



KINGSTON CARERS NETWORK

**Reg. Charity No. 1151456
Company Number 8376060**

**Report of the Trustees and
Examined Financial Statements
for the
Year Ended 31 March 2025 for
Kingston Carers' Network**

Kingston Carers' Network

Reg. Charity No. 1151456 Company Number 8376060

Kingston Carers' Network (KCN) is an independent charity providing information, advice, advocacy and support to unpaid carers of all ages who are caring for someone with an illness, disability or substance misuse problem.

Vision

Our vision is a future where unpaid carers are recognised, valued, and enabled to thrive.

Mission

Our mission is to provide tailored information, advice and support to unpaid carers, advocating for better local services that meet their needs.

Values

Our work is driven by the following values:

- **Compassion:** We bring an empathetic and caring approach to our work and ensure that carers are treated with compassion and care by others.
- **Authenticity:** We stand with carers and use our independence and lived experience to challenge injustice and champion carers' rights.
- **Representation:** We are proactive in putting unpaid carers at the heart of our decision-making so that carers' diverse perspectives are seen, heard and shape our services.
- **Expertise:** We recognise carers as experts in their loved ones' needs, bringing innovation to our services through co-production and listening and learning from feedback
- **Relationships:** We build and strengthen peer support and community among carers and proactively create partnerships across the wider care system.

Report of the Trustees and Financial Statements for the Year Ended 2024/25

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Kingston Carers' Network

Reg. Charity No. 1151456 Company Number 8376060

Annual General Meeting – 21st November 2025: 3:00pm to 6:00pm

Searchlight Community Centre, New Malden KT3 3DU

AGENDA

1. Welcome – Tony Woods, Chairman
2. Apologies for absence
3. Adult Carers 'a day in the life'. Followed by short films: Presentation from Adult Carers
4. Young Carers 'a day in the life'. Followed by short film: Young Carers' Conference 2024: Young carer and Klaire Osuji, YCP Interim Manager
5. Speech from the Former Mayor of the Royal Borough of Kingston upon Thames: Cllr Diane White
6. Report by the Chair/Highlights of the Year: Tony Woods
7. Report from the Chief Executive, Introducing KCN's new strategy: Rachael Stokes
8. Minutes of the 2024 AGM: Tony Woods
9. Presentation & Adoption of the Annual Accounts for Financial Year 2024-25
10. Appointment of the Independent Examiner
11. Election of Directors of the Board 2025-26
12. Any Other Business
 - a. Big Give Campaign
 - b. Kingston Carers Board
13. Closing with Rosetta Life young carers film.

The AGM will be followed by refreshments.

Current Staff

- | | |
|--|---|
| • Rachael Stokes – Chief Executive | • Claire Hamdani – YCP Support Worker |
| • David Still – Deputy Chief Executive | • Carol Harvey – Targeted Support |
| • Diana Alecu – MH Health Peer Support | • Joslyn Kofi-Opata – Adult Carers' Support |
| • Aisha Antwi – YCP Support Worker | • Claire Littlewood – Adult Carers' Support |
| • Lily Bath – Manager Adults Team | • Jo Maye – Communications Manager |
| • Helen Brunskill – Counselling Admin | • Klaire Osuji – YCP Assistant Manager |
| • Jessica Burrows – Mentoring | • Udari Wickremasinghe – Finance |
| • Jo Cocup – Office Manager/Co-Sec | • Meera Winder – Adult Carers' Support |
| • Vilma Espinoza – Benefits Adviser | |
| • Katie Glen – Adult Carers' Support | |
| • Marie Green – Adult Carers' Support | |
| • Liz Grimwood – YCP Manager | |

Report of the Trustees for the Year Ended 31 March 2025

The Trustees (who are also directors of the company limited by guarantee for the purposes of the Companies Act 2006) are pleased to present their annual Trustee Report, together with the examined financial statements for the year ending 31 March 2025, which are also prepared to meet the requirements for a Directors' Report and Accounts for Companies Act purposes.

Structure, Governance and Management

Kingston Carers' Network is a charity registered in England and Wales with the Registered Number 1151456. The charity is a company limited by guarantee and was incorporated on 25 January 2013 and operates in accordance with its written Memorandum and Articles of Association. New Trustees are appointed in accordance with its Articles of Association.

Address 418 Ewell Road, Surbiton, KT6 7HF.

Directors

Directors who served as members of the Management Committee during the year from 1st April 2024 to 31st March 2025, for the full year (unless stated otherwise) were:

- Tony Woods Chairman
- John Mays Deputy Chairman
- Peter Whatnall Treasurer
- Bob Humphries
- Dawn Whitcombe
- Simon Post
- Wydeeswaran Thayalan
- Steven Blake (appointed 18 September 2024)

Proposal for re-election of Directors

Under Article 23 the following longest serving directors, comprising one-third of the Board, are required to retire but available for re-election:

Dawn Whitcombe
John Mays
Bob Humphries

Under Article 24 there was one new director, Steven Blake, appointed by a resolution of the Board since the last AGM.

Officers

Officers are appointed by the Board. There have been no new appointments since the last AGM.

Bankers

The Royal Bank of Scotland plc, Kingston upon Thames branch and Virgin Money, Kingston upon Thames branch, and Shawbrook Bank CAF Account

Accountants:

Kamp Accountants, New Malden, Surrey.

