

Charity registration number 1152941

Company registration number 08563160 (England and Wales)

**MY CARE MY HOME FREE INFORMATION & ADVICE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

MY CARE MY HOME FREE INFORMATION & ADVICE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J P Nixey Mr N D Evans
Charity number	1152941
Company number	08563160
Registered office	Alder Suite, 1st Floor C Mamhilad Park Estate North Mamhilad Pontypool Wales NP4 0HZ
Independent examiner	Azets Ty Derw Lime Tree Court Cardiff Gate Business Park Cardiff Wales CF23 8AB

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TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The charity's objects are the advancement of education of the public, the relief of need amongst people requiring domiciliary or residential care, and the promotion of good health and care for older and disabled people by the provision of advice, support and information through free to access websites and publications.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

During the 2021/22 financial year the charity received funding to enhance its online presence and to widen reach both locally and in the wider geographic. In the 2022/23 financial year the charity commenced carrying out its charitable objects.

Financial review

The charity received £121,584 (2021/22 - £45,724) in grants and donations and £69,948 (2021/22 - £16,450) for charitable services provided.

The charity's reserves at the year end were (£32,501) (2021/22 - £8,174).

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

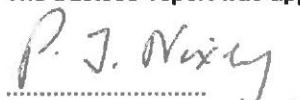
Structure, governance and management

The charity is a company limited by guarantee with no share capital. None of the trustees have any beneficial interest in the company.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr J P Nixey
Mr N D Evans

The trustees' report was approved by the Board of Trustees.



Mr J P Nixey
Trustee

Date: 18.12.2023

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INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF MY CARE MY HOME FREE INFORMATION & ADVICE

I report to the trustees on my examination of the financial statements of My Care My Home Free Information & Advice (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Claire Thompson

Claire Thompson FCCA DChA
Independent Examiner

Ty Derw
Lime Tree Court
Cardiff Gate Business Park
Cardiff
Wales
CF23 8AB

Dated: *22-12-2023*

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STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Income from:			
Donations and legacies	3	79,817	45,724
Charitable activities	4	111,715	16,450
Total income		<u>191,532</u>	<u>62,174</u>
Expenditure on:			
Charitable activities	5	<u>232,207</u>	<u>54,000</u>
Net (expenditure)/income for the year/ Net movement in funds		(40,675)	8,174
Fund balances at 1 April 2022		<u>8,174</u>	-
Fund balances at 31 March 2023		<u><u>(32,501)</u></u>	<u><u>8,174</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

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BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Debtors	9	11,876		483	
Cash at bank and in hand		-		9,985	
		<u>11,876</u>		<u>10,468</u>	
Creditors: amounts falling due within one year	10	<u>(44,377)</u>		<u>(2,294)</u>	
Net current (liabilities)/assets			<u>(32,501)</u>		<u>8,174</u>
Income funds					
Unrestricted funds			<u>(32,501)</u>		<u>8,174</u>
			<u>(32,501)</u>		<u>8,174</u>

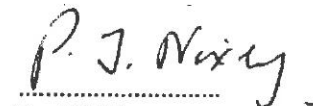
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 18-12-2023



Mr. J P Nixey
Trustee

Company registration number 08563160

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NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

My Care My Home Free Information & Advice is a private company limited by guarantee incorporated in England and Wales. The registered office is Alder Suite, 1st Floor, C Mamhilad Park Estate, North Mamhilad, Pontypool, NP4 0HZ, Wales.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

The charity has negative reserves of £32,501 at the balance sheet date. At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies (Continued)

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Donated goods and services	79,817	45,724

Donated goods and services

Donated goods and services relates to services provided free of charge from Google Ads.

4 Charitable activities

	2023	2022
	£	£
Income generation and fees	69,948	16,450
Grant income	41,767	-
	111,715	16,450
Analysis by fund		
Unrestricted funds	111,715	16,450

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

5 Charitable activities

	2023	2022
	£	£
Staff costs	110,731	1,673
Bank charges	33	1
Freelance costs	2,517	3,244
IT costs	5,880	899
Marketing	93,068	45,724
Office costs	11,785	269
Subscriptions	3,235	723
Expenses	3,608	252
Premises costs	330	255
	<u>231,187</u>	<u>53,040</u>
Share of governance costs (see note 6)	1,020	960
	<u>232,207</u>	<u>54,000</u>
Analysis by fund		
Unrestricted funds	<u>232,207</u>	<u>54,000</u>

6 Support costs

	Support costs	Governance costs	2023	2022
	£	£	£	£
Independent Examination	-	1,020	1,020	960
	<u>-</u>	<u>1,020</u>	<u>1,020</u>	<u>960</u>
Analysed between				
Charitable activities	-	1,020	1,020	960
	<u>-</u>	<u>1,020</u>	<u>1,020</u>	<u>960</u>

Governance costs includes payments to the independent examiners of £1,020 (2022- £960) for independent examination fees.

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

9 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	10,932	-
Prepayments and accrued income	944	483
	<u>11,876</u>	<u>483</u>

10 Creditors: amounts falling due within one year

	2023	2022
	£	£
Bank overdrafts	15,348	-
Trade creditors	26	-
Other creditors	20,670	339
Accruals and deferred income	8,333	1,955
	<u>44,377</u>	<u>2,294</u>

11 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).