language learner model, Emma has been built using closed resources so that it gives appropriate, localised and relevant answers to questions. Throughout one quarter Emma has received 78 requests for information, including questions asked in Spanish and French.

- How do I get a diagnosis?
- Can I drive with dementia?
- What is my chance of getting dementia?
- What is the difference between Alzheimer's and Dementia?
- What local authority is Ampthill in?
- How do I claim Attendance Allowance?



HOW WE HAVE BEEN TRANSPARENT, EFFICIENT, AND EFFECTIVE

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We continued to look at how we can improve services and the way we do things to ensure the charity was running as efficiently and effectively as possible.

Young Carers Bookshelf

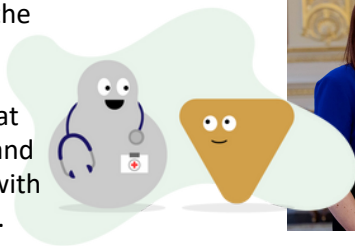
We introduced The Young Carers Bookshelf this year, a curated collection of resources for young carers, featuring books, videos, and websites that address their unique challenges. It offers stories of other Young Carers, practical advice on managing emotions and responsibilities, and tools for coping with the pressures young carers face.

Welcome Emails

We introduced a three-part welcome email for newly registered Carers. They are designed to gently introduce services and support over a period of weeks. These emails are tailored to the Carer type, ensuring that materials are specific to their situation. This is in response to a routine friction audit carried out to identify changes in needs and areas for improvement.

GP Referrals

This year, we collaborated with the NHS to integrate our referral form directly into the GP system. This advancement allows GPs to refer Carers to our services through an automatically populated form, streamlining the process and reducing the need for traditional signposting. This integration ensures that Carers can be quickly and efficiently connected with the support they need.



Awards

This year CiB achieved the remarkable feat of winning two prestigious national awards. As a regional charity, it's an outstanding accomplishment to be recognised on a national level, showcasing the impact we've had in transforming services for carers. We won the Transforming with Digital award at the Charity Governance Awards, honouring our innovative use of digital solutions to support Carers. By improving our online services and increasing accessibility, we've made it easier for Carers to find the help they need when they need it. Additionally, we won an award for Breakthrough of the Year at the Third Sector Awards recognising the strides we've made in service delivery and innovation. Winning two national awards is not only a testament to our hardworking team but also reflects our commitment to driving positive change and continuous improvement in the sector as a whole.



Income

Statutory Bodies	953,809	975,284	820,052	910,534
Grants and Trusts Foundations	294,295	345,460	518,687	650,743
Donations	21,981	33,255	22,725	63,497
Service Charges	8,928	12,360	7,973	10,259
Misc	983	4,013	462	7,002
	1,279,996	1,370,372	1,369,899	1,642,035



Expenditure

Carer Services	823,754	836,621	987,033	1,233,925
Dementia Services	171,178	188,821	92,084	109,979
Carers Grants	189,307	232,669	247,870	226,610
Fundraising	36,198	39,255	26,071	17,895
	1,220,437	1,297,366	1,353,058	1,588,409

Income

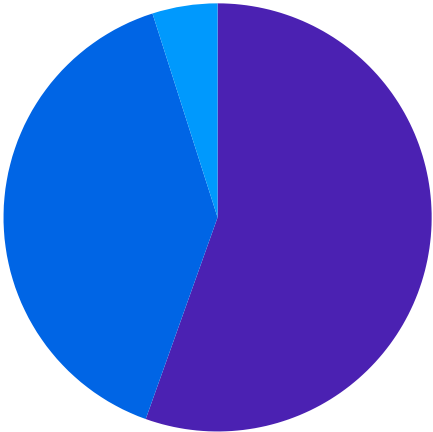
Our statutory income increased by approximately £90,000 due to us deferring some income in previous years to be able to utilise in this financial year - we also saw our grants and trusts income increase by £132,000 in the year, which allowed us to continue to meet demand on services and to develop our infrastructure.

We have seen a significant increase in our donation income this year, which is largely due to a legacy donation that we received during the year. Our service income increased by 28% during the year.

Our overall total income increased by 19.8% in the year.

Donations, service charges and misc income 4.92%

Grants and Trust Foundations 39.63%

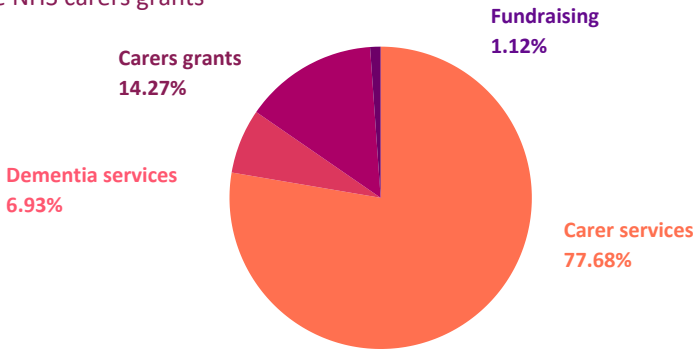


Statutory bodies 55.45%

Expenditure increased by 23.21% excluding NHS Carers Grants (17.39% including NHS Carers Grants) compared to the previous year. This was largely due to:

- Staffing Costs
- Rising Inflationary Costs
- Continued investment into digital infrastructure, such as our website and database.

