

# WINCHESTER & DISTRICT YOUNG CARERS

England & Wales · Charity number 1155854

## Details

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**Other names** WINCHESTER & DISTRICT YOUNG CARERS

**Status** Registered

**Legal form** CIO

**Registered** 2014-02-19

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Unit 12  
Winnall Valley Road  
Winchester  
SO23 0LD

**Phone** 01962808339

**Email** [manager@winchesteryoungcarers.org.uk](mailto:manager@winchesteryoungcarers.org.uk)

**Website** [www.winchesteryoungcarers.org.uk](http://www.winchesteryoungcarers.org.uk)

## Activities

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**Objects:** TO PRESERVE AND PROTECT THE HEALTH AND RELIEVE THE NEEDS OF YOUNG AND YOUNG ADULT CARERS CARING FOR A FAMILY MEMBER WHO HAS A LONG-TERM ILLNESS, DISABILITY OR ADDICTION TO ALCOHOL AND/OR DRUGS AND WHO LIVE IN THE WINCHESTER COUNCIL DISTRICT AREA BY SUCH MEANS AS THE TRUSTEES MAY DETERMINE.

**Activities:** Our Mission To improve the lives of children and young people with caring responsibilities by providing safe, quality support to individuals and offering an inclusive, wide ranging, and holistic approach which considers the needs of the whole family.

## Classification

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- **How:** Provides Human Resources, Provides Services
- **What:** General Charitable Purposes
- **Who:** Children/young People

## Geography

- Hampshire

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£155,353	£163,408	-	-
2024-03-31	£119,294	£159,863	-	-
2023-03-31	£227,941	£131,613	-	-
2022-03-31	£118,490	£140,501	-	-
2021-03-31	£145,862	£153,779	-	-

## Trustees

Name	Role	Appointed
Jan Ellis	Chair	2023-11-09
Gerald Michael Billington		2020-11-23
John Webb		2023-06-13
Katherine Staley		2024-10-09
Matthew Bee		2023-11-09
Siobhan Pearce		2024-03-01
Tim Reid		2024-05-01

**WINCHESTER & DISTRICT YOUNG CARERS**

England & Wales - Charity number 1155854

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# Accounts

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**REGISTERED CHARITY NUMBER: 1155854**

**Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31st March 2025  
for  
Winchester & District Young Carers**

Sheen Stickland  
Chartered Accountants  
2 Oriel Court  
Omega Park  
Alton  
Hampshire  
GU34 2YT

**Winchester & District Young Carers**

**Contents of the Financial Statements  
for the Year Ended 31st March 2025**

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	<b>Page</b>
<b>Report of the Trustees</b>	1 to 6
<b>Independent Examiner's Report</b>	7
<b>Statement of Financial Activities</b>	8
<b>Balance Sheet</b>	9
<b>Notes to the Financial Statements</b>	10 to 14
<b>Detailed Statement of Financial Activities</b>	15

## **Winchester & District Young Carers**

### **Report of the Trustees for the Year Ended 31st March 2025**

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The trustees present their report with the financial statements of the charity for the year ended 31st March 2025. The trustees have adopted the provisions of 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**

##### **Objectives and aims**

The purpose of Winchester & District Young Carers, as set out in the governing document is:

To preserve and protect the health and relieve the needs of young carers caring for a family member who has a long-term illness, disability or addiction to alcohol and/or drugs and who live in the Winchester Council District area by such means as the trustees may determine.

The impact of being a young carer is profound as children as young as five take on the practical and emotional caring that most of us only take on as adults. All this can put the young carers themselves under huge emotional and mental strain - around 80% of young carers have mental health issues as either the primary or secondary condition relating to their caring situation.

Furthermore, this demanding role means that they are often not able to regularly take part in after school activities and clubs and be carefree in the way we would want young people to be. Sadly, young carers are one of the most invisible segments of the youth population and are often overlooked and unsupported.

We meet our purpose by providing a range of services for young carers and their families. In addition to one to one sessions, young carer assessments and family assessments, we offer two distinct types of programme, with termly starts: an Exploration Programme and Activities Programme. Because of the high number of young carers we work with, we split them into three groups by age: lower, middle and upper and tailor our delivery accordingly.

Our Exploration Programme takes place on Wednesday evenings, term-time only. It offers the chance for young carers (lower, middle and upper groups) to explore their caring role, including their feelings, the impacts and the illness or disability of who they care for. In addition these sessions support their exploration of their own identity and coping mechanisms that work for them.

Our respite Activities Programme mostly takes place during the school holidays. It provides an opportunity for young carers to have some time out from their caring role, experiencing new things, developing hobbies and interests and simply having fun. Organised activities in 2024-5 (36) included film making; Marwell Zoo; forest school; rock climbing; water sports, jewellery making and music workshops.

##### **Public benefit**

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission guidance on public benefit.

**OBJECTIVES AND ACTIVITIES**

**Volunteers**

WDYC has 19 wonderful volunteers, working frontline with young people and staff. Our volunteers provide important support across three main areas: emotional support, transport and events.

**Emotional support:** Within the Exploration Programme we use activities to help young carers identify and understand emotions that come up for them in their role as a young carer. Volunteers lead small groups each session, they build rapport with the young people and support them in engaging with the activities. Volunteers also reflect on our delivery with the young carer coordinator (group leader), feeding back how the session went, highlighting any safeguarding or low-level concerns, as well as growth from individuals. They also provide this type of support as part of our Activities Programme.

**Transport:** Covering a geographically wide area, our volunteers provide vital transport ensuring young carers can access our groups and activities. A significant proportion of families have no means of transport and are unable to transport the young carers to our sessions or activities themselves. This is often this is due to financial constraints, disability or illness or other family limitations.

**Events:** Our enthusiastic volunteers support us by manning stands promoting the charity at different events such as fairs, collection days in shops, coffee mornings and concerts. This is vital to raise awareness and visibility in the local community, encourage sponsors, donations, volunteering opportunities and showcasing how our charity supports young carers locally.

## **ACHIEVEMENTS AND PERFORMANCE**

### **Achievements and performance**

In 2024/25, we worked with over 120 young carers from the age of 8 to 18. Demand for our services is at an all time high, in part due to the large size of our catchment area and also because:

- i. the needs of young carers are increasingly recognised by the government (DfE) and Dame Rachel Mary de Sousa DBE who is the Children's Commissioner for England
- ii. we can work in partnership with local schools, community charities, families and
- iii. we are an active member of HYCA (Hampshire Young Carers Alliance), which means that we share information with other local young carers organisations.

We do our best to meet local needs through our excellent staff: three part-time and one full-time young carer coordinators with youth work and social work qualifications and an experienced manager. We were pleased to recruit one young carer coordinator with a social work background this year. All staff receive regular and individual coaching from our manager, and we have invested in six-weekly sessions of external clinical supervision, where staff share and learn from their experiences of working with young people and their families, facilitated by a registered clinical supervisor and therapist, with experience of working with young people. Staff report that they value this CPD because it helps them to reflect and develop their practice.