Objectives and Activities

Purpose

The purpose of Kingston Carers' Network is to provide information, support, and advice to carers of people living in the Royal Borough of Kingston who could not manage without their support. This might be due to a physical or mental health condition, addiction, or substance misuse. As such, the charity is a public benefit entity, and the trustees have had regard to the Charity Commission's guidance of public benefit.

Target Group – Definition

A carer is someone of any age who provides unpaid support to a family member, friend or partner who could not otherwise manage. This might be due to a physical or mental health condition, addiction, or substance misuse. A carer may also be juggling paid work with their unpaid caring responsibilities at home. Anyone can become a carer; carers come from all walks of life, all cultures and can be of any age, including children.

The 2021 Census indicated that there are 12,101 adult carers supporting someone in the borough of Kingston.

Activities

The charity provides a comprehensive and holistic range of services, and this has developed in consultation with carers and other stakeholders. We have adopted the five outcomes pledged by the Government in the National Carers' Strategy:

- Not financially disadvantaged
- Mentally and physically well; treated with dignity
- Recognised and supported as an expert partner
- Enjoying a life outside caring
- Children thriving, protected from inappropriate caring roles.

Our current services include:

- Independent information, advice, and advocacy.
- Young Carers' Project.
- Targeted Support Project
- Help with benefits, grants, and allowances.
- Signposting and referral to other services.
- Emotional support.
- Counselling.
- Outings and social activities.
- Programme of health and wellbeing activities.
- Complementary therapies.
- Support groups.
- Carers' Assessments carried out on behalf of Kingston's Adult Social Care.
- Mental Health Peer Support Service

Adult Carers

KCN's adult carer support services provide a holistic range of services to adult carers. We offer advice and information on carers rights, advice on claiming benefits as well as tribunal support and representation, mental health peer support, wellbeing activities, peer support groups and free counselling. We also carry out formal Carers Assessments on behalf of RBK.

During 2024/25 KCN received **1,021 referrals** to the adult carers service and provided direct support to **1,285 carers** through the following:

- 362 carer assessments and reviews
- 429 engagements with well-being activities
- 412 free counselling sessions
- 127 peer support group meetings
- Secured £654,813 in additional income for carers through benefits claims, tribunal awards and cash grants
- Distributed £40,000 in discretionary payments

In total, we provided **1,393 engagement activities** throughout the year. See our Annual Review for further details and case studies.

Young and Young Adult Carers

KCN's Young Carers Project aims to improve the lives of young carers of all ages living in the borough. We do this by offering respite holiday activities and term time drop ins where young carers can come together with peers in similar situations to get a short break from their caring roles, have fun and learn a new skill with the support from the YCP staff team.

During 2024/25 the YCP directly supported **835 young carers** and offered **2,419 engagement opportunities** through the provision of the following:

- 28 weekly drop-in sessions for young carers aged 5-11 years
- 26 weekly youth club sessions for 11-18 year olds
- 70 holiday respite activities
- 12 school lunchtime & breakfast clubs
- 129 young carers benefited from targeted family support
- 15 young carers received 182 hours of one-to-one mentoring support

Volunteering Project

KCN could not exist without volunteers. From young carer mentors, counsellors and front desk volunteers through to our governing body, the board of trustees, volunteers provide the backbone of our organisation and services to carers.

In 2024/2025, KCN benefited from the support of **92 volunteers** who contributed nearly **3,500 hours** of support, the equivalent of **490 working days**. Our free counselling service, delivered in partnership with Kingston College, has created savings for carers of approximately **£16,320**. We estimate the total value of our volunteering support to be **£68,607**.

Our diverse range of volunteer roles provide Kingston residents with an opportunity to contribute to their local community and to be a force for positive social change.

Financial Review

The year to March 2025 was difficult financially for KCN, resulting in a significant loss for the year. Some major funders changing grant criteria to a more location based approach undoubtedly impacted, removing eligibility through conditions over which KCN has no control. In addition, as with other charities, we suffered the effects of a tough economic background and an extremely tight funding environment. Our YCP teams in particular were badly hit by these circumstances. In the light of this, the Trustees determined early in the year that the overall aims of KCN were best served by continuing our existing operations out of reserves for a short period, whilst initiating actions to improve financial health over the medium term. These actions have helped the current financial year into a much healthier position. The Board are very aware of the need to ensure the long term financial viability of KCN and review the financial position (current and future) regularly. The reserves at year end March 25 remain healthy.

See our Annual Review and Financial Accounts for more details on some of the challenges and opportunities for KCN from a financial viewpoint. Looking at income, our 12 main funders provide 92% of total income. Whilst grants from key funding bodies will always be vital for us, KCN is very actively looking at ways to diversify our income and build financial strength. On costs, 85% of our cost base is core charitable spend. We have identified areas where this can be more cost effective. On 'non charitable spend' – whilst some of this is unavoidable, we have again made changes to reduce without affecting our core purpose.

Chairman's Report for the year ended 31 March 2025

Kingston Carers' Network (A company limited by guarantee)

Statement of Trustees' Responsibilities

Kingston Carers' Network (KCN) is a Company Limited by Guarantee and, since its incorporation on 25th January 2013, the charitable company has been administered by its Board of Trustees, who are also Directors of KCN for the purposes of Company Law. As such, they are responsible for preparing the Trustees' Annual Report and the organisation's financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company Law requires the Trustees to prepare annual financial statements that provide a true and fair view of the charitable company's state of affairs, its incoming resources, and the application of those resources, including income and expenditure over the period. In preparing these financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company, and which 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. The Trustees are responsible for maintaining the integrity of the financial statements.