We were delighted to end the financial year with a surplus of £53,626. This includes the funds we hold for the NHS carers grants

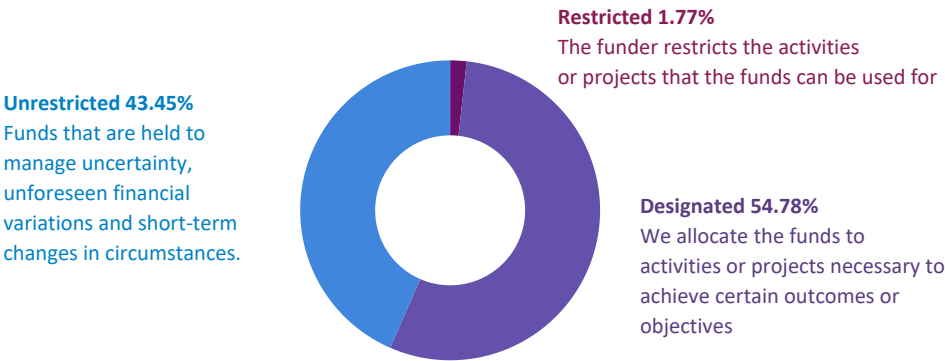


Funds in Reserves

At the end of the 2023-24 financial year the total reserves of the charity stood at £483,946 . These are funds that we hold to provide resilience for the charity against any unforeseen circumstances.

Our policy is to hold a minimum of 4 month’s salary costs of all staff on all projects and four month’s central organisational costs, and a maximum of 150% of this amount in unrestricted reserves.

The total funds that we hold in reserves are in three categories for future activity:



“

I am truly grateful for all your support and it is a relief to know there is support there for people in caring roles like me.

”

“

This is great, and thanks again for a very useful workshop on Tuesday evening.

”

“

You guys have been amazing. I wish I had known about you along time ago. Your support truly made a difference to me. Knowing there was someone there who would listen, when I needed to vent my frustration.

”

We worked with many partners to deliver sessions and groups, as well as team up on special projects to support carers.

Bedfordshire Schools Network

We launched the Bedfordshire schools' network which will enable a coordinated approach to share best practice and support channels for Young Carers. In March, the network will be publicising Young Carers Awareness Day.

Family Zone

We piloted a project in collaboration with Kids in Action called Family Zone. This ran from September 2023 to March 2024, and supported 35 unique carers whose children were excluded or not attending education. These Carers were usually not able to access in-person support and so this innovative model provided a unique opportunity to do so.

Mental Health Alliance

We continued to sit on the steering group for the Bedfordshire Mental Health Alliance, working to improve support to those affected by their mental health.

Employment Service

We were one of two pilot sites across the country selected to pilot an employment service for carers funded by Carers Trust. This service helped carers re-enter employment either alongside their caring role or once it had come to an end.

“ I found the course enormously helpful during a terribly stressful time of my life. I feel the course prepared me well for what was to come. ”

The Mobility Physio

Move and Talk – Working in partnership with the Mobility Physio to provide a 4-week course designed to help those with dementia and their Carers increase their mobility, reduce the risk of falls and give strategies to help if someone does fall. Increasing confidence and ability. This course was held in Meppershall Village Hall.



Caring for Someone with Life Limiting Condition

6 week programme – started November 3rd – 8 attendees. Partnership between Sue Ryder St Johns Hospice, CiB and Macmillan psychotherapy.

Adult Carers

Our dedicated frontline support team has worked with over 3,000 adult Carers, helping them access the support they need to continue their vital roles. Thanks to our team's interventions:

- 97% of Carers received the information and advice they needed.
- 98% had opportunities to connect with other Carers.
- 94% felt supported in maintaining their wellbeing, enabling them to continue caring.
- 92% felt they could actively participate in their community.
- 94% felt valued and listened to by the people who supported them.
- 83% knew how to seek help with education, employment, or training.

“ Thank you for your call this morning and for reaching out when I needed this support. This is my first time to feel heard and listened to. I appreciate your swift response and for the support information that has been emailed to me. ”

Young Carers

Our small Young Carer team work across Bedford Borough supporting over 650 Young Carers. Thanks to their varied work:

- 100% of Young Carers felt supported to provide ongoing care for their family member and felt rested, energised or had fun having time away from caring
- 98% had easy access to support them

*98% of Carers
would recommend
Carers in
Bedfordshire*



“ We are grateful for all the experiences that our children get to be a part of with young carers. They loved the cinema trip – it was their first time ever going to the cinema, and they came home delighted, and they also love attending the soft play sessions too. Thank you. ”

“ It was nice to come out for the new year meal and socialise with other carers my age – especially during half term from college when my friends might be busy. ”

Here are some of the partners we've been working collaboratively with over the last year to provide a high quality service to carers

We are grateful to the Integrated Care Board (NHS), Central Bedfordshire Council and Bedford Borough Council who have supported Carers in Bedfordshire both financially and with key projects. Whilst Carers in Bedfordshire is an independent charity we would not be able to have the impact we have without their support.



We are also grateful to these organisations who have worked with us to support carers:



“

I am visiting the website often to keep up to date with what is going on and news, thank you for the bulletin too I find it really helpful

”

“

You know you're the only person in the world who reaches out to check on me. I really appreciate that

”

“

The lady who did the brilliant DLA workshop has made our life so much easier, we put off doing that form for so long and now we have filled it in and sent it off, so thank you so much

”

Carers Survey 2023

The 2023 Carers Survey was conducted to understand the experiences of unpaid Carers in Bedfordshire, focusing on the impact of their caring roles on financial, mental, and physical well-being. The aim was to gather insights that would inform and improve local service offerings, ensuring they better meet the needs of carers. The findings will be used to advocate for increased support and to help tailor services more effectively, addressing the specific challenges Carers face in the community.

