CARERS ISLE OF WIGHT

England & Wales · Charity number 1157082

Details

Other names	CARING 4 CARERS, CARERS IW
Status	Registered
Legal form	CIO
Registered	2014-05-16
Register	View on the Charity Commission register

Contact

Address	The Riverside Centre The Quay Newport PO30 2QR
Phone	01983533173
Email	Info@carersiw.org.uk
Website	www.carersiw.org.uk

Activities

Objects: TO RELIEVE THE STRESSES EXPERIENCED BY CARERS OVER THE AGE OF 18 WHO HAVE CARE NEEDS, AS A RESULT OF DISABILITY, ILLNESS OR AGE WITHIN THE ISLE OF WIGHT (THE CARER MAY RESIDE IN OR WORK IN OR CARE FOR A PERSON WHO RESIDES WITHIN THE ISLE OF WIGHT), IN PARTICULAR BUT NOT EXCLUSIVELY BY:- PROVIDING A CONTACT POINT FOR HELP FOR CARERS OVER THE AGE OF 18;- IDENTIFYING CARERS WHO STRUGGLE TO COPE IN THEIR CARING ROLE;- WORKING WITH OTHER AGENCIES AND CHARITIES TO DEVELOP SERVICES FOR CARERS;- OFFERING CARERS A BREAK THROUGH SUPPORT GROUPS;- GATHERING AND DISSEMINATING INFORMATION RELEVANT TO CARERS ISSUES;- RAISING AWARENESS OF AND PROMOTING THE NEEDS OF CARERS THROUGHOUT ISLE OF WIGHT WITH LOCAL POLICY MAKERS AND SERVICE PROVIDERS;- RAISING FUNDS TO ACHIEVE THE ABOVE.

Activities: TO RELIEVE THE STRESSES EXPERIENCED BY CARERS, OVER THE AGE OF 18 BY: PROVIDING A CONTACT POINT FOR HELP FOR CARERS OVER THE AGE OF 18; IDENTIFYING CARERS WHO STRUGGLE TO COPE IN THEIR CARING ROLE; WORKING WITH OTHER AGENCIES AND CHARITIES TO DEVELOP SERVICES FOR CARERS; OFFERING CARERS A BREAK THROUGH SUPPORT GROUPS; GATHERING AND DISSEMINATING INFORMATION RELEVANT TO CARERS ISSUES;

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Disability
- **Who:** Elderly/old People, People With Disabilities

Geography

- Isle Of Wight

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£391,065	£395,930	-	-
2024-03-31	£370,202	£411,040	-	-
2023-03-31	£341,216	£376,208	-	-
2022-03-31	£330,127	£318,581	-	-
2021-03-31	£356,423	£327,033	-	-

Trustees

Name	Role	Appointed
Sue Bennett	Chair	2014-09-01
Ann Nash		2023-03-03
Catherine Hands		2020-08-06
Derek Norton		2023-03-01
Hugh Harrison		2020-01-27
Maurice Dix		2020-03-03
Wendy Holleyman		2019-10-09

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CARERS ISLE OF WIGHT

England & Wales - Charity number 1157082

Accounts

REGISTERED CHARITY NUMBER: 1157082

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

FOR

CARERS ISLE OF WIGHT

CARERS ISLE OF WIGHT

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FOR THE YEAR ENDED 31 MARCH 2025

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CARERS ISLE OF WIGHT

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their report with the financial statements of the charity for the year ended 31 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

Who we are

Carers IW is a local charity supporting adult carers of adults on the Isle of Wight.

A carer is anyone who cares, unpaid, for a family member or friend who cannot manage without their support. They might look after someone with a physical disability, long term health condition, mental health issue or a problem with substance misuse.

We help carers to access support, services, education and training, and breaks from their caring role. We ensure carers on the Island have a voice in policy making and planning for services, and we work with health and social care professionals to develop best practice. Our aim is to create carer friendly communities where carers are recognised, valued and supported.

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

ACHIEVEMENTS AND PERFORMANCE

Summary of 2025

We offer unpaid carers a service at the Carers Centre and through the Carers Lounge at the St Marys Hospital and the Carers Lounge at Sevenacres the Mental Health Hospital.

We offer a range of support to carers from emotional support, dementia & mental health training and coping strategy work, respite days, quiet days, pamper days, drop ins, support groups, support for former carers, younger carers, IPAD library, Dementia Carers Café, Ring Round, Take a Break, Carers Assessments, Mental Health Support, Carers Resilience Workshops, Sound Baths and not forgetting our residential respite weekend offering carers timeout, holistic therapies, meals and craft workshops. Carers accessed various sessions including our gym session as well as the self-care café and support groups.

Carers Strategy Work

We have been involved in holding various forums with carers in the community and other organisations as the local authority are creating an up-to-date carers strategy. We have enabled carers to influence services in other ways too, for example through our long-established working relationship with the local authority based on the shared aim of giving carers the recognition and support they need. The Director and senior managers now regularly meet with unpaid carers to hear about their experiences.