As stated below, KCN continues to seek additional Trustees, especially those who have relevant experience and skills that would benefit the organisation. Trustees are recruited based on their skills and experience. All new Trustees are taken through an induction procedure to ensure they understand their responsibilities and have sound knowledge of KCN's policies and procedures.

Overview of 24/25

This past year has been one of both challenge and progress for Kingston Carers Network (KCN). Against a backdrop of rising demand, sustained financial pressures in social care, and a cost-of-living crisis that continues to hit carers hardest, KCN has remained a vital source of support, connection, and advocacy for thousands of unpaid carers across our borough.

Despite the tough operational environment, the dedication and creativity of our staff team has ensured that carers of all ages receive high-quality, person-centred support. Our adult services supported increasing numbers of carers through assessments, information, benefits advice, and wellbeing activities, while the Young Carers Project once again delivered an exceptional programme of emotional, social and practical support.

We have also worked hard this year to strengthen KCN as an organisation. The introduction of Wellness Action Plans, refreshed safeguarding practices, the launch of our new CRM system, and improvements to internal communication and leadership structures have all built stronger foundations for the future. Alongside a major rebrand launching later this year, this work will ensure KCN is positioned for long-term sustainability, impact and influence.

Financially, the year has demanded prudent decision-making. We have sought cost efficiencies, diversified income streams, and strengthened our fundraising approach. We are grateful for the trust and investment of core funders, including the Royal Borough of Kingston, Achieving for Children, City Bridge Foundation, Henry Smith Foundation and Garfield Weston among others. We are also thankful for the generosity of local groups, businesses and individuals who have chosen to back our work this year.

Finally, I want to extend my heartfelt thanks to our extraordinary staff team and volunteers. Their passion, skill, and compassion are the reason KCN continues to

be a lifeline for carers in our community. I am also hugely grateful to my fellow trustees for their commitment, challenge and guidance throughout the year. We are delighted to have welcomed our new CEO, Rachael Stokes who has brought fresh energy, clarity and ambition to the organisation. With her leadership, KCN is entering its next chapter with renewed purpose and unity. Together, we will continue to champion carers, reduce inequalities, and make Kingston a truly carer-friendly borough.

A handwritten signature in black ink, appearing to read 'Dr Tony Woods', with a horizontal line underneath.

Dr Tony Woods

Chair, Board of Trustees

11th November 2025

For the financial year 2024-25

**Independent Examiner's Report to the Trustees of Kingston Carers' Network
(Company limited by guarantee)**

Year ended 31st March 2025

I report on the accounts of the company for the year ended **31st March 5** which are set out on pages 14 to 23

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission and Companies Act 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1 which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records, and to comply with the accounting requirements of the 2011 Act have not been met; or
- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Masood Shahid ACA, KAMP Accountants *masoodshahid*

Independent Examiner, Chartered Accountant

Falcon House, 257 Burlington Road

New Malden, Surrey KT3 4NE

Date: 20/11/2025

Charities, Section C

KINGSTON CARERS' NETWORK

STATEMENT OF FINANCIAL ACTIVITIES

for the YEAR TO 31 MARCH 2025

	Notes	2025 Unrestricted Funds £	2025 Restricted Funds £	2025 Total Funds £	2024 Total Funds £
Income and endowments from:					
Donations and legacies	4	117,827	0	117,827	116,036
Investment Income	4	6,996	0	6,996	5,479
Charitable Activities	4	0	634,151	634,151	666,644
Total		<u>124,823</u>	<u>634,151</u>	<u>758,974</u>	<u>788,159</u>
Expenditure on:					
Charitable Activities	5	213,560	601,448	815,008	766,253
Other Costs	5	12,270	0	12,270	12,474
Total		<u>225,830</u>	<u>601,448</u>	<u>827,278</u>	<u>778,727</u>
Net Resources before transfers		(101,007)	32,703	(68,304)	9,432
Transfers between Funds	12	46,143	(46,143)	0	0
Net before other gains/losses		<u>(54,864)</u>	<u>(13,440)</u>	<u>(68,304)</u>	<u>9,432</u>
Other gains/losses		0	0	0	0
Net movement in funds		<u>(54,864)</u>	<u>(13,440)</u>	<u>(68,304)</u>	<u>9,432</u>
Reconciliation of Funds					
Total Funds Brought Forward		206,219	43,316	249,534	240,102
Total Funds Carried Forward		<u>151,354</u>	<u>29,875</u>	<u>181,230</u>	<u>249,534</u>

The Balance Sheet continues on the following page.

KINGSTON CARERS' NETWORK

BALANCE SHEET

31 MARCH 2025

	Notes	£	2025 £	£	2024 £
Fixed assets					
Tangible Fixed Assets	6	19,872		30,148	
			19,872		30,148
Current Assets					
Debtors	7	25,395		28,853	
Cash at Bank and in Hand		253,722		383,782	
			279,117		412,635
Liabilities					
Creditors: amounts due within one year	8		117,759		193,249
Net Assets			181,230		249,534
Reserves and Funds of the Charity					
Unrestricted Income Reserves	13	131,483		176,071	
Designated Reserves	13	19,871		30,148	
			151,354		206,219
Restricted Income Funds	12		29,875		43,316
Total Funds			181,230		249,534

On Behalf of the Management Committee

Signed (Peter Whatnall, Treasurer)

Dated 17 Nov 25

Peter Whatnall

Notes 1 to 15 on the following pages form part of these accounts

Balance sheet (continued)

Trustee's statements required by the Companies Act 2006 for the year ended 31 March 2025