We regularly measure the impact of our work through termly assessments with our young carers attending both the Exploration and Activities Programmes.

Exploration: 25 young carers completed a questionnaire at the end of spring term with all 25 agreeing or strongly agreeing that I understand the illness or disability of the person I care for; 22 agreeing or strongly agreeing that I know what my wellness tools are and how to use them.

Activities: Young carers were asked to describe their experience of being a part of Winchester and District Young Carers in 3 words, below are a few direct quotes:

- Fun, helpful, supporting
- Amazing be yourself
- Comforting, social, calm
- Funny, friendly, inclusive.

We also receive feedback from parents: "WDYC have provided support for my child when things at home have been hectic. They have been able to support and talk to my child in a safe and happy environment"

Other notable achievements in 2024/25:

- A visit from Japan - WDYC has a long standing relationship with a group of professors and new young carer organisations in Japan. During the autumn visit the delegation focused on the Exploration Programme, visiting local schools and interviewing staff and young adult carers. Sharing experience internationally is both useful in terms of staff professional development, sharing good practice and rewarding.
- Realising the benefits of contracting with an experienced bid writer, who increased our income by £138,926.
- Increasing our reach with local corporate organisations and supporters, which is hugely valuable in terms of additional income and PR.
- Several amazing fund raising events including: organising a sell-out coffee morning at Rick Stein's restaurant in Winchester, which raised £785 and a lecture presented by Kit Power on 'The Exploits of Three Remarkable Victorian Steam Yachts' which raised over £2,000.
- Working with Winchester Rotary to deliver 30 Christmas Hampers to young carers families who are exceptionally disadvantaged.

## **FINANCIAL REVIEW**

### **Principal funding sources**

Winchester & District Young Carers is funded across a number of sources. Funds are received from local councils, individual donors, local businesses and organisations.

We would like to express a big thank you to all who fund us and donate to us.

## **FINANCIAL REVIEW**

### **Reserves policy**

The Trust's policy is to generate sufficient funds to cover expenditure each year. At the year end the unrestricted reserves balance was £209,923 (2024: £250,418).

The reserves should provide for twelve months continuity and as such is calculated as the expected expenditure over the next twelve months. The Trustees are confident that at the current level of reserves the current activities of the charity can continue.

£50,000 surplus for the year have been transferred to two designated funds. £30,000 is for the 18-25 programme which the Trustees have recently established to support young adult carers within the area. Whilst £20,000 has been transferred to a designated staff fund, which is to provide funding for growing staffing costs.

## **FUTURE PLANS**

WDYC has a 5-year strategic plan and new annual development plan. Looking ahead we will be:

- i) Working to include more on supporting the mental health of young carers through the Exploration Programme.
- ii) Further developing positive relationships with local organisations and employers. We are delighted that Steel and Sons, Funeral Directors have made WDYC their charity of the year in 2025. Some of the major benefits for the charity are being able to use their comfortable and well-located premises for meetings and events and additional income raised through bespoke activities eg quiz nights and donations.
- iii) Creating a new programme to support older young carers, ie young adult carers. This is a significant undertaking as there is nothing similar in Hampshire. We need to start bidding for funds so we can create a new role and programme to meet what we have already identified as a need/gap in provision.
- iv) Working to develop an effective, termly Parent Programme. WDYC takes a wholistic approach to support and has identified the need to better support parents and families, filling gaps in provision across the community.

Trustees wholly support the manager and these ambitions. One of our greatest concerns is income generation and managing expenditure against expectations. The chair meets with the manager every fortnight for a light-touch check-in and we have scheduled regular meetings of the treasurer, manager and chair to review income and expenditure.

Previous financial information has not always made clear how restricted income is managed and donations and bid income is recorded. Trustees have made this clarity a priority and our accounts need to clearly show these aspects. The recruitment and success of a contracted bid writer, and programme of fund raising events has provided some assurance of financial stability.

Last year two trustees stood down. We updated our recruitment materials and were successful in attracting two new trustees - a senior manager and ex-teacher. It is our aim to recruit an additional trustee and we are part way to achieving this. Looking at our trustee skills mix, this person brings significant experience of working in a large, national charity.

As trustees, we recognise that our staff team are critical to achieving the charity's purpose and we recognise their skills and commitment (we asked the manager to do a local salary comparison across Hampshire to confirm that we were paying realistic rates, which found that we are).

We are very aware of the lack of services for older young carers and support the development of a new programme catering for this group, although we are clear that we need to see income coming in, feedback from the target group and an outline programme before we can launch a new service.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The charity is controlled by its governing document, the Declaration of Trust dated 19th February 2014 and constitutes an unincorporated charity.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Recruitment and appointment of new trustees**

We currently have a board of six trustees and one in progress of joining us. We have found that advertising for trustees through local community websites is very effective.

We updated our trustee application resources in 2024 - job role, trustee information, reference form.

With reference to skills gaps, we have discussed advertising for a trustee with HR experience going forward. One of the most challenging roles to fill has been treasurer trustee, perhaps because of the centrality of this role to the functioning of the charity and the associated time commitment. We intend to update the role specification summer 2025.

The trustee board meets six times a year, with our AGM being held in November. We linked the 2024 AGM with our 25th anniversary celebrations, providing an overview of the charities achievements over the last 25 years.

Back to the early 1990s, when there was no support for young carers, either nationally or locally. Two things heralded in significant change: i) Hampshire County Council (HCC) commissioned a report of young carers in Winchester and asked relevant agencies to support them and, ii) in 1995, Jenny Frank MBE published a seminal book 'Couldn't Care More', which looked at the needs of young carers. As a consequence, and with the support of HCC, the Children's Society and Jenny Franks MBE, Winchester & District Young Carers was established in 1999, one of the first in the country.

A presentation session and refreshments before the AGM, and launch of our first Annual Impact Report, enabled trustees and staff to present the story of our heritage to an invited audience (65 guests), including the Lord Mayor, previous managers, corporate donors, trustee chairs and young carers.

### **Decision making**

The Trustees delegate day-to-day management to the manager and their team.

### **Risk management**

The trustees meet frequently throughout the year and review policies and creating systems to mitigate the impact of key risks. The risk register is reviewed at each trustees meeting.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Charity number**

1155854

### **Principal address**

Unit 12  
Winnall Valley Road  
Winchester  
Hampshire  
SO23 0LD

### **Trustees**

Matthew Bee  
Jan Ellis  
Tim Reid (appointed 1.5.24)  
Siobhan Pearce  
John Webb  
Penelope Power  
Gerald Billington

**Winchester & District Young Carers**

**Report of the Trustees  
for the Year Ended 31st March 2025**

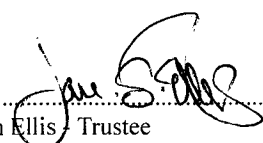
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**REFERENCE AND ADMINISTRATIVE DETAILS**

**Independent Examiner**

D A Sanders FCA  
Sheen Stickland  
Chartered Accountants  
2 Oriel Court  
Omega Park  
Alton  
Hampshire  
GU34 2YT

Approved by order of the board of trustees on ..... *Friday 12 Dec 2025* ..... and signed on its behalf by:

  
.....  
Jan Ellis Trustee

**Independent Examiner's Report to the Trustees of  
Winchester & District Young Carers**

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**Independent examiner's report to the trustees of Winchester & District Young Carers**

I report to the charity trustees on my examination of the accounts of Winchester & District Young Carers (the Trust) for the year ended 31st March 2025.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 accounts to be reached.