Carers are on the Action Planning group and are involved in the process. Carers have been instrumental in looking at how some of these issues could be resolved, for example, they asked for a Carers Conference and decided what they wanted to happen at this event.

Referrals

We continue to have had an increased referral rate from all sectors.

Staff & Volunteers

Staff are working flexibly from both home and office based depending on their daily workload. The team continue to provide 7-days a week support for unpaid carers across the Island.

Our Services

Ring Round Support

Our volunteer Ring Round Support Team and Trustees have all taken extra referrals to ensure more carers feel fully supported. The service is manned by volunteers and overseen by a Trustee and the Manager. Volunteers offer carers a regular supportive telephone call to the carer and feedback to the Team if a carer is struggling and needs more support. Volunteers have regular group supervision for feedback regarding their cases.

Carers Lounge

The Carers Lounge offers a 24/7 safe and welcoming space for unpaid carers to unwind. During core hours it offers carers the chance to reflect on the emotional and physical impact of caring and receive some help to negotiate the hospital journey from admission to discharge. Carers are supported to communicate with the appropriate hospital staff, understand their rights, access practical support, identify training needs, engage with other relevant agencies, and apply for specialised carer benefits as appropriate. The team works with hospital colleagues to improve knowledge and understanding of the needs of carers to promote an inclusive approach when planning for patients. They also provide ongoing support to carers from the point of discharge whether the cared for is going home or to a short-term placement. They are now working with the integrated discharge team to ensure that carers are part of the decision-making process prior to discharge where possible. It has been and continues to be a difficult time as the Island is coping with a crisis in care in the community which has meant that there is a significant number of medically optimised patients awaiting placement as there are severe shortages of care packages/care placements available.

Sevenacres Carers Lounge

Carers IW have an established base in Sevenacres to work with carers caring for someone with mental illness. The aim of this service is to improve care outcomes and more cost-effective service delivery. Their presence in Sevenacres has already led to increased referrals from all three wards, the Home Treatment Team, and carers themselves. We established a carers support group at the Carers Centre for these carers and are developing outreach to mental health carers in the community.

Self- Care Café
The Self-Care Cafes facilitated by staff offers carers an opportunity to learn new skills, complete their journal, learn mindfulness, enjoy a craft activity, and gain from peer support. The weekly session offers a variety of activities the carers have requested, including nature walks followed by soup lunch, more opportunities to learn relaxation techniques they could use at home, a warm safe space to enjoy others company, be involved in a cook & eat session, and a therapy that gave them a sense of identity.

Carers Assessments
The Care Act 2014 sets out carers' legal rights to assessment and support. It states that a carer is eligible for an assessment if they provide substantial and regular support to someone who needs care. The carer's assessment is an opportunity to discuss with the local council what support or services needed. The assessment will look at how caring affects their life, including for example, physical, mental, and emotional needs, and whether they are able or willing to carry on caring. All staff members are able to complete a Carers Assessment with a carer.

Emotional Support
Carers are offered emotional support through one-to-one sessions with our trained staff. Ideally, we look towards encouraging carers into attending other support for example the Self-Care sessions that offer a safe and therapeutic session that also promotes social interaction with peers.

Thursday Social Drop in
The drop in is facilitated by a member of staff is for both carers, cared for people and former carers offers a variety of activities from a chat and a cuppa, to learning how to use an IPAD, Kindle or enjoying a quiz. This has been attended by many carers and their cared for as they are struggling to manage in the home environment.

Resilience Workshops for Carers
The workshops, facilitated by two members of staff, consist of 6 sessions to work through various issues and to learn some new coping strategies for them in their caring role. The carers feedback was very positive, and it was refreshing to witness carers using their strategies in their everyday life.

Substance Misuse Carers Group
A new Carers Group for those supporting people with alcohol or addiction issues started in February. It was facilitated by Inclusion and Carers IW. We had a good number of carers turn up and there were a lot of useful solution focussed discussions around the table.

Drop in for Mental Health Carers
The Friday morning drop in is facilitated by a member of staff, it runs weekly, and the staff offer a session once a month in the evening. The group on a Friday is well attended, we have decided to offer a craft session within the group as we know from experience that that sharing this activity enables carers to talk freely. We have arranged for a variety of speakers attend throughout the year.

Art & Craft Group
The Group meets weekly at the Carers Centre facilitated by a member of staff. We encourage coproduction when working with our carers. We run a weekly art session, the carers attending decided to create a children's book, this led to the group verbalising stories about their characters. One carer stated that 'she felt like a worm, and no one listened to her'. They made felt worms and they started to draft the book. The carers made a video of the project, painted their own t-shirts, badges and the book was printed and launched at the Carers Conference.

Quiet Days
A member of staff runs our quiet days in her home offering a range of well-being activities including relaxation, meditation, and a light lunch, with support from volunteers.