The survey was sent to a total of 3,287 carers, including 2,600 via email and 687 by post. Out of those, 657 carers responded to the survey.

The main findings of the 2023 Carers Survey include:

- 1. Financial Decline:** Nearly half (49%) of Carers reported a worsening financial situation over the past year, which has negatively impacted their mental health and ability to provide care.
- 2. Health Deterioration:** Over 50% of Carers noted a decline in their mental and physical health, with high levels of stress and exhaustion.
- 3. Support Needs:** Carers found face-to-face and telephone support most helpful, and expressed a need for better respite services, financial assistance, and easier navigation of support systems.

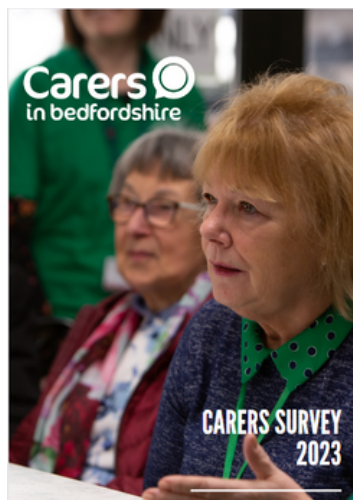
4. Ongoing Challenges: The lingering impacts of COVID-19 continue to affect carers, particularly in accessing timely healthcare services.

What have we done with this information?

- Used it to help shape our strategy
- Used the data to develop our digital resources and workshops for Carers

Adapt services to meet need:

- Carers wanted practical information and we have now developed a new training offer.
- We now signpost Carers to a different carers card that has a better offer for them
- Created a Young Carer chat bot to provide information on diagnosis
- Contacted all Carers that reported they had received physical or verbal abuse due to caring.



We continued to listen to carers, hearing about their lives and their concerns. We are grateful to the carers who are willing to share their stories and give their time to help us and other carers.

Young Carers Voice

During Young Carers Action Day the Young Carers Alliance launched the “Young Carers Covenant” alongside “The No Wrong Doors” for young carers MOU. Carers in Bedfordshire are founder members of the alliance and regularly attend webinars and share information with the school's network and families.

Central Beds Carers Strategy

This year, we continued to serve on Central Bedfordshire Council's (CBC) Carers Strategy board, allowing us to advocate for unpaid carers in our community. The strategy, available on the CBC website, focuses on improving access to information, advice, financial and emotional support, and enhancing respite care. We use insights from our support team and the Carers Survey to highlight the challenges Carers face, especially in taking breaks. Our shared goal is to improve the quality of life for carers in Central Bedfordshire. We look forward to continuing this work. Visit the [CBC Carers Strategy](#) for more information.

Carers Panel

The Carers Panel is the formal way trustees hear the real-world challenges facing carers. The 15 members, broadly representative of the carers cohort, met four times this year.

The Panel strongly endorsed Carers in Bedfordshire taking on a more active campaigning and influencing role, and supporting Carers to amplify their own voice. This is in light of the vast swathes of research and reports on the state of caring, not least our own Carers Survey. Other issues discussed this year include technology for caring and gaps in the carers journey.

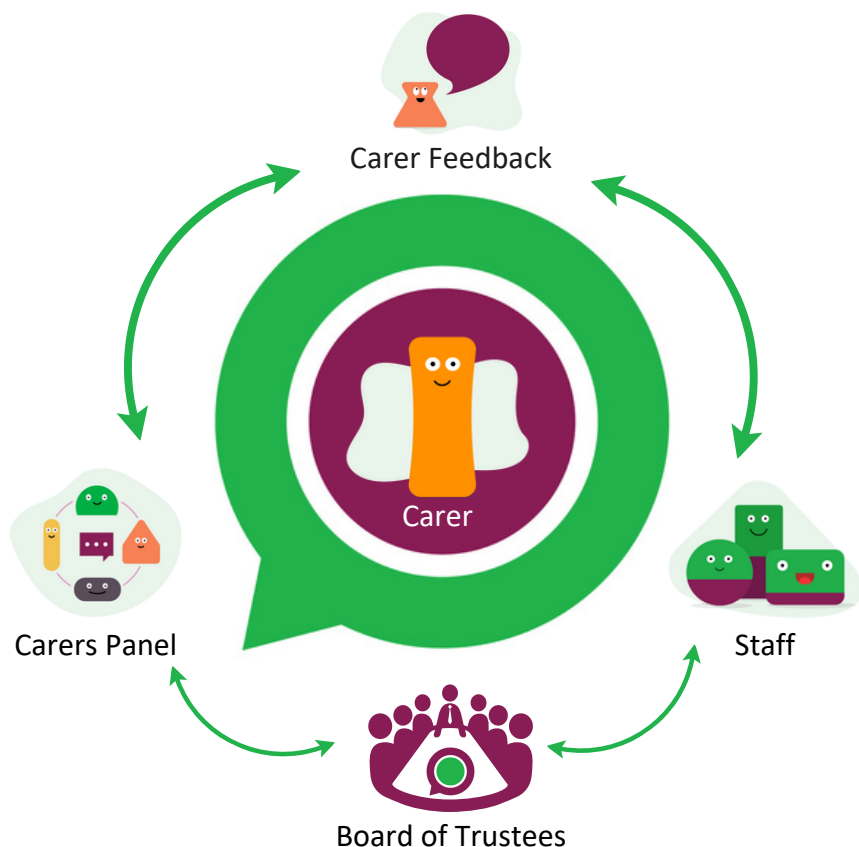
To find out more about the Panel and to meet some of the members, visit our website and search “Carers Panel”.

