

Mid–Cornwall
Lifestyles
Annual Report
2022 - 2023



Background to Mid-Cornwall Lifestyles

Our Vision:

Our vision is that everyone lives life to their tune.

Our Mission Statement:

We will support individuals with additional needs to fulfil their own personal ambitions and to live the lifestyle of their choice with the help of our trained and dedicated Support Workers.

Aim

The aim of Mid-Cornwall Lifestyles is to offer people the opportunity to develop the lifestyle of their choice. 'Lifestyles' describes a way of working with people as equal partners in a service. The participant is the central focus of any work undertaken; they have the responsibility for deciding the nature, direction and pace of that work. They have the right to expect to take informed risks; learn from experience; have fun; make mistakes; lead a life that has the same opportunities for happiness, disappointment and fulfilment as anyone else.

History

Mid-Cornwall Lifestyles emerged from a short-term Social Services initiative based in St Austell that people did not want to lose. A group of disabled people who had been receiving the service sought the help of Scope through its Community Field Worker and received a grant of £5,000 for development work. That year's work produced a successful lottery bid worth nearly £123,000 over three years and so enabled the project to begin. The original project manager started in September 1999 and remained in post until the start of 2020.

Management

The original management committee has been extended from within the participants of the project and the majority of Trustees of the charity are people with disabilities. The Chair of the Trustees is a remaining founder member of the original management committee. The CEO who led the Charity since its inception in 1999 handed over the overall management responsibility to the new CEO in 2020. A team of 23 dedicated and skilled Support Workers, a Digital Project Worker and a Deputy Manager (11.5 Full-Time Equivalent) assist the manager in the delivery of the service to the people of Cornwall.

Participants

Mid-Cornwall Lifestyles offers a service to people over the age of 18 with no upper age limit. The project offers a service to any person with any disability (we operate a self-definition of disability) and a request can be made by the individual or by referral

from a close companion or family member, Adult Social Care, G.Ps, NHS, Occupational Health or via partner organisations.

Our core work has 3 elements:

1. Individual Support

- a) Individual services for clients referred by the Department of Adult Social Care and Cornwall Partnership NHS Foundation Trust.
- b) DisAbility Cornwall and Cornwall Disability Alliance projects
- c) Assisting individuals through their Direct Payment Personal Budgets or self funding.

The above Individual Support includes any or all of the following but does not include Personal Care: befriending, advocacy, attending court, liaising with police, providing transport and support to attend appointments, negotiating with debt support and other agencies, assisting with benefits forms and claims and attending appeals, writing letters, organising holidays, shopping, exercising, attending concerts, sporting events and developing online digital skills – all in the name of choice and increased access to the things in life that most people take for granted, thus increasing independence, health and well-being.

An important ongoing activity has been the development of our Digital Inclusion offer. Supporting the development of our staff and client's digital skills and access to equipment to improve communications and remote support as well as having fun as an online social group.

2. Advocacy

The project continues to work specifically on advocacy issues separate to general care and support. The range of intervention on behalf of individuals has included support in meetings with the Police, Solicitors and attendance at Courts, Citizens Advice Bureau, Adult Social Care, Safeguarding and Vulnerable Adult meetings, Debt Management Agencies, Care Agencies, Banks, Benefits Agency, Funding Agencies. This intervention covers a whole range of issues from debt to persecution and abuse.

3. Support of other charitable organisations

The project continues to support other charitable groups. We are members of the Cornwall Disability Alliance and Local Alliance network.

CEO's Report for Year ending 31st August 2023

In the past three annual reports Covid has been a factor that has affected Mid-Cornwall Lifestyles operations, our clients and staff. During this year it finally feels like we have been moving away from it's direct influence. An example of this is that one of our most vulnerable clients, who had been shielding at home since the pandemic began, has in Spring 2023 started supported trips out to enjoy being outside their home and in the countryside.

Helping people is the core of our work and it has been great to see things improving. These are the significant steps that many involved with Mid-Cornwall Lifestyles have taken during this period however, it remains the case for many people we support that Covid is not the only reason they have struggled to leave their homes and engage in activities that many take for granted.

We know that personal contact is essential for our support work. Seeing people in person really makes the difference and that's something that has become the norm again in this year. A positive development for me has been to take on some support work with two of our clients. I have found it really enjoyable and it gives me a good balance between home-based management responsibilities and active involvement in our support work.

The changes we made during the pandemic in terms of increased use of technology and communications have become the norm for us. Reducing unnecessary travel and emissions whilst improving communication. Our Zoom Socials continue and we intend to run them despite Covid related grant funding winding down this year. We have been lucky to receive a donation of I pads to help both staff and clients get online.