Male Carers Social Group
The male carer social group, facilitated by a male member of staff, meet once a month at a venue of their choosing. It is a successful group that offers a lot of peer support to each other. This group is open to both former and current carers. The members of the group are now beginning to offer peer support and buddy up with each other, often offering each other a supportive phone call during the week.

Take a Break Group
This group is for those carers whose cared for is in a residential or nursing home. Offering carers a safe transition and learning how to support their cared for, whilst dealing with their own emotions. Carers in this group really benefit from a creative activity, holistic therapy, and peer support. The group is primarily run by volunteers and a member of staff.

Respite Weekend for Carers
Carers IW hold two respite weekends a year offering carers an opportunity to have some time off from their caring role, taking part in the various creative workshops, holistic therapies, opportunities to stay over if they can. This is a popular activity that involves the whole team which enables carers to see staff in a different role. The respite weekends are a great success and enable carers to stay over or attend for the day and participate in many activities.

Bereavement
Carers IW staff run individual sessions with bereaved carers, looking at dealing with their thoughts, feelings, grief, loss and emotions, as well as their sense of identity.

Dementia Solution Focussed Strategies for Carers Group
This group facilitated by Carers IW offers carers caring for someone with dementia the opportunity to bring their issues in regard to behaviours and look at how others have dealt with it and/or look at Dr Gemma Jones work in relation to Dementia Awareness Reaching Communities. We consider that this will be a useful resource that will enable carers to support each other and find a strategy that works for them as well as learning more about dementia. This popular group offers any carer who has attended the training we run a further opportunity for additional learning and to gain from peer support and/or support/strategies. The group is supported by a volunteer and a member of staff.

Parklands Dementia Hub
We recruited staff to offer carer support and training based at Parklands.

Training
Dementia Awareness Training for Unpaid Carers
Carers IW run Dementia training for unpaid carers. The four-week session is very successful as it offers carers peer support and that they are not alone in their fears and understanding of the illness. The training has been created on the principals of Dr Gemma Jones in relation to Dementia Awareness Reaching Communities, ensuring that the same message is going out across both statutory and voluntary sectors.

Hospital or Care or Nursing Home Workshop
Carers IW facilitated a workshop was a mixture of carers experiences, presentation and questions and answers session enabling carers to prepare for a hospital or care home stay.

Mental Health Carers Training.
Carers IW run regular Carer Awareness training sessions for staff and a separate course for unpaid carers coping with their cared for in crisis.

Forum Theatre Training
We facilitated two-day course offering professionals an opportunity to engage in a theatre style training programme about unpaid carers needs.

FINANCIAL REVIEW

Finance

The accounts form part of this report and full details of the accounts of the charity are provided. All projects are monitored to ensure that they operate within budget and approved funding, on a full cost recovery basis whenever possible. The Manager provides a highlights report at quarterly Trustee meetings reporting any key financial considerations. The reserves that we have set aside provide financial stability and the means for the future development of supporting unpaid carers.

We employ a Finance Officer to provide bookkeeping, bank reconciliation, set up monthly management reports, preparation of accounting records before annual independent examination.

Reserves Policy

Trustees have examined the financial risks of the charity and have identified an amount within the free reserves which are those unrestricted funds not designated for specific purposes or otherwise committed and which the Trustees believe will be sufficient to maintain the unrestricted activities of the charity in the event of a reduction in future funding. The reserves that we have set aside provide financial stability and the means for the future development of supporting unpaid carers. We have included the redundancies funds in our reserves and need to be able to fund any shortfalls in income for example when there is downward pressure on cash flow or when income does not reach expected levels.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal Status & Governing Body

Carers IW is a Charitable Incorporated Organisation a registered Charity number 1157082. Its registered office is Carers IW, Riverside Centre, The Quay, Newport, Isle of Wight, PO30 2QR. The charity is governed by its constitution.

The following is an extract from our constitution:

Carers IW is an independent charity based on the Isle of Wight, supporting unpaid adult carers of adults. The objects of the CIO are

To relieve the stresses experienced by carers, over the age of 18 who have care needs, as a result of disability, illness or age within the Isle of Wight (the carer may reside in or work in or care for a person who resides within the Isle of Wight), in particular but not exclusively by:

- Providing a contact point for help for carers over the age of 18;
- Identifying carers who struggle to cope in their caring role;
- Working with other agencies and charities to develop services for carers;
- Offering carers, a break through support groups;
- Gathering and disseminating information relevant to carers issues;
- Raising awareness of and promoting the needs of carers throughout the Isle of Wight with local policy makers and service providers;
- Raising funds to achieve the above.'

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1157082

Principal address
The Riverside Centre
The Quay
Newport
Isle of Wight
PO30 2QR

Trustees
Sue Bennett - Chair of Trustees
Wendy Holleyman - Deputy Chair of Trustees
Hugh Harrison
Maurice Dix
Catherine Hands
Derek Norton
Ann Nash

The board meets at least four times a year and the formal management of the charity is delegated to Elizabeth Martin, Service Manager. None of our trustees gain from remuneration or other benefit from their work with the charity.