Voluntary Organisations for Children, young people & families (VOCypf)

We sit on the VOCypf Executive Committee. VOCypf exists to champion the voluntary and community sector working with children, young people and families in Bedford Borough and Central Bedfordshire.

HOW WE MAKE DECISIONS

Carers are a diverse group of people. To help ensure we make the best decisions we have an equally diverse range of feedback loops



“

Lovely people on the coach,
we had a fantastic day!!
Thank you CIB x

”

“

Just wanted to say thank
you for awarding me this
grant. It made my day that I
can now afford to attend
the gym which with help my
physical and mental health

”

“

You have been so kind and
supportive, and I really value
the friendship and
understanding you show. Thank
you very much for everything
you did and are doing.

”

Next year, we will continue to build on the charity's learning through our evolved strategy, Moving Forward for Change, which will guide our efforts for the coming years. This strategy represents a pivotal shift in our approach, addressing the key challenges identified by Carers that are both within and beyond our direct control. These have been shaped into three key differences we are seeking to make:

Every Carer is Identified at the First Opportunity

Carers often go unrecognised for extended periods, with the majority of Carers not identifying as Carers for over a year, and one-third taking more than three years. This delay deprives them of critical early support, making them more vulnerable to stress and burnout.

In the coming years, we aim to work closely with healthcare professionals, social services, and voluntary organisations to ensure that Carers are identified at the first possible opportunity.

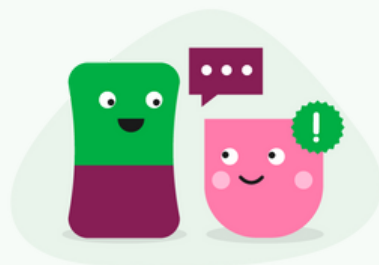
Our strategy will focus on training frontline professionals to recognise Carers early and creating streamlined referral processes to enable carers to access vital resources from the start of their journey.

Through collaboration and awareness campaigns, we will continue to share the importance of self-identification as a Carer with the public.

Every Carer Can Access the Services They Need When They Need Them

With a 100% increase in demand for our services over the past four years, access to support remains one of the most critical challenges. Carers need timely access to services such as respite care, financial advice, and emotional support, all of which have been increasingly difficult to secure due to capacity constraints across the system.

Next year, we are committed to expanding our capacity by fostering partnerships with other charities, healthcare providers, and local authorities. Our goal is to create a more coordinated care network where services are easily navigable, and support is available when it is most needed. Carers will also benefit from digital innovations that streamline their access to information and resources, allowing them to get the help they need faster. By addressing service bottlenecks and leveraging technology, we will work to improve the overall Carer experience.



Carers are Heard and Help Shape a System that Works Better for Them

Feedback from Carers has shown us that while they are frequently asked for their input, they often feel that their voices do not lead to tangible changes in the services they receive. Many Carers express frustration at the lack of visible results from their feedback, leading to a sense of disconnection from the systems meant to support them.

Next year we will prioritise the amplification of Carers’ voices through more structured and accessible feedback mechanisms. Our Carers Panel will play a vital role in ensuring that their lived experiences influence decision-making at both the organisational and system levels. Additionally, we will work to ensure that Carers' feedback is incorporated into the design and delivery of services, making them more relevant and effective.

By actively involving Carers in shaping the system, we aim to build trust and ensure that the services provided are better aligned with their needs. This also includes advocating for policy changes at the local and national levels to address systemic issues that directly impact Carers, such as workforce shortages in social care and gaps in respite provision.



Long serving volunteer Terry collecting one of our cash tins.

Rising Demand

	2019/20	2020/21	2021/22	2022/23	2023/24
No. of Carers Registered	6500	8000	9,500	11,500	12,390
Income	£1,216,402	£1,279,993	£1,370,372	£1,369,899	£1,415,457
Available expenditure per carer	£187.14	£160.00	£144.25	£119.12	£114.24

NOTES



AUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED
31ST MARCH 2024

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

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See Annual Review for a summary of achievement and performance in 2023/2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The Charity is controlled by its governing document, the Articles of Association, and constitutes a limited company, limited by guarantee as defined by the Companies Act 2006. It is registered as a charity with the Charity Commission. The Articles of Association were updated and adopted by the members on 13th March 2024.

Recruitment and appointment of Directors

The Directors of the company, who are also Charity Trustees for the purposes of charity law and under the company's articles, revised as at 13th March 2024, are known collectively as the Board.

Under the requirements of the Articles of Association, the Board consists of not fewer than four and no more than fourteen persons. The members of the Board are initially appointed by the Board to fill a vacancy and at the following Annual General Meeting (AGM), appointed directors offer themselves for election. Thereafter at the third annual general meeting after their last election a Trustee Director must retire. They may not serve more than three elected terms.

In order to manage the transition to this new system for resignation and re-election of Trustee Directors, account shall not be taken of any time served by the Trustee director before 25 November 2016 when calculating the timing of the 3-year retirement and re-election.

Phil Taverner has acted as Chair, and Graham Mills has acted as Treasurer throughout the year. Barry Wootton and Heather Aylward retired during the year.

Induction and training of new Directors

All new Directors are required to provide two satisfactory references and are subject to an enhanced DBS check. All new Directors undergo an induction programme to brief them on their obligations and are supplied with an induction pack, which includes written information about:

- The obligations of Directors and a Trustee Code of Conduct
- The Articles of Association
- The most recent Annual Report and Accounts
- Operational performance reports

Directors are encouraged to attend appropriate external training events to support them in their role.