D A Sanders FCA

Sheen Stickland  
Chartered Accountants  
2 Oriel Court  
Omega Park  
Alton  
Hampshire  
GU34 2YT

Date: 15/01/2026

**Winchester & District Young Carers**

**Statement of Financial Activities  
for the Year Ended 31st March 2025**

	Notes	Unrestricted funds £	Restricted fund £	2025 Total funds £	2024 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		71,796	77,179	148,975	116,553
Investment income	3	6,378	-	6,378	2,739
<b>Total</b>		<u>78,174</u>	<u>77,179</u>	<u>155,353</u>	<u>119,292</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	4				
Charitable Activity		118,668	44,740	163,408	159,861
<b>NET INCOME/(EXPENDITURE)</b>		(40,494)	32,439	(8,055)	(40,569)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		250,418	(10,332)	240,086	280,655
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>209,924</u>	<u>22,107</u>	<u>232,031</u>	<u>240,086</u>


The notes form part of these financial statements

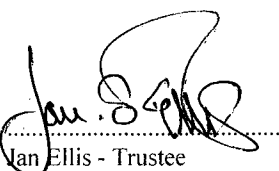
**Winchester & District Young Carers**

**Balance Sheet  
31st March 2025**

	Notes	Unrestricted funds £	Restricted fund £	2025 Total funds £	2024 Total funds £
<b>CURRENT ASSETS</b>					
Cash at bank and in hand		212,173	22,108	234,281	253,909
<b>CREDITORS</b>					
Amounts falling due within one year	7	(2,250)	-	(2,250)	(13,823)
<b>NET CURRENT ASSETS</b>		<u>209,923</u>	<u>22,108</u>	<u>232,031</u>	<u>240,086</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		209,923	22,108	232,031	240,086
<b>NET ASSETS</b>		<u>209,923</u>	<u>22,108</u>	<u>232,031</u>	<u>240,086</u>
<b>FUNDS</b>					
Unrestricted funds	9			209,923	250,418
Restricted funds				22,108	(10,332)
<b>TOTAL FUNDS</b>				<u>232,031</u>	<u>240,086</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 12.12.2025 and were signed on its behalf by:

  
.....  
Matthew Bee - Trustee

  
.....  
Jan Ellis - Trustee

**1. STATEMENT OF COMPLIANCE**

Winchester & District Young Carers is an unincorporated charity registered in England, charity number . The 1155854, registered office is Unit 12, Winnall Valley Road, Winchester, SO23 0LD.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest pound.

The reporting period is for the year ended 31st March 2025.

**2. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charity, 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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011.

The financial statements have been prepared under the historical cost convention.

**Going concern**

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Cash donations are recognised on receipt. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grants received in the year that relate to a period after the year end are treated as deferred income at the year end.

**Expenditure**

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Costs of providing charitable activities comprise all expenditure identified as wholly or mainly attributable to achieving the objects of the charity. These costs include staff costs, attributable support costs and an apportionment of general overheads. Other costs are those costs incurred in connection with the administration of the charity and compliance with constitutional and statutory requirements. Salary costs not attributable directly to providing charitable activities are allocated to other costs.

**Transfer of costs from unrestricted to restricted funds**

All project salaries are allocated against restricted grant income and donations received for a particular project.

**2. ACCOUNTING POLICIES - continued**

**Allocation and apportionment of costs**

The majority of costs are directly attributable to specific activities and are allocated on this basis. Overheads are apportioned to direct and other expenditure on a basis aimed to reflect use.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

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

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

**Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Cash and cash equivalents & current asset investments**

Cash and cash equivalents comprise of cash in hand and cash at bank.

**Debtors**

Short term debtors are stated at the settlement amount due after any trade discount offered. Appropriate allowances for estimated irrecoverable amounts are recognised in the Statement of Financial Activities when there is objective evidence that the asset is impaired.

**Creditors**

Creditors and provisions are measured at their settlement value.

**3. INVESTMENT INCOME**

	2025	2024
	£	£
Deposit account interest	6,378	2,739
	<u>6,378</u>	<u>2,739</u>

**4. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs £	Totals £
Charitable Activity	158,500	4,908	163,408
	<u>158,500</u>	<u>4,908</u>	<u>163,408</u>

**5. TRUSTEES' REMUNERATION AND BENEFITS**

No remuneration or other benefits were paid to any trustees for the year ended 31st March 2025 nor for the period ended 31st March 2024.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st March 2025 nor for the year ended 31st March 2024.

**6. STAFF COSTS**

	2025	2024
	£	£
Wages and salaries	114,859	102,036
Social security costs	3,062	5,355
Other pension costs	5,050	5,355
	<u>122,971</u>	<u>112,746</u>

The average monthly number of employees during the year was as follows:

	2025	2024
Charitable activities	<u>5</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

**7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2025	2024
	£	£
Other creditors	<u>2,250</u>	<u>13,823</u>

**8. LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2025	2024
	£	£
Within one year	<u>8,514</u>	<u>8,514</u>

Winchester & District Young Carers

Notes to the Financial Statements - continued  
for the Year Ended 31st March 2025

9. MOVEMENT IN FUNDS

	At 1.4.24 £	Incoming resources £	Resources expended £	Transfers £	At 31.3.25 £
<b>Unrestricted funds</b>					
General fund	250,418	78,174	(118,669)	(50,000)	159,923
Designated fund - 18-25 programme				30,000	30,000
Designated fund - staff costs				20,000	20,000
<b>Restricted funds</b>					
Restricted	(10,332)	77,179	(44,739)	-	22,108
<b>TOTAL FUNDS</b>	<u>240,086</u>	<u>155,353</u>	<u>(163,408)</u>	<u>-</u>	<u>232,031</u>

Comparatives for movement in funds

	At 1.4.23 £	Incoming resources £	Resources expended £	Transfers £	At 31.3.24 £
<b>Unrestricted funds</b>					
General fund	214,134	94,590	(58,306)	-	250,418
Designated fund - 18-25 programme				-	-
Designated fund - staff costs				-	-
<b>Restricted funds</b>					
Restricted	66,521	24,702	(101,555)	-	(10,332)
<b>TOTAL FUNDS</b>	<u>280,655</u>	<u>119,292</u>	<u>(159,861)</u>	<u>-</u>	<u>240,086</u>

Designated fund - 18-25 programme

The Trustees have set up a designated fund for the 18-25 programme which is to support Young Adult Carers which has only just recently been launched so these designated funds will help to support the start up costs of this programme.