If we have a Trustee vacancy through resignation, or that the existing trustees have decided that one or more new trustees with specific skills are needed to help run the charity more effectively. The trustees consider the best methods of attracting a diverse range of candidates with the skills the charity needs. Short-listing and interviews take place against agreed criteria. Interviews are carried out by a small panel of trustees, and each candidate is asked similar questions to ensure a fair and objective approach. Preferred candidates are identified and invited to join the trustees, subject to references, formal vetting and approval by the full trustee board. Unsuccessful candidates are notified and thanked for their interest.

Independent Examiner
S F Mackie, FCA
Morris Crocker
Chartered Accountants
Lake House
2 Port Way
Port Solent
Portsmouth
Hampshire
PO6 4TY

Bankers
CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Approved by order of the board of trustees on 13/1/26 and signed on its behalf by:

S C M Bennett
S Bennett - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CARERS ISLE OF WIGHT

Independent examiner's report to the trustees of Carers Isle of Wight
I report to the charity trustees on my examination of the accounts of Carers Isle of Wight (the Trust) for the year ended 31 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
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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.

Stuart Mackie

S F Mackie, FCA

Morris Crocker
Chartered Accountants
Lake House
2 Port Way
Port Solent
Portsmouth
Hampshire
PO6 4TY

Date: 15/01/2026

CARERS ISLE OF WIGHT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	9,805	-	9,805	14,618
Charitable activities	4				
Caring		23,750	357,000	380,750	354,999
Investment income	3	510	-	510	585
Total		34,065	357,000	391,065	370,202
EXPENDITURE ON					
Charitable activities	5				
Caring		27,793	368,137	395,930	411,040
NET INCOME/(EXPENDITURE)		6,272	(11,137)	(4,865)	(40,838)
Transfers between funds	13	(79)	79	-	-
Net movement in funds		6,193	(11,058)	(4,865)	(40,838)
RECONCILIATION OF FUNDS					
Total funds brought forward		249,220	12,837	262,057	302,895
TOTAL FUNDS CARRIED FORWARD		255,413	1,779	257,192	262,057

The notes form part of these financial statements

CARERS ISLE OF WIGHT

BALANCE SHEET
31 MARCH 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible assets	10	3,735	10,799
CURRENT ASSETS			
Cash at bank and in hand		258,893	262,589
CREDITORS			
Amounts falling due within one year	11	(5,436)	(11,331)
NET CURRENT ASSETS		253,457	251,258
TOTAL ASSETS LESS CURRENT LIABILITIES		257,192	262,057
NET ASSETS		257,192	262,057
FUNDS	13		
Unrestricted funds		255,411	249,220
Restricted funds		1,781	12,837
TOTAL FUNDS		257,192	262,057

The financial statements were approved by the Board of Trustees and authorised for issue on 13/1/26 and were signed on its behalf by:

S C M Bennett

S Bennett - Trustee

The notes form part of these financial statements

1. 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.

The trustees consider that there are no material uncertainties regarding the charity's ability to continue as a going concern.

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.

Expenditure
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. 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.

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

Fixtures and fittings	- 25% on cost
Motor vehicles	- 20% on cost
Computer equipment	- 25% on cost

Individual fixed assets costing £500 or more are capitalised at cost.

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.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

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.

continued...

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	9,805	14,618

3. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	510	585

All investment income is derived from assets held in the United Kingdom.

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2025	2024
		£	£
Grants	Caring	380,750	354,999

Grants received, included in the above, are as follows:

	2025	2024
	£	£
IWC prospectus	290,066	286,582
Core funding	2,750	-
IWC Adult social care	28,684	-
Mental Health Carers Support	21,000	20,917
Community Grant Fund	-	45,000
Community Foundation Wales	-	2,500
Accelerating reform	38,250	-
	380,750	354,999

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 6)	Totals
	£	£	£
Caring	327,380	68,550	395,930

6. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Caring	66,990	60	1,500	68,550

continued...

6. SUPPORT COSTS - continued

Support costs, included in the above, are as follows:

Management

	2025 Caring £	2024 Total activities £
Wages	41,735	45,668
Rent	8,500	8,000
Motor expenses	599	547
Insurance	4,104	3,733
Telephone	1,609	1,726
Postage and stationery	2,876	4,983
Sundries	1,506	2,671
Computer costs	3,047	2,893
Training	2,300	36
Professional fees	35	35
Repairs and renewals	233	1,095
Small equipment	446	2,275
	66,990	73,662

Finance

	2025 Caring £	2024 Total activities £
Bank charges	60	60

Governance costs

	2025 Caring £	2024 Total activities £
Independent Examiner's fees	1,500	1,548

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

During the year no trustee (2024: none) was reimbursed out of pocket expenses totalling nil (2024: £nil)

continued...

8. STAFF COSTS

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

	2025	2024
Direct	14	11
Management	1	1
	15	12

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

The key management personnel of the charity compromise the trustees and the manager. The total employment benefits of the key management personnel were £41,735 (2024: £45,668).