We have a diverse team as well as client group. In order to continue to support our clients we need to be supporting our staff and I see this as a key part of my role. We all face ups and downs and challenges and in order for me to do what I can I have received good support from Becky Rowland as my deputy and the Trustees. We are a small charity and as CEO I have appreciated the opportunity to discuss ideas and challenges. I have received additional support externally from the Disability Alliance members as well as mentoring sessions with Tom Hunter, an ex-Adult Social Care manager who has been a good sounding board for me and who is now on board as a Support Worker as well!

The other key element of my role is ensuring Mid-Cornwall Lifestyles continues to be financially viable. This year we have tested our financial stability without reliance on grants and project funding which helped through the pandemic period while providing all staff with a pay increase and I am pleased to report that we have passed that test as the accounts will show. This is the first year that I feel since I took charge in 2020 during Covid that I am confident in our financial stability and can look forward to how we can invest in our service, clients and staff .

This is reassuring to all as we continue to be true to our original vision set out at the start of this report and try to be an organisation that both our clients, staff and trustees can be proud of.

Signed:

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Ed Whitefield
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Edward Whitefield

Date: 17-04-2024

CEO Mid-Cornwall Lifestyles

Chair of Trustee's Report for Year ending 31st August 2023

It is with pleasure that I can report a year where we have moved further away from those challenges that dominated the previous Covid years.

We have continued to increase our focus on supporting our clients and staff and although for many of us we have been able to enjoy greater freedom and opportunities without restriction, there are many of us who face challenges that are not directly covid related.

We started as a grant funded project in 1999 and in this last year we can be more confident in our durability and future. We want Mid-Cornwall Lifestyles to thrive not just survive!

It is always good to hear how we are making a difference and some of the positives we are able to help happen.

As a small organisation we get to know our clients and staff well and recognise the challenges and strains both clients and staff face.

So, as Chair, I wish to extend thanks to the whole Mid-Cornwall Lifestyles team of staff, volunteers and my colleagues on the Trustee board as well as all the participants who make everything we do so worthwhile.

We also thank our partner organisations and funders for their continued support.

CAB

Community Outbreak Management Fund

Cornwall Department of Adult Care and

Support Cornwall Disability Alliance

Cornwall Voluntary Services

Cornwall Voluntary Sector Forum

Cornwall Partnership NHS Foundation Trust

Cornwall Community Foundation

DisAbility Cornwall

Federation of Small Businesses

Food Banks

Neetside Community Centre, Bude

National Council for Voluntary Organisations

National Emergencies Trust

NHS Kernow CCG

Scope for St Austell

South West Water

Sovereign Payroll Solutions

St Austell PHAB

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Ewan Morris

Date: 17-04-2024

Chair of the Trustees, Mid-Cornwall Lifestyles

Treasurer's Report for Year ending 31st August 2023

I am pleased to report a successful financial year.

This is good news for Mid-Cornwall Lifestyles, our clients and staff.

We have built upon the successes in 2021 – 2022 and have been able to demonstrate financial stability that is self-generated through our service delivery while reducing reliance on grants and donations that was most helpful to us through the previous two years during the pandemic period. This peaked at £34,684.71 last year but has only been £2,403.50 this year.

Our generated income has increased by £35,377.08 to reach £229,033.91 this year. This has been achieved in part by increasing our client base and increasing the amount of support we provide to clients along with an uplift to our hourly rate which still remains just below the agreed Adult Social Care tariff. As ever the demand is there for our services if we can attract and retain staff.

We have also reduced our expenditure to be £216,545.29 from £222,865.55 last year. This is due to a reduction in salary costs with some Covid Grant related project costs ending and some members of staff leaving during this year. However, based on the accounting period for 2021-2022 and projections for this accounts year we were able to provide all staff with a deserved 10% pay increase from April 2023.

We have reduced vehicle costs during this year by agreeing a donation of our vehicle to the PHAB Club of St. Austell with an agreement to be able to use their vehicles.

There has been an increase in the Staff / Trustee Expenses budget line since 2021/22 which is attributed to an increase in staff expense costs linked to an

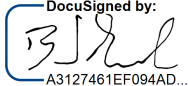
increase in respite support activity and claims post pandemic. Also, staff expenses linked to a grant funded digital project was directed through this budget line this year.

This all meant we ended the year with Net Incoming Resources of £12,488.62 which was an increase of £1631.41 from 2021 - 2022.

Last year we were mindful that grant funding had helped us through difficult times and we wanted to build up depleted reserves to give confidence and stability for Mid-Cornwall Lifestyles to continue the good things we want to deliver. We have achieved this aim this year by ending with an increase of £6,420.35 to Total Funds of £71,976.08 which gives us confidence that Mid-Cornwall Lifestyles is in a healthy financial position and able to go forward in 2023 – 2024 with confidence to support our clients, our staff and develop our services.