Designated fund - Staff Costs

The Trustees have set up a designated fund to demonstrate to third parties (local authorities) the need to generate a surplus each year in order to pay for growing staffing costs and need for new staff members as the charity continues to grow.

**10. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31st March 2025.

**11. ULTIMATE CONTROLLING PARTY**

The charity is controlled by its Trustees, and no one party controls the charity.

**Winchester & District Young Carers**

**Detailed Statement of Financial Activities  
for the Year Ended 31st March 2025**

	2025 £	2024 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	31,953	67,185
Grants	116,785	48,688
Subs	237	680
	<u>148,975</u>	<u>116,553</u>
<b>Investment income</b>		
Deposit account interest	6,378	2,739
	<u>6,378</u>	<u>2,739</u>
<b>Total incoming resources</b>	<u>155,353</u>	<u>119,292</u>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	114,859	102,036
Social security	3,062	5,355
Pensions	5,050	5,355
Rent	13,142	11,898
Insurance	1,099	895
Telephone	1,515	1,010
Advertising	1,861	563
Exploration Programme	910	151
Activities Calender	6,456	15,833
Training	2,997	6,516
Repairs	-	183
IT Expenses	3,011	3,023
Bank Charges	120	461
Travel	1,697	1,826
Family Day Out Costs	809	-
15+ Moving On Costs	110	-
Recruitment	270	797
General Admin Expenses	1,532	1,895
	<u>158,500</u>	<u>157,797</u>
<b>Support costs</b>		
<b>Management</b>		
Telephone	-	130
<b>Governance costs</b>		
Independent examination fee	2,070	1,934
Legal & Professional Fees	2,838	-
	<u>4,908</u>	<u>1,934</u>
<b>Total resources expended</b>	<u>163,408</u>	<u>159,861</u>
<b>Net expenditure</b>	<u>(8,055)</u>	<u>(40,569)</u>

This page does not form part of the statutory financial statements



**WINCHESTER & DISTRICT YOUNG CARERS**

England & Wales - Charity number 1155854

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# Accounts

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**WINCHESTER YOUNG CARERS PROJECT**  
**INCOME AND EXPENDITURE ACCOUNT**  
For the period ending 31 March 2024

Income	2024			2023		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
Hampshire County Council	15,921		15,921	20,382	-	20,382
Winchester City Council	5,360		5,360	8,626	-	8,626
Trusts & Grants		27,407	27,407		36,960	36,960
For the period ending 31 March 2024		67,185	67,185		159,397	159,397
Subs	682		682	1,480		1,480
Bank Interest	2,739		2,739	1,096	-	1,096
	<u>24,702</u>	<u>94,592</u>	<u>119,294</u>	<u>31,584</u>	<u>196,357</u>	<u>227,941</u>
<b>Expenditure</b>						
Salaries	56,373	56,373	112,747	46,977	46,977	93,954
Rent	11,898		11,898	7,539		7,539
Office Running Expenses	9,109		9,109	17,505		17,505
Activities (net)	15,833		15,833	6,370	-	6,370
Clubs			-			-
B/Friender Expenses			-			-
Staff & Volunteers	1,826		1,826	1,561		1,561
Travel						
Training	6,516		6,516	2,749		2,749
Accountancy		1,934	1,934		1,934	1,934
	<u>101,555</u>	<u>58,307</u>	<u>159,863</u>	<u>82,702</u>	<u>48,911</u>	<u>131,613</u>
Excess Income over Expenditure	- 76,853	36,284	- 40,569	- 51,118	147,446	96,328

**BALANCE SHEET AS AS 31 MARCH 2024**

	2024			2023		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
<b>Current Assets</b>						
Bank Accounts	111,125	127,277	238,402	220,537	58,219	278,757
Petty Cash		1,600	1,600	-	1,871	1,871
Debtors	-	-	-	-	-	-
Prepayments	-	-	-	-	-	-
<b>Total Assets</b>	<u>111,125</u>	<u>128,877</u>	<u>240,001</u>	<u>220,537</u>	<u>60,090</u>	<u>280,628</u>
<b>Current Liabilities</b>						
Trade Creditors	30	-	30	22	-	22
Prepaid Income	- 115	-	- 115	- 50	-	- 50
<b>Total Liabilities</b>	<u>- 85</u>	<u>-</u>	<u>- 85</u>	<u>- 28</u>	<u>-</u>	<u>- 28</u>
<b>Total Assets</b>	<u>111,210</u>	<u>128,877</u>	<u>240,086</u>	<u>220,565</u>	<u>60,090</u>	<u>280,655</u>
<b>Income &amp; Expenditure Account</b>						
Balance brought forward	66,521	214,135	280,656	117,639	66,689	184,328
Add: Excess of Income over Expenditure for the year	- 76,853	36,284	- 40,569	- 51,118	147,446	- 96,328
Prior year adjustment			-			-
	<u>- 10,332</u>	<u>250,419</u>	<u>240,086</u>	<u>66,521</u>	<u>214,135</u>	<u>280,655</u>

TRUSTEES

 ..... M Bee

 ..... J Ellis

**WINCHESTER & DISTRICT YOUNG CARERS**

England & Wales - Charity number 1155854

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# Accounts

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**WINCHESTER & DISTRICT YOUNG CARERS**

Registered Charity No. 1155854

**ACCOUNTS FOR THE YEAR ENDED**

**31 MARCH 2023**

**Diverso Accountants  
1 Pirelli Way  
Eastleigh  
Hampshire  
SO50 5GE**

*[Handwritten signature]*

**INDEPENDENT EXAMINER'S REPORT**

**TO THE TRUSTEES OF**

**WINCHESTER & DISTRICT YOUNG CARERS**

**FOR THE PERIOD ENDED 31 MARCH 2023**

I report on the financial statements which are set out hereto.

**Respective Responsibilities of the Trustees**

As the charity's trustees you are responsible for the preparation of the accounts. 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, on the basis of 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 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 accounts presented with those records/ It also includes consideration of any unusual items of disclosures in the accounts, and seeking explanations from you as trustees concerning 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 accounts.

**Independent Examiner's Statement**

In my opinion the financial statements give a true and fair view of the state of the Charity's affairs at 31 March 2023 and of its results for the period then ended and have been properly prepared in accordance with the provisions of the Companies Act 1985 applicable to small companies.