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	14,618	-	14,618
Charitable activities			
Caring	20,917	334,082	354,999
Investment income	585	-	585
Total	36,120	334,082	370,202
EXPENDITURE ON			
Charitable activities			
Caring	41,234	369,806	411,040
NET INCOME/(EXPENDITURE)	(5,114)	(35,724)	(40,838)
RECONCILIATION OF FUNDS			
Total funds brought forward	254,335	48,560	302,895
TOTAL FUNDS CARRIED FORWARD	249,221	12,836	262,057

continued...

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Motor vehicles £	Computer equipment £	Totals £
COST				
At 1 April 2024	139	10,799	71,832	82,770
Additions	-	-	1,427	1,427
At 31 March 2025	139	10,799	73,259	84,197
DEPRECIATION				
At 1 April 2024	139	6,479	65,353	71,971
Charge for year	-	2,160	6,331	8,491
At 31 March 2025	139	8,639	71,684	80,462
NET BOOK VALUE				
At 31 March 2025	-	2,160	1,575	3,735
At 31 March 2024	-	4,320	6,479	10,799

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade creditors	1,646	8,690
Other creditors	1,650	1,213
Accrued expenses	2,140	1,428
	5,436	11,331

	2025 £	2024 £
Brought forward	-	20,917
Amount released to incoming resources	-	(20,917)
Amount deferred in year	-	-
Carried forward	-	-

Deferred income includes grant income received prior to the year end that relates to the following year.

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
Fixed assets	2,665	1,070	3,735	10,799
Current assets	258,110	783	258,893	262,589
Current liabilities	(5,364)	(72)	(5,436)	(11,331)
	255,411	1,781	257,192	262,057

continued...

13. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
Core	234,728	7,725	(79)	242,374
IWC Carers Dementia Support Service	5,176	(5,098)	-	78
Mental Health Carers Support	6,816	6,143	-	12,959
Reminiscence Interactive Therapy	2,500	(2,500)	-	-
	249,220	6,270	(79)	255,411
Restricted funds				
IWC Prospectus	634	(28,283)	-	(27,649)
IWC Adult social care	718	1,472	-	2,190
Community Grant Fund	8,971	(9,064)	93	-
Winter Pressures	14	-	(14)	-
Community Foundation Wales	2,500	(2,181)	-	319
Accelerating Reform Fund	-	26,921	-	26,921
	12,837	(11,135)	79	1,781
TOTAL FUNDS	262,057	(4,865)	-	257,192

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Core	13,065	(5,340)	7,725
IWC Carers Dementia Support Service	-	(5,098)	(5,098)
Mental Health Carers Support	21,000	(14,857)	6,143
Reminiscence Interactive Therapy	-	(2,500)	(2,500)
	34,065	(27,795)	6,270
Restricted funds			
IWC Prospectus	290,065	(318,348)	(28,283)
IWC Adult social care	28,685	(27,213)	1,472
Community Grant Fund	-	(9,064)	(9,064)
Community Foundation Wales	-	(2,181)	(2,181)
Accelerating Reform Fund	38,250	(11,329)	26,921
	357,000	(368,135)	(11,135)
TOTAL FUNDS	391,065	(395,930)	(4,865)

continued...

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
Core	232,599	2,129	234,728
IWC Carers Dementia Support Service	9,605	(4,429)	5,176
Mental Health Carers Support	4,135	2,681	6,816
Reminiscence Interactive Therapy	5,000	(2,500)	2,500
Connecting Carers	2,996	(2,996)	-
	254,335	(5,115)	249,220
Restricted funds			
IWC Prospectus	37,949	(37,315)	634
IWC Adult social care	7,734	(7,016)	718
Community Grant Fund	-	8,971	8,971
Winter Pressures	377	(363)	14
Community Foundation Wales	2,500	-	2,500
	48,560	(35,723)	12,837
TOTAL FUNDS	302,895	(40,838)	262,057

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Core	15,202	(13,073)	2,129
IWC Carers Dementia Support Service	-	(4,429)	(4,429)
Mental Health Carers Support	20,918	(18,237)	2,681
Reminiscence Interactive Therapy	-	(2,500)	(2,500)
Connecting Carers	-	(2,996)	(2,996)
	36,120	(41,235)	(5,115)
Restricted funds			
IWC Prospectus	286,582	(323,897)	(37,315)
IWC Adult social care	-	(7,016)	(7,016)
Community Grant Fund	45,000	(36,029)	8,971
Winter Pressures	-	(363)	(363)
Community Foundation Wales	2,500	(2,500)	-
	334,082	(369,805)	(35,723)
TOTAL FUNDS	370,202	(411,040)	(40,838)

IW Prospectus
The aim of the IW Prospectus funding is to reach out to carers that we do not know about, who do not identify themselves as a carer, and ensure that all carers are recognised, respected and given the opportunity to have their support needs assessed and met. As well as provide clear pathways for carers to the information and services available to support them. Improve carers groups and activities aimed at supporting carers aged over 18 and over.

continued...