I would like to thank our clients, commissioner payments teams and Disability Cornwall managed payment team for their prompt payment of invoices as well as Sovereign Payroll Solutions and Erna Beaton Secretarial & Accounting Services for her Independent Examination for Mid-Cornwall Lifestyles.

Signed:

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Barry Marsh - Treasurer, Mid-Cornwall Lifestyles

Date: 17-04-2024

**MID -CORNWALL LIFESTYLES
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE 12 MONTH PERIOD ENDED
31st AUGUST 2023**

| | 31/08/2023 | 31/08/2022 |
|---------------------------------------|-------------------|-------------------|
| INCOMING RESOURCES | | |
| SSD Spots/ACWB/ASC | 794.80 | 0.00 |
| P Budgets | -4,102.64 | 3,000.00 |
| Generated Income | 226,826.36 | 191,449.28 |
| Donations | 2,525.25 | 505.67 |
| Grants & Bid | 1,560.00 | 34,179.04 |
| Vehicle | 843.50 | 370.00 |
| Other | 354.74 | 4,184.94 |
| Bank Interest/Unapplied cash Received | 151.90 | 3.83 |
| Client Exp. | 80.00 | 30.00 |
| TOTAL INCOME RESOURCES | 229,033.91 | 233,722.76 |
| RESOURCES EXPENDED | | |
| Salaries | 148,835.26 | 158,549.30 |
| Staff travel costs/expenses | 23,365.75 | 26,785.90 |
| Subcontractors | 3,794.45 | 4,432.22 |
| Volunteer Travel | 7,552.23 | 5,454.40 |
| Staff/Trustee Expenses | 9,703.15 | 433.50 |
| Office consumables.postage etc. | 5,150.79 | 4,230.64 |
| Telephone | 716.50 | 893.42 |
| Rent | 300.00 | 300.00 |
| Insurance | 489.14 | 757.30 |
| Training | 1,622.80 | 1,750.00 |
| Recruitment | 224.00 | 106.40 |
| Other | 0.00 | 1,510.00 |
| Client Support | 10,943.36 | 9,011.50 |
| Vehicle Maintenance/Fuel | 3,741.86 | 7,957.97 |
| Vehicle Depreciation | 0.00 | 515.00 |
| Other Depreciation | 46.00 | 85.00 |
| Bank Charges | 60.00 | 93.00 |
| TOTAL RESOURCES EXPENDED | 216,545.29 | 222,865.55 |
| NET INCOMING RESOURCES | 12,488.62 | 10,857.21 |

MID-CORNWALL LIFESTYLES**BALANCE SHEET AS AT 31ST AUGUST 2023**

| | year ending 31.08.2023 | year ending 31.08.2022 |
|--|-----------------------------------|-----------------------------------|
| FIXED ASSETS | | |
| Tangible Assets - Office Equipment | 207.00 | 253.00 |
| - Vehicles | <u>0.00</u> | <u>515.00</u> |
| | 207.00 | 768.00 |
| CURRENT ASSETS | | |
| Cash at Bank and in Hand | 70,913.08 | 58,424.45 |
| Prepayments/Debtors | <u>856.00</u> | <u>6,363.28</u> |
| | 71,769.08 | 64,787.73 |
| LIABILITIES | | |
| Creditors - Amount falling due within one year | <u>0.00</u> | <u>0.00</u> |
| CURRENT ASSETS LESS CURRENT LIABILITIES | 71,769.08 | 64,787.73 |
| NET ASSETS | <u>71,976.08</u> | <u>65,555.73</u> |
| TOTAL FUNDS | <u>71,976.08</u> | <u>65,555.73</u> |

Independent Examiner's Report to the Trustees of Mid Cornwall Lifestyles

I have prepared the accounts as set out on pages 2 & 3 for the period ended 31st August 2023 from the accounting records and from information as provided and explanations supplied.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the financial statements, you consider that the audit requirement of section 43 (2) of the Charities Act 1993 (the Act) does not apply. It is my responsibility to state, based on procedures specified in the General Directions given by the Charity Commissioners under section 43 (7)(b) of the Act, 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 Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements 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 I do not express an audit opinion on the view given by the financial statements.

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

- I. Which gives me reasonable cause to believe that in any material respect the requirements of the Act to keep accounting records in accordance with section 41 of the Act, and

- to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of the Act

have not been met; or

to which, in my opinion, attention should be drawn to enable a proper understanding of the financial statements to be reached.



Mrs E Beaton
S.A.S. [Secretarial & Accounting Services]
10 Hollabury Road
Bude
EX23 8JA

13th February 2024