In approving these financial statements as Trustees of the company we hereby confirm:

- (a) that for the year stated above the company was entitled to the exemption conferred by section 477 of the Companies Act 2006;
- (b) that no notice has been deposited at the registered office of the company pursuant to section 476 of the Companies Act 2006 requesting that an audit be conducted for the year ended 31 March 2024.
- (c) that we acknowledge our responsibilities for:
 - (1) ensuring that the company keeps proper accounting records which comply with section 386 of the Companies Act 2006, and
 - (2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of sections 394 and 395, and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These financial statements are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the board on 18th September 2024 and signed on its behalf by



Dr Anthony Woods
Chairman

KINGSTON CARERS' NETWORK

NOTES TO THE ACCOUNTS FOR THE YEAR TO 31 MARCH 2025

1 Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

2 Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- Preparation of a cash flow statement

3 Accounting Policies

a) Income

All incoming resources are included in the statement of financial activities when the charity is 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 where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income received prior to the period the funding covers is deferred until the period starts.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included.

Gifts donated for resale are included as incoming resources within activities for generating funds when they are sold.

Grants, including grants for the purchase of fixed assets, are recognised in full in the statement of financial activities in the year in which they are receivable.

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

b) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises 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.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management. They are split using the number of staff hours spent on the main projects.

c) Expenditure of a capital nature of less than £5,000 is not capitalised but treated as expended in the year. This has increased from the previous level of £1000 to account for general cost increases in recent years.

Tangible fixed assets are stated at their historical cost less accumulated depreciation. Improvements to the buildings are capitalised. Depreciation is provided over the expected useful lives and the term of the leases, as applicable, under the straight-line method. Depreciation is provided from the date an asset comes into use.

d) The charity is exempt for tax purposes.

KINGSTON CARERS' NETWORK

Notes to the Accounts Continued

3 Accounting Policies (continued)

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

- f) Debtors are measured at transaction value less any impairment. At each balance sheet date, debtors are assessed for objective evidence of impairment. If an asset is impaired, the impairment loss is measured as the difference between the carrying amount and the amount expected to be received.

- g) Creditors are measured at transaction value.

4 Analysis of Income

	2025	2024
	£	£
Donations and legacies		
Royal Borough of Kingston upon Thames	85,000	85,000
Goldman Sachs	20,000	-
Donations	12,827	31,036
	<u>117,827</u>	<u>116,036</u>
Investment Income		
Bank Interest	6,996	5,479
Incoming Resources re Charitable Activities		
R.B. Kingston	162,170	179,800
Achieving for Children	40,002	40,000
Discretionary Payments - Carers grants	40,000	40,000
Male Carers Group	12,501	10,132
Carers Trust - Carers Activities	2,299	14,013
City Bridge	-	57,539
Young Carers' Activities	1,620	7,990
Awards for All (Youth Group)	6,675	9,577
Jack Petchey Foundation	4,199	5,300
Clothworkers	14,200	-
St George's MHT	40,987	21,218
The Henry Smith Charity	103,980	85,290
Trust for London	50,837	33,336
SWL NHS	40,975	39,045
Big Lottery Community Fund	62,730	98,776
Young Carers Festival	4,818	-
Garfield Weston	25,000	
Fitness and Wellbeing	2,467	9,995
YC Conference	7,960	1,870
Other Restricted Donations	10,731	12,763
	<u>634,151</u>	<u>666,644</u>
	-	

KINGSTON CARERS' NETWORK

Notes to the Accounts Continued

5	Analysis of Expenditure	2025 £	2024 £	
	Charitable Activities - Unrestricted Funds			
	Salaries including NI contributions & pensions	136,961	168,243	
	Recruitment, Training & Expenses	-	5,708	
	Premises and Office Costs	54,527	21,559	
	Events & Activities	661	8,500	
	Legal & Professional Fees	21,411	3,362	
		<u>213,560</u>	<u>207,374</u>	
	Charitable Activities - Restricted Funds			
	Supporting Adult carers	159,100	146,927	
	Supporting Male Carers	9,178	6,295	
	Supporting Achieving for Children	34,059	33,924	
	Supporting Lloyds	-	0	
	Supporting Carers Trust Carers' Activities	2,343	6,793	
	Supporting City Bridge Adult Carers	-	51,680	
	Supporting GLA Young Carers	-	-	
	Supporting Young Carers' Activities	14,647	19,528	
	Supporting Awards for All (Youth Group)	12,045	8,562	
	Supporting Jack Petchey Foundation	5,180	3,836	
	Supporting Wellcome Curiosity			
	Supporting Clothworkers	10,840		
	Supporting St George's MHT	36,330	17,328	
	Supporting The Henry Smith Charity	92,917	94,611	547,504
	Supporting Trust for London	51,283	30,094	52,897
	Supporting Trust for London Young Carers	-	-	
	Supporting Garfield Weston	17,000	-	
	Supporting Big Lottery Community Fund	63,205	68,015	
	Supporting RBK Carers	37,436	36,000	
	Supporting Fitness and Wellbeing	5,022	6,619	
	Supporting YC Conference	10,064	909	
	Supporting SWL Health	30,795	20,434	
	Supporting YC Festival	4,383		
	Supporting Other Small Projects	5,621	7,323	
		<u>601,448</u>	<u>558,879</u>	
	Other Costs (unrestricted)			
	Depreciation	10,276	10,213	
	Governance costs:			
	Independent Examiner's Fee	1,068	1,068	
	AGM Costs	200	160	
	Data Protection Registration	35	35	
	DBS checks	691	998	
		<u>12,270</u>	<u>12,474</u>	

KINGSTON CARERS' NETWORK

Notes to the Accounts Continued

5 Analysis of Expenditure (continued)

Support costs included in Expenditure	Support Costs £
Unrestricted Funds	56,286
Supporting Adult carers	6,000
Supporting Achieving for Children	4,000
Supporting Male Carers	3,000
Supporting St George's MHT	4,606
Supporting Trust for London	10,362
Supporting SWL NHS	8,000
Supporting The Henry Smith Charity	9,929
Supporting Garfield Weston	7,000
Total	<u>109,183</u>

Support costs are split using the number of staff hours spent on the main projects.