13. MOVEMENT IN FUNDS - continued

IWC Adult Social Care
ASC fund is used to provide a link etween the service provided by Carers IW and The Isle of Wight Council's Adult Social Care department.

IWC Carers Dementia Support Service
Dementia support service funds are used to offer PA support to dementia sufferers, giving their carers respite.

Connecting Carers
Connecting Carers funds are used to employ PAs to provide respite for carers during the pandemic. These funds were also used to purchase IPads which were loaned out to carers to help reduce carer isolation.

Mental Health Carers Support
The Mental Health Carers Support is to fund the post of a Carers Support Worker based at the local mental hospital.

Reminiscence Interactive Therapy Activity
The Reminiscence Interactive Therapy Activity project is a project that provides use of specialist technology to stimulate patients of Dementia, in turn providing reprieve in their carers caring role.

Community Grant Fund
The Community Grant Fund provides cost of living support to carers across the Isle of Wight.

Winter Pressures
The Winter Pressures fund provides mindfulness activities for carers. This also extended the support at Sevenacres hospital provided by our service.

Community Fund Wales
The Community Fund Wales is used to run a sound bath experience for carers.

Accelerating Reform Fund
Supporting carers of people with dementia after discharge from hospital located at the Dementia Hub in Parklands.

Transfers between funds

The transfers from restricted to unrestricted funds relate either to funds which restrictions have been satisfied and therefore are no longer considered to be restricted funds after authority has been obtained from the funder to transfer the unspent balance, or where expenditure has not been fully allocated during the year.

14. RELATED PARTY DISCLOSURES

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

continued...

15. FUNDS IN DEFICIT

The IWC Prospectus fund was in deficit at the end of the year due to funding being received in arrears. Additional income was received on 6th June 2025 to clear this deficit.

CARERS ISLE OF WIGHT

England & Wales - Charity number 1157082

Accounts

REGISTERED CHARITY NUMBER: 1157082

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

FOR

CARERS ISLE OF WIGHT

CARERS ISLE OF WIGHT

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

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. 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

Who we are

Carers IW is a local charity supporting adult carers of adults on the Isle of Wight.

A carer is anyone who cares, unpaid, for a family member or friend who cannot manage without their support. They might look after someone with a physical disability, long term health condition, mental health issue or a problem with substance misuse.

We help carers to access support, services, education and training, and breaks from their caring role. We ensure carers on the Island have a voice in policy making and planning for services, and we work with health and social care professionals to develop best practice. Our aim is to create carer friendly communities where carers are recognised, valued and supported.

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

ACHIEVEMENT AND PERFORMANCE

Summary of 2023

We offer unpaid carers a service at the Carers Centre and through the Carers Lounge at the St Marys Hospital and the Carers Lounge at Sevenacres the Mental Health Hospital.

We offer a range of support to carers from emotional support, dementia & mental health training and coping strategy work, respite days, quiet days, pamper days, drop ins, support groups, support for former carers, younger carers, IPAD library, Dementia Carers Café, Ring Round, Take a Break, Carers Assessments, Mental Health Support, Careers Resilience Workshops, Sound Baths and not forgetting our residential respite weekend offering carers time out, holistic therapies, meals and craft workshops. Carers accessed various sessions including our gym session as well as the self-care café and support groups.
Cost of Living Crisis

In the past twelve months we have received funding to assist unpaid carers n the community who are struggling to manage due to the Cost-of-Living Crisis. In January 2023 we received extra funding to offer carers support in relation to the cost-of-living crisis. We conducted surveys and interviews to identify the specific financial challenges faced by unpaid carers. This included analysing factors such as housing costs, healthcare expenses, and overall economic stressors. We created a targeted support plan, including financial support by way of 4 categories to alleviate some of the pressures identified in the key financial findings.

Funding appliances that have a low energy consumption and are proven to reduce the financial impact on inflating utility costs. Providing equipment and aids that were not identifiable as a need through other departments, (for example NHS Occupational Therapists) meant that cared for individuals were able to regain some independence and in turn alleviate pressures on the unpaid carer. Without this funding, these carers would not be able to fund these aids. Travel costs were reimbursed in the instances that the carer had to travel to visit or access healthcare for the person they care for. Clothing costs for example providing clothing for interviews for those carers looking to pursue employment opportunities that would be suitable for them to maintain a work/life/caring balance. We rolled out the project across the Island, ensuring accessibility for a wide range of unpaid carers. Key workers within our organisation were encouraged to discuss the initiative with the unpaid carers on their caseload and how this might be beneficial to them. Funding was provided to carers on an application basis, submitted by the key worker.

Carers Strategy Work

We have been involved in holding various forums with carers in the community and other organisations as the local authority are creating an up-to-date carers strategy. We have enabled carers to influence services in other ways too, for example through our long-established working relationship with the local authority based on the shared aim of giving carers the recognition and support they need. The director and senior managers now regularly meet with unpaid carers to hear about their experiences.
Carers are on the Action Planning group and are involved in the process, to date we have run a focus group about GPs and a group about mental health issues. Carers have been instrumental in looking at how some of these issues could be resolved, for example, they have asked for a crisis planning for carers training day.