..... December 2023

**Sarah Fox**  
**66 Coppice Green**  
**Warrington**  
**WA5 7WA**



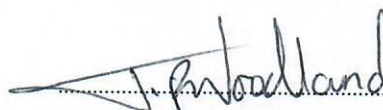
**WINCHESTER YOUNG CARERS PROJECT  
INCOME AND EXPENDITURE ACCOUNT  
FOR THE YEAR ENDING 31 MARCH 2023**

Income	2023			2022		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
Hampshire County Council	20,382		20,382	17,082	-	17,082
Winchester City Council	8,626		8,626	5,000	-	5,000
Trusts & Grants		36,960	36,960		38,000	38,000
Donations & Fundraising		159,397	159,397		23,626	23,626
BIG Lottery	-		-	33,702		33,702
Parent Contributions to Activities						
Subs	1,480		1,480	1,067		1,067
Bank Interest	1,096		1,096	12		12
	<u>31,584</u>	<u>196,357</u>	<u>227,941</u>	<u>56,863</u>	<u>61,626</u>	<u>118,490</u>
<b>Expenditure</b>						
Salaries	46,977	46,977	93,954	54,294	54,294	108,588
Rent	7,539		7,539	6,797		6,797
Office Running Expenses	17,505		17,505	5,903		5,903
Activities (net)	6,370		6,370	4,383	4,383	8,766
Clubs						
B/Friender Expenses						
Staff & Volunteers	1,561		1,561	2,570		2,570
Travel	2,749		2,749	5,150		5,150
Training						
Accountancy		1,934	1,934		2,726	2,726
	<u>82,702</u>	<u>48,911</u>	<u>131,613</u>	<u>79,098</u>	<u>61,403</u>	<u>140,501</u>
Excess Income over Expenditure	- 51,118	147,446	96,328	- 22,235	223	- 22,012

**BALANCE SHEET AS AS 31 MARCH 2023**

	2023			2022		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
<b>Current Assets</b>						
Bank Accounts	220,537	58,219	278,757	109,404	73,565	182,969
Petty Cash		1,871	1,871		1,358	1,358
Debtors	-	-	-	-	-	-
Prepayments	-	-	-	-	-	-
<b>Total Assets</b>	<u>220,537</u>	<u>60,090</u>	<u>280,628</u>	<u>109,404</u>	<u>74,923</u>	<u>184,327</u>
<b>Current Liabilities</b>						
Trade Creditors	22	-	22	-	-	-
Prepaid Income	- 50	-	50	-	-	-
<b>Total Liabilities</b>	<u>- 28</u>	<u>-</u>	<u>28</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>Total Assets</b>	<u>220,565</u>	<u>60,090</u>	<u>280,655</u>	<u>109,404</u>	<u>74,923</u>	<u>184,327</u>
<b>Income &amp; Expenditure Account</b>						
Balance brought forward	117,639	66,689	184,328	139,874	66,466	206,340
Add: Excess of Income over Expenditure for the year	- 51,118	147,446	96,328	- 22,235	223	- 22,012
Prior year adjustment						
	<u>66,521</u>	<u>214,135</u>	<u>280,655</u>	<u>117,639</u>	<u>66,689</u>	<u>184,327</u>
TRUSTEES						

..... G Barter

..... T Woodland

**WINCHESTER & DISTRICT YOUNG CARERS**

England & Wales - Charity number 1155854

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# Accounts

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Winchester & District Young Carers  
Registered charity number 1155854

Trustees' Annual Report and Accounts

For the year ended 31 March 2022

## Administrative Information

### Trustees:

Tim Woodland  
Penelope Power  
Gareth Barter  
Michael Billington

### Charity number:

1155854

### Principal address:

Unit 12, Winnall Valley Road  
Winchester  
SO23 0LD

### Independent examiner:

Sarah Fox  
66 Coppice Green  
Warrington  
WA5 7WA

### Bankers:

CAF  
25 Kings Hill Avenue  
Kings Hill  
West Malling  
ME19 4TA

The trustees present their annual report together with the accounts of the charity for the year ended 31 March 2022. The accounts comply with the Charities Act 2011 and are prepared on a receipts and payments basis.

#### Objects and activities

Our Mission is to improve the lives of children and young people with caring responsibilities by providing safe, quality support to individuals and offering an inclusive, wide ranging, and holistic approach which considers the needs of the whole family.

#### Public benefit

The trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit when planning activities of the charity.

#### Achievements and performance

Our activities programme has given young carers a chance to relax, have fun and take time out from caring. In April 2021 to March 2022 we ran 33 in-person and on-line activities.

We are immensely proud of the development of our Exploration Programme that gives young people aged 8-17 a safe space to share their thoughts, feelings, needs and concerns. It empowers individuals with the skills and confidence to manage the challenges faced by being a young carer.

Family support – Our Wellness Recovery Action Plan (WRAP) is a programme for parents. It is a preventative approach that empowers parents to keep themselves well so they can deal with life's challenges. In November 2021 we ran a two-day wellness experience.

#### Reserves policy

It is the intention of the trustees to establish sufficient free reserves to cover running costs as well as to extend the support provided to our young carers. We will focus on building our unrestricted income through increasing the awareness of the charity and its work, particularly within the local community.

#### Plans for future periods

With the appointment of Lisa Wheadon as manager we will continue to review the work of the charity, our offering and the demands on our resources. Our staff and volunteers will continue their fantastic work that is vital for the many young carers in need of our support across the Winchester District.

#### Constitution

Winchester & District Young Carers is an unincorporated registered charity, number 1155854.

#### Trustees

The trustees who served during the year were as listed on the Administrative Information page.

Risks

The trustees have considered the major risks to which the charity is exposed and have established systems and procedures to mitigate those risks.

Signed on behalf of the board of trustees

A handwritten signature in black ink, appearing to be 'Gareth Barter', written in a cursive style.

Gareth Barter

Date: 30th November 2022

**INDEPENDENT EXAMINER'S REPORT**  
**TO THE TRUSTEES OF**  
**WINCHESTER & DISTRICT YOUNG CARERS**  
**FOR THE PERIOD ENDED 31 MARCH 2022**

I report on the financial statements which are set out hereto.

**Respective Responsibilities of the Trustees**

As the charity's trustees you are responsible for the preparation of the accounts. 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, on the basis of 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 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 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 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 accounts.

**Independent Examiner's Statement**

In my opinion the financial statements give a true and fair view of the state of the Charity's affairs at 31 March 2022 and of its results for the period then ended and have been properly prepared in accordance with the provisions of the Companies Act 1985 applicable to small companies.

..... November 2022

**Sarah Fox**  
**66 Coppice Green**  
**Warrington**  
**WAS 7WA**


**WINCHESTER YOUNG CARERS PROJECT  
INCOME AND EXPENDITURE ACCOUNT  
FOR THE YEAR ENDING 31 MARCH 2022**

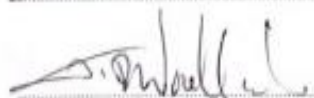
Income	2022			2021		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
Hampshire County Council	17,082	-	17,082	16,322	-	16,322
Winchester City Council	5,000	-	5,000	6,000	-	6,000
Trusts & Grants	-	38,000	38,000	26,590	21,500	48,090
Donations & Fundraising	-	23,626	23,626	2,012	36,356	38,368
BIG Lottery	33,702	-	33,702	37,082	-	37,082
Parent Contributions to Activities	-	-	-	-	-	-
Subs	1,067	-	1,067	-	-	-
Bank Interest	12	-	12	-	-	-
	<u>56,863</u>	<u>61,626</u>	<u>118,490</u>	<u>88,006</u>	<u>57,856</u>	<u>145,862</u>
<b>Expenditure</b>						
Salaries	54,294	54,294	108,588	65,027	65,027	130,054
Rent	6,797	-	6,797	3,406	3,407	6,813
Office Running Expenses	5,903	-	5,903	3,222	4,604	7,826
Activities (net)	4,383	4,383	8,766	3,083	3,084	6,167
Clubs	-	-	-	-	-	-
B/Friender Expenses	-	-	-	-	-	-
Staff & Volunteers	2,570	-	2,570	320	320	640
Travel	-	-	-	-	-	-
Training	5,150	-	5,150	334	335	669
Accountancy	-	2,726	2,726	-	1,610	1,610
	<u>79,098</u>	<u>61,403</u>	<u>140,501</u>	<u>75,392</u>	<u>78,387</u>	<u>153,779</u>
Excess Income over Expenditure	-	22,235	22,012	12,614	20,531	7,917