Organisational structure

Careers in Bedfordshire (CIB) is governed by a Board which meets quarterly and is responsible for the strategic direction and policy of the organisation, ensuring that it is solvent, operating in a professional manner and delivering the outcomes for which it has been set up. The Board met on 6 occasions during the year, including at two strategy meetings. At 31 March 2024, the Board comprised 11 Trustee Directors from a variety of backgrounds relevant to the work of the charity.

The Board has two sub-committees. The Finance Committee consists of not less than 4 Directors appointed by the main Board of Directors with an appropriate mix of financial and business skills. This group has met 4 times during this financial year. The Nominations Committee deals with Board recruitment, training and succession planning.

The Chief Executive Officer (CEO) is appointed by the Board to implement the agreed strategy and to manage the day-to-day operations of the charity. To facilitate effective operations, the CEO has delegated authority, with terms of delegation approved by the Board, for operational matters including finance, employment and service delivery. A Senior Leadership Team of three, each reporting to the CEO and overseeing the work of a small team, are responsible for day-to-day operational management, supervision and training of the staff team, ensuring they develop their skills and good working practices. The staffing level for the year was an average of 33 full time equivalent employees and there were 41 individuals employed on a full or part time basis by Careers in Bedfordshire at 31 March 2024.

Related parties

The charity is a Network Partner of Carers Trust and affiliated to Carers UK. In so far as it is complementary to the charity's objectives, the charity is guided by national and local policy. At the national level it is steered by the government's National Carers' Strategy and relevant National Service Frameworks for a range of illnesses and disabilities. The charity supports the work of Bedford Borough Council, Central Bedfordshire Council, and BLMK Integrated Care Board Carers' Strategies and monitors the outcomes of these strategies using feedback from its membership. The Chief Executive Officer and staff are represented on key local partnerships to deliver the relevant strategies in Bedfordshire.

Membership

Each Member of the Charity undertakes that, if the Charity is wound up while they are a Member, or within one year after they cease to be a Member, they will contribute a sum not exceeding £1 to the assets of the Charity for:

- payment of the debts and liabilities of the Charity contracted before they cease to be a Member; and
- payment of the costs, charges and expenses of winding up

Honorary Life Members are Members but are exempt from subscription charges if set.

All Members must pay the subscriptions (if any) that the Board decides from time to time. The Board may fix differing rates for subscriptions for members. At present no membership subscription is set.

Members are entitled to attend the annual general meeting of the Charity and may vote in person or by proxy. During the year ending 31 March 2024 in accordance with the Articles of Association, the level of membership fees was set as zero by the Board in order to remove barriers to membership.

Every carer registered with CIB will have access to most of the charity's services.

As at 31 March 2024 there were 11 Members, 2 Honorary Life Members and 12,399 registered carers. The underlying number of registered carers continues to increase.

Governance

The skills, experience and expertise of the Directors assure the robust governance of the Charity. Directors have experience in strategic management, systems, human resources, finance, project management, risk assessment, education, training, facilities management and an in-depth understanding of carers' issues. During the year, at least 50% of the Board have had or still have personal experience of caring.

Procedures are in place to ensure compliance with health and safety and safeguarding practice of staff, volunteers and visitors to the premises.

The Board is aware of its responsibility to ensure that the charity acts through sustainable means and is responsible for minimising its impact on the environment.

Risk management

The Board maintains a risk register which is reviewed regularly. It acts as a central repository for all significant strategic risks identified by the organisation and, for each risk, includes information such as risk probability, impact, mitigation and risk owner. The risk register was discussed in detail at each Board meeting. The Board has direct responsibility for overseeing non-financial risks, with the Finance Committee providing detailed support to the Board on financial matters including financial risks.

Public benefit

The Board of Directors has regard to the requirement to demonstrate the public benefit of the charity's activity as defined in section 4 of the Charities Act 2006. Most of the charity's services have been offered free of charge to all carers. For some services, carers are asked for a contribution towards its cost of provision.

Unpaid carers in England and Wales contribute a staggering £445 million to the economy everyday (that's £162 billion per year (source Petrillo and Bennett 2023). The value of unpaid care is equivalent to a second NHS in England and Wales, which in 2020/2021 received an estimated £164 billion in funding (source Petrillo and Bennett 2023). Accordingly, the charity's services are designed to enable those who wish to continue caring to do so; to be informed and enabled to access support and to have a voice; to have a life outside of caring, with equal opportunity to access work, leisure and education. Support is continued even if the individual with care needs is admitted to residential care or if they pass away.

Reserves policy

The Board of Directors has regard to managing its level of reserves effectively. As a not-for-profit organisation it has developed and adopted a policy on reserves, which establishes a level of reserves that is right for the charity.

Reserves are held in three categories for future activity:

- Restricted – where the funder restricts the activities or projects the funds can be used for
- Designated – where CIB determines the activities or projects necessary to achieve certain outcomes or objectives
- Unrestricted – that are held to manage uncertainty and CIB's capacity to manage unforeseen financial difficulties and short-term changes in circumstances.