Referrals

We continue to have had an increased referral rate from all sectors.

Staff & Volunteers

Staff are working flexibly from both home and office based depending on their daily workload. The team continue to provide 7-days a week support for unpaid carers across the Island.

Our Services

Ring Round Support

Our volunteer Ring Round Support Team and Trustees have all taken extra referrals to ensure more carers feel fully supported. The service is manned by volunteers and overseen by a Trustee and the Manager. Volunteers offer carers a regular supportive telephone call to the carer and feedback to the Team if a carer is struggling and needs more support. Volunteers have regular group supervision for feedback regarding their cases.

Carers Lounge

The Carers Lounge offers a 24/7 safe and welcoming space for unpaid carers to unwind. During core hours it offers carers the chance to reflect on the emotional and physical impact of caring and receive some help to negotiate the hospital journey from admission to discharge. Carers are supported to communicate with the appropriate hospital staff, understand their rights, access practical support, identify training needs, engage with other relevant agencies, and apply for specialised carer benefits as appropriate. The team works with hospital colleagues to improve knowledge and understanding of the needs of carers to promote an inclusive approach when planning for patients. They also provide ongoing support to carers from the point of discharge whether the cared for is going home or to a short-term placement. They are now working with the integrated discharge team to ensure that carers are part of the decision-making process prior to discharge where possible. It has been and continues to be a difficult time as the Island is coping with a crisis in care in the community which has meant that there is a significant number of medically optimised patients awaiting placement as there are severe shortages of care packages/care placements available. The Carers Lounge has moved to the North Hospital as the current location is required for clinical reasons.

Sevenacres Carers Lounge
Carers IW have established a base for our Hospital Team Leader and a part time worker in Sevenacres to work with the hospital to support carers caring for someone with mental illness. The aim of this service is to improve care outcomes and more cost-effective service delivery. Their presence in Sevenacres has already led to increased referrals from all three wards, the Home Treatment Team, and carers themselves. We established a carers support group at the Carers Centre for these carers and are developing outreach to mental health carers in the community.

The team have worked closely with ward colleagues to implement improved carer identification, offer practical and emotional support to carers and working with hospital colleagues to improve knowledge and understanding of the needs of carers to promote an inclusive approach when planning for patients. Carers are supported to communicate with the appropriate hospital staff, understand their rights, access practical support, identify training needs, engage with other relevant agencies, and apply for specialised carer benefits. The current Hospital Team Leader in Sevenacres is funded via the Local Authority and the Carer Support Worker is currently funded through NHS until Mar 2025.

Self- Care Café
The Self-Care Cafes are very popular and offer carers an opportunity to learn new skills, complete their journal, learn mindfulness, enjoy a craft activity, and gain from peer support. The weekly session offers a variety of activities the carers have requested, including nature walks followed by soup lunch, more opportunities to learn relaxation techniques they could use at home, a warm safe space to enjoy others company, be involved in a cook & eat session, and a therapy that gave them a sense of identity.

Carers Assessments
The Care Act 2014 sets out carers' legal rights to assessment and support. It states that a carer is eligible for an assessment if they provide substantial and regular support to someone who needs care. The carer's assessment is an opportunity to discuss with the local council what support or services needed. The assessment will look at how caring affects their life, including for example, physical, mental, and emotional needs, and whether they are able or willing to carry on caring. All staff members are able to complete a Carers Assessment with a carer.

Emotional Support
Carers are offered emotional support through one-to-one sessions with our trained staff. Ideally, we look towards encouraging carers into attending other support for example the Self-Care sessions that offer a safe and therapeutic session that also promotes social interaction with peers.

Thursday Social Drop in
Our Carers Centre drop in for both carers, cared for people and former carers offers a variety of activities from a chat and a cuppa, to learning how to use an IPAD, Kindle or enjoying a quiz. This has been attended by many carers and their cared for as they are struggling to manage in the home environment.

Resilience Workshops for Carers
The workshops consisted of 6 sessions to work through various issues and learn some new coping strategies. The carers feedback was very positive, and it was refreshing to witness carers using their strategies in their everyday life.

Substance Misuse Carers Group
A new Carers Group for those supporting people with alcohol or addiction issues started in February. It was facilitated by Inclusion and Carers IW. We had a good number of carers turn up and there were a lot of useful solution focussed discussions around the table.

Drop in for Mental Health Carers
The Friday morning drop in is weekly and the staff offer a session once a month in the evening. The group on a Friday is well attended, we have decided to offer a craft session within the group as this enables carers to talk freely.