**BALANCE SHEET AS AS 31 MARCH 2022**

	2022			2021		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
<b>Current Assets</b>						
Bank Accounts	109,404	73,565	182,969	128,500	77,683	206,183
Petty Cash	-	1,358	1,358	-	157	157
Debtors	-	-	-	-	-	-
Prepayments	-	-	-	-	-	-
<b>Total Assets</b>	<u>109,404</u>	<u>74,923</u>	<u>184,327</u>	<u>128,500</u>	<u>77,840</u>	<u>206,340</u>
<b>Current Liabilities</b>						
Trade Creditors	-	-	-	-	-	-
Prepaid Income	-	-	-	-	-	-
<b>Total Liabilities</b>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>Total Assets</b>	<u>109,404</u>	<u>74,923</u>	<u>184,327</u>	<u>128,500</u>	<u>77,840</u>	<u>206,340</u>
<b>Income &amp; Expenditure Account</b>						
Balance brought forward	139,874	66,466	206,340	127,260	86,997	214,257
Add: Excess of Income over Expenditure for the year	-	22,235	22,012	12,614	20,531	7,917
Prior year adjustment	-	-	-	-	-	-
	<u>139,874</u>	<u>88,701</u>	<u>228,575</u>	<u>139,874</u>	<u>107,528</u>	<u>247,402</u>

TRUSTEES

  
..... G Barter

  
..... T Woodland

**WINCHESTER & DISTRICT YOUNG CARERS**

England & Wales - Charity number 1155854

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# Accounts

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Supporting children & young people who care for a family member with a long-term illness or disability.



## **Chairman's Report** Tim Woodland

This has been a very challenging year for so many. The team have however adapted to the circumstances in front of them and worked very hard to provide support to our young carers and their families. Once it was clear what the implications of lockdown would entail, we quickly instigated a programme of zoom meetings and phone calls to provide support to our carers and families. Once this framework was in place, the team soon began to run the all-important exploration programme online and organise a programme of zoom-based activities.

As with all charities, funding streams are increasingly difficult to access, so we are ever thankful to all our regular supporters, and of course we are always keen to attract new funders. The work of Winchester and District Young Carers is so important to the community, and this would not be possible without the dedication of the team at Unit 12, all our volunteers, supporters, and funders. On behalf of the committee, I would like to thank you!

## **Treasurer's Report** Nick Owen

A year of regular Covid restrictions has been difficult for the young people and staff and made financing unusually precarious. We were extremely fortunate to start 2020/21 with strong reserves built up over several years. We are also very grateful to the Lottery and Hampshire and Winchester Councils for their ongoing financial support, albeit on a declining basis, but we could hardly have survived without the backing of local trusts and individuals who together provided almost 50% of our income, enabling us to limit our deficit to a modest £6,536. We can see that this local support will need to be a continuing feature of successful viability. During the year, we had to implement anticipated programme changes and an associated furlough followed by a redundancy. This has left us with a lower cost base for 2021/2 and as a result our restricted reserves of 9 months, estimated costs have also declined but still well cover the unspent balance of grants that have a specific expenditure obligation. We have challenging times ahead to maintain a strong financial position to enable our vital work to continue for the many young carers in need of our support.

[Accounts on page 8]

# Manager's Report Ben Hogbin



What an incredibly challenging year it has been! However, I am extremely proud of the way we adapted so quickly to the change in circumstances.

We transferred our Exploration and Activities Programmes online within the first few weeks of lockdown. The sessions on Zoom provided individuals with the opportunity to stay connected and get support from each other, the staff, and volunteers.

During lockdown, I quickly became very lonely as I was just finishing year 11, meaning that I had no chance to say goodbye to all the friends I had at secondary. While I was stuck at home I found little to do, however Young Carers's online sessions really helped me, as they gave me a chance to talk to people in similar situations to myself, and to interact and have fun with others while we were locked away at home. I loved all of the sessions and activities we had, and they were the highlight of my time during lockdown.

Just wanted to send a big thank you: I have just had an ENORMOUS amount delivered from the food bank you put us forward for. Unpacking the bags it's just like a Christmas stocking of surprises!

For individuals who chose not to meet virtually, we ensured we checked in with them weekly by phone, text, or email. If families were struggling, then we connected them with local support groups to help with food deliveries, medication, or anything else they needed.

When lockdown eased, it was brilliant catch up with Jordon who I first met back in 2008 when he was just 8 years old. We supported him on and off until he was 18. He is now 20, working as a PCSO and currently applying to become a police officer with Hampshire Police!

Whilst 2020 was undoubtedly a difficult year, it has brought out the best in people and has shown us new and innovative ways of working that will shape how we develop as an organisation in the months and years to come.



As always, thank you to everyone who has supported the charity, we'd not be able to do what we do without you.



# TESSA Award 2020



The TESSA was first awarded in 2014 and is given in memory of Tessa Summers, a remarkable young woman who touched the lives of many, especially those who were part of Winchester & District Young Carers. It is given to a young person who shows selfless commitment to making a difference, who is kind and caring and who shows great determination in their life.

## The winner of this award for 2020 was Imogen.

Imogen cares for her Mum who suffers with Fibromyalgia and FND. Recently Mum's condition has worsened, and this has been a big challenge for the family, especially during lockdown, with external support cut off. Imogen has always taken pride in supporting Mum, both practically in the home and emotionally, all while looking out for her three younger sisters too.



At groups, whether in person or online, Imogen's sunshine personality shines through. She never fails to make people smile and is welcoming to everyone. She shares honestly and openly, in turn helping others to speak up and feel safe to talk. Her capacity caring for people and encouraging self-expression in many ways is inspiring, we should all be free to be our authentic selves. Imogen is a passionate individual who we know will go on to do great things. She is a talented artist, fierce advocate for equality & diversity and incredible carer for her family. Thank you for being you Imogen.

# Activities Programme Tana Spreadbury

Our Activities Programme has given the young people a chance to **relax**, have **fun** and take **time out** from caring. Despite the lockdowns, we ran **35** in-person and online activities.