CIB targets a minimum of four month's salary costs of all staff on all projects and four month's central organisational costs and a maximum of 150% of this amount in unrestricted reserves. Based on these financial statements the minimum equates to £380,707 and the maximum £571,061.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

07140432 (England and Wales)

Registered Charity number

1135507

Registered office

Carers in Bedfordshire
First Floor, Suite D1, Emerald Court
Pilgrim Centre, Brickhill Drive
Bedford
Bedfordshire
MK41 7PZ

Trustees

E Wilkinson	
G Mills	
B Wootton	Resigned 30 th October 2023
S Lowe	
J Fincham	
P Taverner	
T Palmariellodiviney	
H Aylward	Resigned 6 th December 2023
N Kidby	
M Canning	
J Ahluwalia	
J Preston	
M Evans-Riches	Appointed 21 st June 2023
G Kemp	Appointed 23 rd May 2024

Key Management Personnel

Chief Executive Officer – Christopher Stelling

Company Secretary

Tracey Gill FMAAT

Auditors

MDG Business Associates Audit Limited
Chartered Certified Accountants &
Registered Auditors
Room 73, The Mansion House, Wrest Park
Silsoe Bedfordshire MK45 4HR

Bankers

Barclays Bank plc
111 High Street
Bedford, MK40 1NJ

STATEMENT OF TRUSTEES RESPONSIBILITIES

The Trustees (who are also the Directors of CIB for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing those financial statements, the Trustees are required to

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity Statement Of Recommended Practice (SORP);
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

In so far as the Trustees are aware:

- There is no relevant audit information of which the charitable company's auditors are unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, MDG Business Associates Audit Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

ON BEHALF OF THE BOARD:


P Tavermer - Chair

Date: 2 - 10 - 2024

Opinion

We have audited the financial statements of Carers in Bedfordshire for the year ended 31st March 2024 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31st March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further disclosed in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information, and except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or

- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption in preparing the Report of the Trustees.

Respective responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We have assessed that there is a low risk of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations central to the trading activities of the charity. This assessment has been based upon a substantive testing approach to key identified risk areas, principally being revenue recognition and the threat of override of controls by management. No suspected fraud, breach or other non-compliance with underlying laws and regulations has been identified during the sample testing undertaken during the audit process and no such issues have been raised by the board of trustees or management prior to making this assessment. A full review of available board minutes, and other supporting third party documentation where available, has been undertaken and no items have come to our attention which require to be reported to the user of the financial statements. The charity has strong internal controls and our audit testing has indicated no instances of managerial override of controls, through the testing of journal entries and other adjustments for appropriateness. No transactions have been identified as being made outside the normal course of business from the work we have performed in each key risk area of the audit. The trustees and other key local officers are informed management and as such they make regular reviews to ensure the company is compliant in all instances.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Opinion on other matter prescribed by the companies Act 2006

In our opinion the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements

Use of our report
This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

MDS Business Associates Ltd

Michael Grange BA (Hons) FCA (Senior Statutory Auditor)
for and on behalf of MDG Business Associates Audit Limited
Chartered Certified Accountants &
Registered Auditors
Room 73, The Mansion House, Wrest Park
Silsoe
Bedfordshire
MK45 4HR

Date: 21/10/2024

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31ST MARCH 2024

Year Ended	Year Ended	Income from:				Notes
		Unrestricted Funds	Designated Funds	Restricted Funds	Total	
31.3.23	31.3.24					
22,677	63,497	13,494	50,003	-	3,948	2
278	3,948	3,948	-	-	1,574,590	3
1,346,944	1,346,944	14,994	953,476	606,120	1,574,590	
		32,436	1,003,479	606,120	1,642,035	

TOTAL INCOME

Income from:
Donations, legacies and other income
Investments
Charitable activities

Expenditure on:

Charitable activities

TOTAL EXPENDITURE

NET INCOME/(EXPENDITURE)

Total funds brought forward

TOTAL FUNDS CARRIED FORWARD

All transactions during the year are derived from continuing activities.

CARERS IN BEDFORDSHIRE

BALANCE SHEET

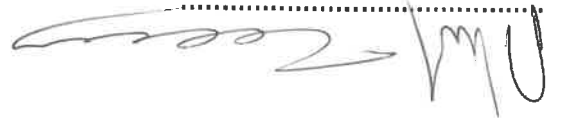
AT 31ST MARCH 2024

Company Number: 07140432 (England and Wales)

	Notes				
	Unrestricted and designated funds	Restricted funds	Total funds	Total funds	
FIXED ASSETS					
Tangible assets	7	7,423	613	8,036	13,795
CURRENT ASSETS					
Debtors	8	84,227	-	84,227	58,209
Cash at bank and in hand		757,758	154,647	912,405	882,997
		841,985	154,647	996,632	941,206
CREDITORS					
Amounts falling due within one year	9	374,060	146,663	520,723	524,681
NET CURRENT ASSETS		467,925	7,984	475,909	416,525
TOTAL ASSETS LESS CURRENT LIABILITIES		475,348	8,597	483,946	430,320
NET ASSETS		475,348	8,597	483,946	430,320
FUNDS					
Unrestricted funds				210,294	203,163
Designated funds				265,055	210,755
Restricted funds				8,597	16,402
TOTAL FUNDS				483,946	430,320

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

The financial statements were approved by the Board of Trustees on 2nd October 2024 and were signed on its behalf by:



P Tavermer - Chair

2-10-2024

CARERS IN BEDFORDSHIRE

**STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2024**

Total Funds	2023/24	2022/23
Cash Flows from operating activities	32,242	185,080
Net Cash flows provided from operating activities		
Cash Flows from investing activities	(2,834)	(4,991)
Purchase of fixed assets		-
Change in cash in the year	29,408	180,089
Cash at the beginning of the year	882,997	702,908
Cash at the end of the year	912,405	882,997

RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

Net incoming/(outgoing) resources for the year, as per the Statement of Financial Activities	53,626	16,842
Adjustments for		
Depreciation charge	8,592	8,503
(Increase)/decrease in debtors	(26,018)	(22,600)
Increase/(decrease) in creditors	(3,958)	182,335
Net Cash flows provided from operating activities	32,242	185,080

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice, applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 October 2019) and the Companies Act 2006.