6 Fixed Assets

The movements in tangible fixed assets are comprised as follows:

	Leasehold improvements
Carrying value	
Balance as at 1 April 2024	96,338
Additions in the year	-
Balance as at 31 March 2025	<u>96,338</u>
Depreciation as at 1 April 2024	(66,190)
Depreciation in the year	(10,276)
Accumulated depreciation as at 31 March 2025	<u>(76,466)</u>
Net book value at 31 March 2025	<u>19,872</u>

7 Debtors & Prepayments

Amounts falling due within one year

	2025 £	2024 £
Other Debtors	5,875	5,875
Accrued Income	6,370	11,350
Prepayments	<u>13,150</u>	<u>11,628</u>
	<u>25,395</u>	<u>28,853</u>

8 Creditors & Accruals

Amounts falling due within one year

	2025 £	2024 £
Deferred Income	83,930	153,020
Trade creditors	- 69	- 69
Payroll liabilities	19,112	15,133
Accrued Expenditure	<u>14,787</u>	<u>25,165</u>
	<u>117,759</u>	<u>193,249</u>

Deferred income is income received in the current financial year for services to be provided in the next financial year.

Hence, grants received from funders where the services will be provided to them in the next financial year have been recorded as deferred income, and are analysed as follows:

Balance brought forward at 1 April 2024	153,020
Released in year	(153,020)
Income received in year deferred to following year	<u>83,930</u>
Balance carried forward at 31 March 2025	<u>83,930</u>

KINGSTON CARERS' NETWORK

Notes to the Accounts Continued

9	Fee for Independent Examination of the Accounts	2025	2024
		£	£
	Kamp Accountants	<u>1,068</u>	<u>1,068</u>
10	Staff Costs	2025	2024
		£	£
	Gross Salaries	495,755	493,181
	Employer's NI contributions	42,166	41,997
	Pension contributions	<u>17,158</u>	<u>17,011</u>
		<u>555,079</u>	<u>552,189</u>

The average monthly numbers of employees during the year calculated on the basis of full time equivalents was as follows:

Charitable Activities	13
Administration	4

There were no employees who received employee benefits (excluding employer pension costs) of more than £60,000 during the year.

10.1 Trustees' emoluments

No remuneration was paid to any trustee

11 Related Party Transactions

No loans made to or received from any trustee.

No trustees' expenses were reimbursed.

Payments totalling £1900 were made to Carole Whatnall, the wife of Peter Whatnall, in respect of sessional work supporting the Adults Carers team.

KINGSTON CARERS' NETWORK

Notes to the Accounts continued

12 Restricted Funds Held

Grants to support:

a Royal Borough of Kingston upon Thames	Support to Adult carers
b Achieving for Children	Young carers
c Discretionary Payments	Support grants to adult carers
d Inspiring Change YACs	Young adult carers peer support
e Carers Trust	Carers activities
f Male Carers Group	Adult male carers
g The Henry Smith Charity	Young carers 5-18
h Trust for London	Adult carers benefits and tribunals
i Big Lottery Community Fund	Young carers 5-18 and volunteer support
j Young Carers conference	Young carers 5-18
k SWL Health	Adult carers resilience support
l St George's MHT	Mental Health support
m Garfield Weston	Young Carers
n Young Carers Activities	Peer support activities
o Awards for All (Youth Group)	Young carers
p Children in Need Fitness and Wellbeing	Young carers 5-18
q Jack Petchey Foundation	Young carers
r Clothworkers Foundation	Database support
s Young Carers Festival	Young carers

Restricted Fund Values and Movements

	Balance brought forward £	Incoming Resources £	Transfers £	Outgoing Resources £	Balance carried forward £
a Royal Borough of Kingston upon Thames	136	162,170	0	(159,100)	3,205
b Achieving for Children	(840)	40,002	(4,000)	(34,059)	1,103
c RBK Discretionary Payments	4,000	40,000		(37,436)	6,564
d Inspiring Change YACs	0				0
e Carers Trust	10,360	2,299	(10,000)	(2,343)	316
f Male Carers Group	7,790	12,501	(3,000)	(9,178)	8,113
g The Henry Smith Charity	(1,939)	103,980	(8,410)	(92,917)	714
h Trust for London	8,619	50,837	(2,929)	(51,283)	5,244
i Big Lottery Community Fund	2,113	62,730	(1,638)	(63,205)	(0)
j Young Carers Conf	5,961	7,960	(3,660)	(10,064)	197
k SWL Health	1,928	40,975	(12,100)	(30,795)	8
l St George's MHT	1,635	40,987	(4,656)	(36,330)	1,636
m Garfield Weston		25,000	(8,000)	(17,000)	0
n Young Carers Activities		1,620	12,250	(14,647)	(777)
o Awards for All (Youth Group)	5,248	6,675		(12,045)	(122)
p Children in Need Fitness and Wellbeing	(0)	2,467		(5,022)	(2,556)
q Jack Petchey Foundation	2,892	4,199		(5,180)	1,911
r Clothworkers Foundation		14,200		(10,840)	3,360
s Young Carers Festival		4,818		(4,383)	435
Other funds	(4,587)	10,731		(5,621)	523
	<u>43,316</u>	<u>634,151</u>	<u>(46,143)</u>	<u>(601,448)</u>	<u>29,875</u>