[@crazycomicclub](#) taught us some tricks today! Thank you James for another great Zoom activity 🥰



Had fun last night doing out shortbread baking too 🥰 thanks [@hyde\\_wi](#) for helping with the ingredients. Wishing everyone a happy holidays from WYC 🌟



Wrapping up for the holidays now. It was so great to see some of our awesome young carers before the year ended. Christmas goody bags with stockings from [@salvationarmyuk](#) quilts from [@ProjectLinus](#) and treats from [@hyde\\_wi](#) 🎄 🥰



We had such a lovely day [@TowerHseHorses](#) meeting and getting to know the herd 😊



So much fun today and new friends made. Big thanks to [@OsborneNews](#) for sponsoring our pumpkins 🥰



190 days after our last in person activity out we had a lovely time today as a tiny group visiting [@WinColl](#) with [@cameron\\_b\\_trust](#) 🐟 did a spot of river dipping 🌊



This is how we feel about being back together 😊 We had lots of fun on our Easter Egg Hunt today. Big thanks to Neal [@OsborneNews](#) for helping out 🙌



Thanks for the activity bags, I rly needed something to entertain me over half term and it is already helping with that, the stuff is rly cool :)

We were also able to provide **Activity Packs** over the summer and **Wellness Packs** over the winter to remind individuals of the importance of looking after themselves.



Thankyou for the gift bag! I have enjoyed using it over the summer, + cant wait to continue playing the games! I hope you have a lovely rest of the summer!  
From Imogen D

THANKYOU SO MUCH FOR THE GIFT BAG! IT WAS SUCH A LOVELY SUPRSE & REALLY GIVE ME & NOAH LOTS TO DO. IT WAS SO THOUGHTFUL & VERY UNEXPECTED AND MADE A REALLY BIG DIFFERENCE TO US.  
THANKS AGAIN,  
FROM SCARLETT

Dear Young Carers,  
I thank you for the bag of things. The thing that I have used the most has been the table tennis. The bath bomb was also really cool.  
From Ed

Also i just want to say Thankyou to u and the whole young carers team for the bag of things, I will definitely be joining as many of the activities as I can :)

# Exploration Programme Anna Hamilton

Our Exploration Programme has given the young people a safe space to share their **thoughts, feelings, needs** and **concerns**. We ran a total of **111** (online) sessions

The programme empowers individuals with the skills and confidence to manage the challenges faced by being a young carer. We explore the following areas:

## Who are young carers?

Understanding you are not alone

## Who do you care for?

Understanding the illness / Disability of the person you care for

## What do you do?

Exploring the different types of caring roles

## What are the impacts?

Recognising the impacts caring have on you

## What are the challenges?

Sharing any worries and concerns you have

## How do you cope?

Learning how to deal with feelings

## How do you look after yourself?

Creating your own wellness toolbox

## Who can support you?

Identifying your own support network

## Where are you now?

Reflecting on what you have learnt

## What next?

Sharing your hopes for the future

The amazing Upper group last night, welcomed our visitor [@kyodaichat](#) live from Tokyo to the group. Kyoko runs a group in Japan and has been fighting to raise awareness for many years. 💜



***“I feel more confident about sharing my worries”***

– Young Carer, aged 10

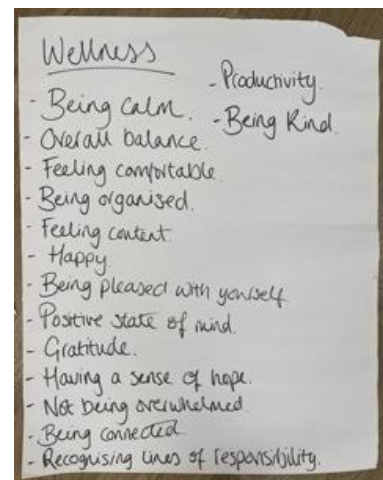
***“I know what my wellness tools are and how to cope with stress”***

– Young Carer, aged 14

# Wellness Programme

The Wellness Recovery Action Plan (WRAP) is a preventative approach that empowers parents to keep themselves well so they can deal with life's challenges.

During the lockdown, we ran 16 weekly online WRAP Catch Up sessions for parents who had previously attended the two-day experience. The time enabled individuals to reflect on their own wellness and what they could do to look after themselves. It proved to be a hugely valuable source of support for everyone who participated.



# Schools Programme

Our Schools Programme promotes the 'Young Carers In Schools Award' which is an initiative that equips schools to identify and support young carers.

Over the last 15 years, we have provided secondary schools with a comprehensive free package of support which has in turn helped hundreds of young carers. However, this level of support has proven difficult to fund and as a result has meant that we have had to make the Schools and Support Co-Ordinator position redundant. We will still endeavour

to offer schools guidance on how to meet the needs of young carers so that they have the same opportunity for education success as their peers.

Alison,  
I would like to thank you for the many years you have helped our family, you have helped me pull myself out of some pretty bad days that's changed my whole outlook on life. It will never be forgotten. We wish you nothing but the best and know we miss you massively. Always remember "It's okay not to be okay" as I know I will.

# Befriending Programme

This gives individuals the chance to have some 1:1 time with a volunteer who can work with them on increasing their self-esteem and confidence, as well as building on their existing life skills.

[Unfortunately, due to COVID we were unable to offer this during 2020-21]

**WINCHESTER YOUNG CARERS PROJECT  
INCOME AND EXPENDITURE ACCOUNT  
FOR THE YEAR ENDING 31 MARCH 2021**

Income	2021			2020		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
Hampshire County Council	16,322	-	16,322	15,776	-	15,776
Winchester City Council	6,000	-	6,000	8,000	-	8,000
Trusts & Grants	26,590	21,500	48,090	25,500	45,510	71,010
Donations & Fundraising	2,012	36,356	38,368	1,042	26,365	27,407
BIG Lottery	37,082	-	37,082	19,059	-	19,059
Parent Contributions to Activities	-	-	-	-	2,572	2,572
Bank Interest	-	-	-	-	-	-
	<u>88,006</u>	<u>57,856</u>	<u>145,862</u>	<u>74,976</u>	<u>74,447</u>	<u>149,423</u>
<b>Expenditure</b>						
Salaries	65,027	65,027	130,054	60,490	62,491	122,981
Rent	3,406	3,407	6,813	4,974	4,974	9,948
Office Running Expenses	3,222	4,604	7,826	5,231	5,230	10,461
Activities (net)	3,083	3,084	6,167	2,006	2,005	4,011
Clubs	-	-	-	1,322	1,321	2,643
B/Friender Expenses	-	-	-	-	169	169
Staff & Volunteers	320	320	640	1,812	1,812	3,624
Accountancy	334	1,610	1,610	383	382	765
	<u>75,392</u>	<u>78,387</u>	<u>153,779</u>	<u>76,218</u>	<u>79,968</u>	<u>156,186</u>
Excess Income over Expenditure	<u>12,614</u>	<u>20,531</u>	<u>7,917</u>	<u>1,242</u>	<u>5,521</u>	<u>6,763</u>