The company meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The Trustees consider there to be no material uncertainties about the Charity's ability to continue as a going concern. The review of the financial position, reserves level and future plans gives Trustees confidence that the charity remains a going concern for the foreseeable future

Income

All incoming financial resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants are recognised in full in the Statement of Financial Activities in the year in which they are receivable
- The value of services provided by volunteers has not been included in these accounts.
- Investment income is included when receivable.
- Incoming resources from charitable activities are accounted for when earned.

Expenditure

Expenditure is recognised on an accrual basis. Expenditure includes attributable VAT, which cannot be recovered, and is reported as part of the expenditure to which it relates. Charitable expenditure comprises of those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Allocation and apportionment of costs

Costs that can attribute to a specific activity or reserve are directly allocated within the Statement of Financial Activities.

Allocations of overheads to individual funds are based on a budget which is set at the commencement of each contract period.

1. ACCOUNTING POLICIES – continued

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Office equipment/furniture - 25% on cost
Computer equipment -25% on cost

Fixed assets are stated at cost less accumulated depreciation. Minor additions of less than £400 are not capitalised.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees.

Designated funds can be used in accordance with the charitable objectives under contracted services or specific programmes designated by the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2.

DONATIONS, LEGACIES AND OTHER INCOME

Year Ended	Year Ended
31.3.24	31.3.23
£	£
0	0
63,497	22,677
63,497	22,677
Membership income	
Donations, fundraising and legacies	

The types of membership were consolidated into one at the Annual General Meeting held in November 2016, plus Honorary Life Membership.

All members must pay the subscriptions (if any) that the Board decides from time to time. The Board may fix differing rates for subscriptions for different members or categories of members. At present no membership subscription is set.

3. INVESTMENT INCOME

	Bank interest receivable
Year Ended	£
31.3.24	3,948
Year Ended	£
31.3.23	278

4. NET INCOME

These are stated after charging:

	Auditors' remuneration	Depreciation - owned assets
Year Ended	£	
31.3.24	4,000	8,592
Year Ended	£	
31.3.23	4,416	8,503

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st March 2024, nor for the year ended 31st March 2023.

Trustees' Expenses

Some trustees received reimbursement for travel expenses incurred on behalf of the charity totalling £145 (2023 – £192) but the trustees gave this back to the charity as a donation.

6. STAFF COSTS

Year	£	Wages and salaries
Ended		
31.3.24	932,749	
Year	£	Social security costs
Ended		
31.3.24	71,287	
Year		Other pension costs
Ended		
31.3.23	17,925	
Year		Total staff costs
Ended		
31.3.24	1,021,961	
Year		Training and DBS checks
Ended		
31.3.23	10,861	
Year		Total human resources costs
Ended		
31.3.23	1,032,822	
Year		
Ended		
31.3.23	850,236	

The average monthly number of employees, full and part time, during the year was 38 (2023: 37)
No employees' emoluments exceeded £60,000 during the current or prior period.

Key management remuneration

The remuneration of key management personnel was £61,517 (2023: £104,572).

7. TANGIBLE FIXED ASSETS

	Office equipment / Furniture	Computer equipment	Totals	COST		
At 1st April 2023	31,746	62,003	93,749	Additions	At 31st March 2024	
At 31st March 2024	31,746	2,834	2,834			
DEPRECIATION						
At 1st April 2023	28,414	51,540	79,954	Charge for year	At 31st March 2024	
At 31st March 2024	1,428	7,164	8,592			
NET BOOK VALUE						
At 31st March 2024	1,904	6,133	8,037			
At 31st March 2023	3,332	10,463	13,795			

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

2024	£	56,198	Trade debtors
2023	£	38,294	Prepayments
		18,915	Other debtors
		1,000	
		58,209	

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

2024	£	9,899	Trade creditors
2023	£	10,374	Taxation and social security
		14,950	Careers breaks awarded not yet claimed
		28,991	Deferred capital grants
		386,059	Other creditors and accruals
		84,307	
		520,723	
		524,681	

10. RELATED PARTY DISCLOSURES

There were no related party transactions in the year to 31 March 2024 (2023: £nil).

11. CAPITAL

The company has no share capital. The types of membership were consolidated into one at the Annual General Meeting held in November 2016.

The maximum number of members is 14. Each member of the Charity undertakes that, if the Charity is wound up while they are a member, or within one year after they cease to be a member, they will contribute a sum not exceeding £1 to the assets of the Charity for:

- payment of the debts and liabilities of the Charity contracted before they cease to be a member; and
- payment of the costs, charges and expenses of winding up

Honorary Life members are members but are exempt from subscription charges if set.

All members must pay the subscriptions (if any) that the Board decides from time to time. The Board may fix differing rates for subscriptions for different members or categories of members. At present no membership subscription is set. Members and Honorary Life Members have voting rights at the AGM. There were 11 (2023: 12) members and 2 honorary life members as at 31 March 2024 (2023: 2).