KINGSTON CARERS' NETWORK

Notes to the Accounts continued

13 Unrestricted Reserves Movement

	At 1 April 2024	Incoming resources	Transfers	Outgoing resources	At 31 March 2025
	£	£	£	£	£
General Reserves	176,071.00	124,823	46,143	(215,554)	131,483
Designated Reserves	30,147.75	-		(10,276)	19,871
	<u>206,219</u>	<u>124,823</u>	<u>46,143</u>	<u>(225,830)</u>	<u>151,354</u>

The General Reserve is utilized for the ongoing Core activities of the charity rather than the charitable activities. In accordance with the Reserves Policy of the Charity the General Reserves are intended to meet all necessary costs in the event of the Charity being forced to be wound up. Transfers between Unrestricted and Restricted Funds represent the charge of management supervision time to each project.

14 Analysis of Net Assets between Funds

	Fixed Assets	Current Assets	Current Liabilities	Total
	£	£	£	£
Unrestricted Reserves	19872	165312	33829	151354
Restricted Funds	0	113805	83930	29875
	<u>19872</u>	<u>279117</u>	<u>117759</u>	<u>181230</u>

15 Company limited by guarantee

Kingston Carers' Network was incorporated on 25 January 2013 and the assets and liabilities were transferred as of 1 April 2013 for "Nil" Consideration.

Every member of the company undertakes to contribute such amount as may be required not exceeding £10 to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.

KINGSTON CARERS' NETWORK

Minutes of the 33rd Annual General Meeting held at 2.00pm on Friday 11th October 2024 at Searchlight Community Centre, Kingston Road, New Malden KT3 3RX.

Present :

Members :

Tony Woods	Chair	Rachael Stokes	CEO
Peter Whatnall	Treasurer	Joanne Maye	Staff Member
Jo Cocup	Co-Sec	Georgette Bellino	Carer
Bob Humphries	Trustee	Gloria Lewis	Carer
John Mays	Trustee	Carole Driskoll	Carer
Steven Blake	Trustee	Ann Mason	Carer
Thay Thayalan	Trustee	Prabha Shetty	Carer
Dawn Whitcombe	Trustee	Nicola Tyler	Carer

Invited

Mayor Liz Green	Guest Speaker	Kasia Adamusinska	Volunteer
Deputy-Mayor		Marilynne Epstein	Carer
Elizabeth Park	Guest Speaker	Caroline Aylott	Carer
Jess Burrows	Speaker/Staff	Richard Beadle	Carer
Lily Bath	Speaker/Staff	Patricia Maskell	Carer
Claire Littlewood	Staff Member	Ishverlal Modi	Carer
Diana Alecu	Staff Member	Puhpa Modi	Carer
Marie Green	Staff Member	Bernadette	
Joslyn Kofi-Opata	Staff Member	Menasse	Carer
Vilma Espinoza	Staff Member	Alan Moss	Guest
Carole Whatnall	Volunteer		

Apologies:

Ed Davey	Guest	Howard Mintz	Carer
Sarah Olney	Guest	Kathryn Ingham	Carer
Paul Kohler	Guest	Ava Mintz	Carer
David Still	Deputy CEO	Kajsa Roberts	Carer
Liz Grimwood	Staff Member	Margaret Walsh	Carer
Meera Winder	Staff Member	Kathryn Ingham	Carer
Ian Bellinger	Sessional Work	Charles Yule	Carer
Brian Maskell	Carer	Hella Silverside	Carer

Welcome and AGM Introduction

Tony Woods, Chair of Kingston Carers' Network introduced himself and welcomed everyone to the AGM. Welcome was given to The Worshipful the Mayor of the Royal Borough of Kingston Upon Thames, Councillor Liz Green, and Deputy Mayor Councillor Elizabeth Park. The mayor will speak at the end of the meeting.

The Chair thanked the Royal Borough of Kingston Upon Thames for their continued support over the last year. RBK have provided KCN with a significant amount of funding, and KCN continues to have a good relationship with RBK.

The business of the AGM will be carried out towards the end of the meeting.

Housekeeping – Searchlight is a shared space with several other organisations, so please use the rear doors when entering or leaving the building. The toilets are located at the back of the hall. Please can you all make sure you have signed in.

The Chair welcomed such a mix of attendees, expressing that it was good to see so many carers at the meeting.

Apologies for Absence

Apologies were tendered by the speakers and KCN members listed as above.

The Chair introduced Jess Burrows, Mentoring & Volunteer Manager, who will be speaking about the YCP Conference in Liz Grimwood's absence.