**BALANCE SHEET AS AS 31 MARCH 2021**

	2021			2020		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
<b>Current Assets</b>						
Bank Accounts	128,500	77,683	206,183	128,500	84,147	212,647
Petty Cash	-	157	157	-	4,753	4,753
Debtors	-	-	-	-	-	-
Prepayments	-	-	-	-	-	-
<b>Total Assets</b>	<u>128,500</u>	<u>77,840</u>	<u>206,340</u>	<u>128,500</u>	<u>88,900</u>	<u>217,400</u>
<b>Current Liabilities</b>						
Trade Creditors	-	-	-	-	-	-
Prepaid Income	-	-	-	-	-	-
<b>Total Liabilities</b>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>Total Assets</b>	<u>128,500</u>	<u>77,840</u>	<u>206,340</u>	<u>128,500</u>	<u>88,900</u>	<u>217,400</u>
<b>Income &amp; Expenditure Account</b>						
Balance brought forward	127,260	86,997	214,257	128,502	95,661	224,163
Add: Excess of Income over Expenditure for the year	12,614	20,531	7,917	1,242	5,521	6,763
Prior year adjustment	-	-	-	-	-	-
<b>TRUSTEES</b>	<u>139,874</u>	<u>66,466</u>	<u>206,340</u>	<u>127,260</u>	<u>90,140</u>	<u>217,400</u>

*Nicola Owen*  
Nicola Owen

*F Woodland*  
F Woodland

# Volunteers

Our volunteers mean the world to us and so we have done our best to stay connected with them throughout COVID.

Here are some of the team, enjoying an online LEGO Wellness Workshop in lockdown!



***“Like most people, my pandemic experience was up and down. Volunteering added a structure to my weeks, and it was nice to check in with people, even online, to move away from the sense of isolation which the pandemic brought” – Stu***

***“I have found this last year particularly difficult but having Young Carers to focus on, seeing their smiling faces, have made a difficult situation so much better” – Sarah***

Anna Mitchener, Flora McCallum, Sean Toomer\*, Venetia Bocchetta, Tim Woodland\*, John Morgan, Denise Williams, Clare Gaster, Nick Owen\*, Joel Seath, Hugh Peers\*, Siobhan Osborne, Stephen Hanvey, Rachel Pryor-Jones, Sarah Meikle, Ann Ashburn, Chloe Henderson, Mike Billington\*, Jane Granger, Penny Power\*, Stuart Findlay

*\*Trustee*

*All volunteers have a DBS check and are provided with an induction and ongoing training to ensure they have the skills to support the young carers we work with.*

# Supporters

A big thank you to all our supporters...

Members are so happy to support @WIN\_YoungCarers with sweets'n'treats for their summer activity packs. Listen out for Tana on @BBCRadioSolent on Saturday!



Absolutely thrilled to receive a cheque for £1793.47 from the outgoing @WinchRotary President Mike Billington who chose to support us as his chosen charity over the last 12 months. The money will help fund our summer Activity Packs for our young carers 📦 @HANTS\_YCs #youngcarers



A big thank you to Merdon Lodge of Free and Accepted Masons for their donation of £2,500. Hugely appreciated and will help us continue to support young carers across the Winchester District.



- Hyde WI
- Kings School
- Lady Clarendon
- Music At Walnut
- Southwood Players
- St James Place Charitable Place
- The Catenian City of Winchester Circle
- The Thornton Foundation
- The Sobell Foundation

- The Richard Kirkman Trust
- The Mercers Company
- The John Coates Charitable Trust
- The Nancy Bateman Charitable Trust
- The Leonard Trust
- The Ian Fleming Charitable Trust
- Team Hotston
- Winchester Christmas Churches Project
- Winchester Freemasons



# Join our team in 2022

We are looking for individuals who want to make a real difference.



## Interested?

We'd love to hear from you

Follow us  @WIN\_YoungCarers

**01962 808339**

UNIT 12, Winnall Valley Road, Winchester SO23 0LD

**[www.winchesteryoungcarers.org.uk](http://www.winchesteryoungcarers.org.uk)**

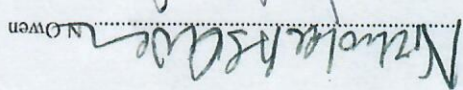
*Registered Charity No 1155854*

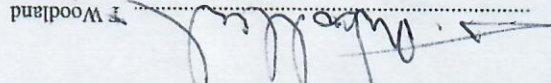
**WINCHESTER YOUNG CAREERS PROJECT  
INCOME AND EXPENDITURE ACCOUNT  
FOR THE YEAR ENDING 31 MARCH 2021**

	2021			2020		
	Restricted	Unrestricted	Total	Restricted	Unrestricted	Total
<b>Income</b>	£ 16,322	£ -	£ 16,322	£ 15,776	£ -	£ 15,776
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BIG Lottery	-	-	-	-	-	-
Parent Contributions to Activities	-	-	-	-	-	-
Bank Interest	-	-	-	-	-	-
<b>Expenditure</b>	£ 88,006	£ 57,856	£ 145,862	£ 74,976	£ 74,447	£ 149,423
Salaries	65,027	65,027	130,054	60,490	62,491	122,981
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Travel	-	-	-	-	169	169
Accountancy	1,610	1,610	3,220	1,584	1,584	3,168
Excess Income over Expenditure	12,614	20,531	7,917	1,242	5,521	6,763

**BALANCE SHEET AS AT 31 MARCH 2021**

	2021			2020		
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Debtors	-	-	-	-	-	-
Prepayments	-	-	-	-	-	-
<b>Total Assets</b>	128,500	77,840	206,340	128,500	88,900	217,400
<b>Current Liabilities</b>	-	-	-	-	-	-
Trade Creditors	-	-	-	-	-	-
Prepaid Income	-	-	-	-	-	-
<b>Total Liabilities</b>	-	-	-	-	-	-
<b>Total Assets</b>	128,500	77,840	206,340	128,500	88,900	217,400
<b>Income &amp; Expenditure Account</b>	127,260	86,997	214,257	128,502	95,661	224,163
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Add: Excess of Income over Expenditure for the year	12,614	20,531	7,917	1,242	5,521	6,763
Prior year adjustment	-	-	-	-	-	-
<b>TRUSTEES</b>	139,874	66,466	206,340	127,260	90,140	217,400

  
 Nicholas Bloor  
 Treasurer

  
 J. Woodland  
 Chairman

**INDEPENDENT EXAMINER'S REPORT**  
**TO THE TRUSTEES OF**  
**WINCHESTER & DISTRICT YOUNG CARERS**  
**FOR THE PERIOD ENDED 31 MARCH 2021**

I report on the financial statements which are set out hereto.

**Respective Responsibilities of the Trustees**

As the charity's trustees you are responsible for the preparation of the accounts. 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, on the basis of 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 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 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 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 accounts.

**Independent Examiner's Statement**

In my opinion the financial statements give a true and fair view of the state of the Charity's affairs at 31 March 2021 and of its results for the period then ended and have been properly prepared in accordance with the provisions of the Companies Act 1985 applicable to small companies.

.....  ..... November 2021

**Sarah Fox**  
**66 Coppice Green**  
**Warrington**  
**WA5 7WA**