12. OPERATING LEASE COMMITMENTS

The following operating lease payments are committed to be paid

Expiring:	
Within one year	40,000
Between one and five years	16,667
	56,667
	2024
	£
2023	£
	40,000
	56,667
	96,667

CARERS IN BEDFORDSHIRE

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31ST MARCH 2024**

13. MOVEMENT IN FUNDS

Grand Total		430,320		1,642,035		1,588,409		53,626		0		483,946	
UNRESTRICTED FUNDS													
Sub total		210,755		1,003,479		949,178		54,301		0		265,056	
UNRESTRICTED FUNDS		203,163		32,436		25,305		7,131		0		210,294	
Grand Total													
483,946													

Legacy		99,174		44,167		22,992		21,175		0		120,349	
DESIGNATED FUNDS													
Sub total		16,402		606,120		613,926		(7,806)		0		8,596	
Carer support (all carer types)		13,089		546,336		559,586		(13,250)		0		(161)	
Dementia Services		(1,270)		64,544		54,881		9,663		0		8,393	
Sibling support		(287)		0		(287)		287		0		0	
Governance		4,366		12,729		10,054		2,675		0		7,041	
Workshops, Education and Groups		6,183		76,460		73,222		3,238		0		9,421	
Health Outreach		(6,576)		198,855		170,463		28,392		0		21,816	
Community Engagement		(2,604)		60,388		58,659		1,729		0		(875)	
Innovation Fund		(392)		0		(392)		392		0		0	
Carer Service Development		99,072		0		0		0		0		99,072	
External designation													
Sub total		111,581		959,312		926,186		33,126		0		144,707	
UNRESTRICTED FUNDS													
Legacy													
120,349													

14. MOVEMENT IN FUNDS – continued

Bedford Carers Lounge – BBC	Funding received from Bedford Borough Council to open and run a Carers Advice and Information Centre within Bedford Hospital (South Wing)
Carers Grants	Funding received under contract from BLMK CCG to allow the award of grants direct to carers whose emotional and/or physical wellbeing has been adversely affected by their caring role
Luton and Dunstable Carers Lounge - CBC	Funding received from Central Bedfordshire Council to open and run a Carers Advice and Information Centre within The Luton & Dunstable Hospital
Volunteering	Bedford Borough Council have provided funding to employ a Volunteer Coordinator to identify and support the development of volunteering
Carers Café	Weekend social activities for carers, treatments for individuals with care needs and extended family
Carer support (dementia)	A range of services including identifying and coordinating a team of volunteer dementia befrienders, and running a weekly group for carers and people living with dementia in Bedfordshire
Carer support (all carer types)	We are funded under contract by Central Bedfordshire Council, Bedford Borough Council and the BLMK CCG acting together to offer carers support services on their behalf

Memory Navigation Services	We are funded under contract by Central Bedfordshire Council, Bedford Borough Council and the BLMK CCG acting together to offer support services to people affected by memory loss or dementia and their carers. We are funded under contract by Central Bedfordshire Council, Bedford Borough Council and the BLMK CCG acting together to offer support services to young people caring for, and/or affected by the illness or disability of a sibling.	
Sibling support	Funding from Bedford and Luton Community Foundation for a postal mailing to carers, additional hours for Support Workers, a social media consultant and laptops for staff working from home Funding from Bedford and Luton Community Foundation allowed us to provide laptops for staff who were working from home	
BLCF – Bedfordshire Emergency Coronavirus Fund		BLCF NET Coronavirus Programme
Lottery Core Funding	This was awarded during the pandemic helping to fund core costs and purchase equipment	
BLCF Whitbread Fund	To support peer groups and activities in South Bedfordshire	
Rookery South	Funding for young carer activities in the parishes of Ampthill, Brogborough, Cranfield, Houghton Conquest, Lillingdon, Marston Moretaine, Maulden, Millbrook, Stewartby or Wootton.	
BLCF NGYT	Funding to provide mental health and wellbeing support to young adult carers aged 16-25 in Central Bedfordshire – we worked with Next Generation Youth Theatre and Pathways Still	
Panacea	Funding to improve carers mental health and wellbeing. As part of the funding we developed a series of digital learning courses specifically for carers to help them 24/7 and a series of workshops	
National Lottery	Reaching Communities Funding from the National Lottery to identify, reach and work with carers who are underrepresented such as male carers and Young Adult Carers	
Mental Health Alliance	Funding from BLMK ICB to administer the Bedfordshire Mental Health Alliance (Beds MHA) is a partnership of local organisations from the voluntary, community and social enterprise sector (VCSE). It aims to make mental health support easier to access, more	

Legacy

effective and better suited to the needs of local people in the boroughs of Bedford and Central Bedfordshire. We make funding decisions alongside our steering group members; BRCC and Mind BLMK

Legacies are received from individuals who gift monies to Carers in Bedfordshire in their wills. The Board of Trustees then determine how these funds can be effectively spent and allocate specific amounts to projects within this fund.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2024

INCOME		
Donations And Fundraising	63,497	22,677
Contract Income	1,561,277	1,331,043
Grant Release	-	-
Membership	-	-
Contributions Received	10,259	7,973
Investment Income	3,948	278
Other Income	3,054	7,928
EXPENDITURE	1,642,035	1,369,899
Programme Direct Costs	412,791	341,377
Hall Hire	8,261	8,204
Rent And Rates	60,195	60,351
Taxis	3,635	1,440
Vehicle Hire	7,434	6,277
Travel	5,793	4,934
Electricity	1,805	1,834
Gas	1,007	911
Water	5,140	5,614
Printing	993	1,793
Postage	8,563	8,664
Telephone	619	549
Stationery	13,018	26,550
Computer	3,140	1,312
Cleaning	3,247	9,880
Fuel	5,810	4,572
Motor Expenses	1,769	2,546
Sundry Office Expenses	300	221
Insurance	1,004,037	829,886
Refreshments	7,035	4,874
Pensions	17,925	14,139
Staff Checks	1,356	1,337
Legal	2,004	2,288
Audit & Accountancy	3,905	4,513
Professional	35	488
Recruitment Expenses	8,592	8,503
Depreciation	1,588,409	1,353,057
53,626		16,842
31.3.24		31.3.23