The Young Carers' Conference – Jess Burrows, Mentoring & Volunteer Manager

Jess runs the mentoring programme within the Young Carers' Project, and manages all volunteers across KCN. Apologies from Liz Grimwood as she is unwell today but would have loved to have been present. This year's YCP conference is on the theme of Dream Big. It is a celebration for young carers in Kingston and there will be approximately 200 attendees, including representatives from local businesses. YCP needs more financial support to keep the programme running, so Jess asked that if anyone knows of any local businesses or community groups who would donate to or sponsor the conference, to take a flyer to distribute. There will be around 150 young carers at the conference, and there will be a fun party atmosphere with entertainment, a magician, free prizes, young carers sharing their experiences and plenty of emotion. There will also be young carers performances of drama and dance, a DJ, goody bags, and free entry to Chessington Worlds of Adventures. Please help to support YCP and see Jess for more details.

The Chair thanked Jess and the whole of the YCP team for all their hard work.

Adult Carer's Service – Lily Bath, Manager of Adult Carers' Support Team

The Chair introduced Lily Bath, manager of the Adult Carers' Support Team.

Lily has worked at KCN as a support worker since 2015, and last year became manager of the Adult Carer's Support Team. The team provide services to carers over 18 supporting someone relying on them for care needs. Services include carers assessments, information on carers rights, advice and information, benefits support, respite, and support groups and activities to connect with other carers. KCN carries out carers assessments on behalf of RBK, as it is the statutory responsibility of the local authority to ensure these are carried out for carers. Lily introduced her team and invited the members to ask questions.

Claire L has come to KCN from Merton Carers and has a good background in working to support carers.

Marie G is a trained social worker with experience of working with children.

Joslyn KO has worked in housing management.

Diana A runs the Mental Health Peer Support Service.

Vilma E is a benefits adviser, specialising in appeals and tribunals.

Meera W coordinates the wellbeing service, providing outings, workshops and activities for carers.

It has been a very busy year, with over 100 new referrals each month, some of which are very complex. Please talk to the team and give any feedback.

Councillor Elizabeth Park asked if KCN could provide support outside of work hours?

Lily confirmed that yes, we can help working carers outside of work hours where needed.

The Chair thanked Lily and the Adult Carers Support Team for all their work.

HeArt of Care Video Presentation:

Tony Woods works as a programme manager for the Creative Health Project, using art interventions to improve mental health. He has recently been working with stroke survivors, and through this met Lucinda Jarrett the artistic director of Rosetta Life.

Lucinda's father had a stroke, and was upset by what he could no longer do. Lucinda encouraged her father to focus on what he could do, not what he couldn't do, and this improved his mental health. Tony had put Lucinda in touch with KCN, and they ran poetry workshops at the Rose Theatre as part of the HeArt of Care Project uniting carers across the world, giving them a voice and increasing their confidence. This resulted in a large digital installation in Kingston Market Square funded by Arts Council England. It was a great success, and we will be talking with them next week to work with them again.

Tony presented the video clip, which can be viewed [here](#):

Tony thanked everyone who took part in the performance and production of the piece.

Report by the Chair and Highlights of the Year– Tony Woods

Last year was very difficult for the organisation. We made the appointment of the new CEO and got it wrong. This led to upset with staff, impacting on the services provided. We hope that the carers did not notice. We apologise for our mistake but there were still some repercussions. There was concern among other stakeholders. There was a great response from the staff under pressure. We now have a new CEO and are 100% confident that it will be completely different.

Thank you to Diane for stepping in as interim CEO, despite being very busy being Mayor. Especial thanks to trustees Peter, and to Viv who has now sadly resigned. And thank you to all the trustees. Thank you to all staff and carers for their patience.

KCN celebrated our 25th anniversary this year with a party for staff and carers. KCN is an important organisation for carers, giving them a voice, and providing advocacy.

Ed Davey has shown concern with the way carers have been treated over carers allowance. Thank you to Ed for raising with the government.

We continue to grow, despite financial challenges. Fundraising has become more crucial, and there are plans in place to do more.

Thank you to Diane and to everyone in the KCN team for working together.

Welcome to Rachael, who is a terrific asset, and we are very pleased to have her.

The Year Ahead by Chief Executive Rachael Stokes

Rachael gave a brief speech about her few weeks at KCN:

Thank you for the warm welcome and thank you for coming here today – I am delighted to be taking on the role of CEO here at KCN and have enjoyed my first few weeks getting to know the team and trustee board, meeting partners and of course carers across the borough

I know she is not here today, but I would like to say a particular thank you to Diane for her interim leadership over the past year and for giving me the best handover I think I have ever had, coming into a new role. I know how much KCN means to her and how much she has given to the organization over the past 15 years. I also know she is not going to be a stranger, so I look forward to working with her over the coming years.

Although I have only been at KCN for just over a month I have already had the opportunity and privilege to see and learn about some of the critical support the team of staff and volunteers alongside our partners are providing for adult and young carers across Kingston. I've already begun to get out and about, including:

- Carers one stop shop, New Malden and Worcester Park PCN, where we host advice surgery alongside other key partners in the borough including Staywell, Kingston talking therapies and the Kingston hospital carers liaison service
- Visited one of our partners, Welcare who we are working with on targeted family support
- Joining the Young Carers weekly drop in here at searchlight.

You probably don't need me to tell you what vital lifeline carers services can provide. I want to share some of the feedback we have received in the past few weeks alone...

"Today has been one of the best days of my life." Young carer taking part in YCP activities over the summer.

"Your support has been an incredible gift to us this year. Thank you for your dedication, kindness and the difference you make to our lives." Parents of a young carer.

"When I was referred to you I was desperate for some support. I felt I was unable to manage my feelings and low moods. It was difficult to know where to go and who to speak to. Over the weeks we talked and this helped me to normalize things. I wasn't having conversations that made sense so speaking to you brought back my ability to discuss and communicate. I was also given information that will help open doors to information as well as activities for myself." Adult carer benefitted from wellbeing support delivered in partnership with MIND.

Yet whilst clear value, there is also a clear challenge. And I want to return the last paragraph of the same carers letter:

"I feel this service needs to be more available to carers like myself and fully funded on a wider level as I'm sure you are inundated with families like myself. Although you are charity based I would hope that one the government and / or local authority see your worth and sponsor more of the support for carers. As after all we carers are saving the government millions in giving up our lives to care for a loved one."

The only correction I would make to what the carer wrote in their letter is that it's billions not millions: the support that unpaid carers provide nationally is valued at £193bn per year - far outstripping the value of the NHS. In Kingston alone this is valued at £336 million.

I know many carers in the room might feel uncomfortable putting a price tag on what they do. For many it is simply as part of your role as a partner, parent, sibling.

Caring is arguably the greatest act of selflessness and love there is. But it can come at great personal cost. To your financial security, your health and wellbeing, to your family life.

At KCN we believe carers need to be recognized and valued for what they do; that carers should be healthy and enjoy a life outside caring; that they can access breaks when they need it; have a voice in decisions that affect them and their cared for person; and that they should not be financially penalised for their unpaid contribution to society.

We know that many public services would be on their knees if carers didn't do what they did.

And so, this is why I am here, and this is why I have taken on this role; to ensure that carers in Kingston get what they need and deserve.

I am very much looking forward to working with you, and with our partners on Kingston Council, with our local MPs and our NHS and voluntary sector partners to achieve this change.

As for my priorities over the coming year, I am honestly still working these out, but they are likely to focus on:

Ensuring KCN has the resources it needs to keep pace with the growing demand for its services

- Working with the Kingston Carers Board to support delivery of the borough wide carers strategy
- Working with the council and our partners in the NHS to implement the carer identification project

I am under no illusion of the challenge we are up against, but I think with some dogged persistence and strong collaboration we can achieve great things. Thank you!

AGM Business

The Chair Tony Woods presented the business of the AGM.

Minutes of the 2023 AGM

The minutes of the 2023 AGM were agreed as a true record.

Adoption of the Annual Accounts for 2023/24

The annual accounts were not formally presented at this meeting. The Chair invited everyone to read the full record of the Annual Accounts in the Annual Report, and to address any questions to the Treasurer, Peter Whatnall. The Chair thanked the Finance Team and the auditors for the tremendous amount of work put into producing the annual accounts.

Adoption of the accounts was proposed by Peter Whatnall and seconded by Dawn Whitcombe. The accounts were agreed and adopted by the Board.

Appointment of Independent Examiner

KAMP Accountants are the Independent Examiners for the coming financial year.

Proposed by Bob Humphries and seconded by Thay Thayalan.

Agreed by all.

Election of Directors to the Board of Trustees and Officers of the Board 2024-25

The following candidates, under Article 23, being the three longest serving directors of the Board were proposed for re-election as Directors:

Simon Post , Peter Whatnall , Wydeeswaran Thayalan

Proposed by Jo Cocup , Seconded by Tony Woods - Agreed by all.

There have two resignations since the last AGM, in April of 2024:

Viv Rowlands , Julia Linney

The Chair gave thanks you to both these trustees for their tireless input into KCN.

Under Article 24 there was one new director appointed by a resolution of the Board since the last AGM, in September 2024 – Steven Blake

Proposed by Tony Woods , Seconded by Jo Cocup - Agreed by all.

Officers are appointed by the Board. There have been no new appointments since the last AGM.

Any Other Business

The Chair introduced new trustee Steven Blake. He has lived in Kingston for 20 years and is an actuary by trade. His main focus is on accounts and fine detail. Steven said he felt very humbled by what he has heard about KCN.

John Mays, vice Chair proposed a vote of thanks to the Chair, who has coped extraordinarily well during a difficult period. Agreed by all.

The Chair gave thanks to the Company Secretary Jo Cocup for organising the AGM and the Annual Report.

Closing remarks from the Worshipful the Mayor of the Royal Borough of Kingston upon Thames, Councillor Liz Green

The Mayor and Diane White have been ward colleagues since 2014, and have worked very closely together. It is amazing that Diane stepped in when she did and put herself out to get KCN through a difficult patch. There are no councillors who do not know who KCN is and what it does due to Diane's perseverance in raising carer issues.

The Mayor cannot speak on behalf of RBK in her capacity as Mayor, but councils across the country are struggling financially. There is a £6 million black hole in funding, and councils are legally not allowed to set a deficit budget. The voluntary sector helps to fill this void and provide great value for money. They provide so much support for the money, and how much each carer provides in terms of hope and practical care. Positivity is so important, and helps the person being cared for feel their life has purpose. KCN provides invaluable support to carers.

The Mayor will attend the YCP conference with her daughter, who is a member of YCP. The Mayor's Community Awards will be held in March, and she invited the members of the AGM to recognise and thank any volunteers who live or work in the borough by nominating them.

The Deputy Mayor Elizabeth Park was only able to attend the AGM during her lunch hour, as she is currently working in psychiatric health, but she would really like to speak at a KCN event.

The Mayor offered to help in any way she can to get the voice of carers heard.

The Mayor gave her thanks to the staff, trustees and carers of KCN.

The Chair thanked the Mayor for her support.

This brings to a close the 2024 AGM.

The AGM will be followed by a light lunch.



A Network Partner of
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TRUST**

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24 HOUR ANSWERPHONE

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