Art & Craft Group
The Group meets weekly at the Carers Centre and has all ranges of abilities. We encourage coproduction when working with our carers. We run a weekly art session, the carers attending decided to create a children's book, this led to the group verbalising stories about their characters. One carer stated that 'she felt like a worm, and no one listened to her'. They made felt worms and they started to draft the book. they want to make a video of the project, paint their own t-shirts, badges and eventually get the book printed and launch at their conference. Effectively other carers, once realising that they too can have respite and be involved in exciting projects and feel that they have an identity. We have been asked to run a conference for carers too. The carers group want to make a video, print their book, and share this with others at our conference in 2024, we feel that this project will give carers a sense of achievement, fun and feel proud of their achievements.

Quiet Days
A member of staff runs our quiet days in her home offering a range of well-being activities including relaxation, meditation, and a light lunch, with support from volunteers.

Male Carers Social Group
The male carer social group meet every month once month. Generally, the group visit a pub that offers the option of food. It is a successful group that offers a lot of peer support to each other. This group is open to both former and current carers. The members of the group are now beginning to offer peer support and buddy up with each other, often offering each other a supportive phone call during the week.

Take a Break Group
This group is for those carers whose cared for is in residential care or nursing home. Carers in this group really benefit from a creative activity, holistic therapy, and peer support. The group is primarily run by volunteers and a member of staff available.

Respite Weekend for Carers
We held two respite weekends in the past year offering carers an opportunity to have some time off from their caring role, taking part in the various creative workshops, holistic therapies, opportunities to stay over if they are able to. This is a popular activity that involves the whole team enabling them to offer a different aspect to carers. The respite weekends are a great success and enable carers to stay over or attend for the day and participate in many activities.

Bereavement
Two members of staff run individual sessions with bereaved carers, looking at dealing with their thoughts, feelings, grief, loss and emotions, as well as their identity, what next.

Dementia Solution Focussed Strategies for Carers Group
This group offers carers caring for someone with dementia the opportunity to bring their issues in regard to behaviours and look at how others have dealt with it and/or look at Dr Gemma Jones work in relation to Dementia Awareness Reaching Communities. We consider that this will be a useful resource that will enable carers to support each other and find a strategy that works for them as well as learning more about dementia. This popular group offers any carer who has attended the training we run a further opportunity for additional learning and to gain from peer support and/or support/strategies. The group is supported by a volunteer and a member of staff.

Gifts to Carers
We have used various donations including gifts to staff to give out over 25 Christmas Goodies Bags, and 25 food vouchers to carers who are struggling to manage financially or need a lift themselves due to their caring role.

Training
Dementia Awareness Training for Unpaid Carers
We have a waiting list for this training, we run some five-week sessions in the year as well as the one-day training sessions for those carers who are unable to attend the five-week course. We work with carers caring for people with dementia and we have found that they need ongoing help. Generally, we do not close these cases as they require ongoing support. The five-week session is very successful as it offers carers peer support and that they are not alone in their fears and understanding of the illness. The training has been created on the principals of Dr Gemma Jones in relation to Dementia Awareness Reaching Communities, ensuring that the same message is going out across both statutory and voluntary sectors.

Getting most of a Care or Nursing Home Visit
We discussed all the above and explained a care home dynamic and how the families could get the most out of their visit. We talked about times for visiting and times to avoid, communicating with staff and offering to assist at key times, such as mealtimes. Getting to know the laundry team and asking what you can do to help, like labelling clothing and doing an inventory. Interesting discussions from those present and one or two talked through some negativity they had experienced, and we talked through these comments and how to avoid conflict and a understand what behaviours from relatives are acceptable and what is not. One or two carers talked about how they had learnt not to worry about the small things and to concentrate on the happiness of their relative. This was productive and helpful for people to hear. People left with useful information and a greater understanding of a care home dynamic and how to make the most out of their visits, which will in turn be more meaningful and impactful for their friend or relative.

Breathlessness Session
We ran a session about breathlessness with various breathing exercises and advice from a respiratory nurse for those coping with this condition.

Mental Health Carers Support Training
The Sevenacre Carers Lounge are running monthly Carer Awareness training sessions with the local NHS.

Dementia Training Awareness
We ran an awareness session for Paragon the domestic abuse charity, the police, and for nursing assistants at Sevenacres hospital.

Smart Watch
We contacted Long Live to request that unpaid carers could trial their Smart Watch and app. We gave out 90 smart watches and a carer and her volunteer ran an extra workshop offering further support.
The workshop went very well, there was standing room only. Nigel worked very hard and managed to get 80% connected and then went through the features on the watch.

FINANCIAL REVIEW

Finance

On 1st August 2020 we started a new contract with the Local Authority, this covers all our services and is for the period of 3 years plus 2 years if applicable. The aims of the IW Contract are:

- To reach out to carers that we do not know about who do not identify themselves as a carer.

-Ensure that all carers are recognised, respected and given the opportunity to have their support needs assessed and met.

- To provide clear pathways for carers to the information and services available to support them.

- Run a Carers Lounge based at both Hospital and Sevenacres.

- Improve carers groups and activities aimed at supporting carers aged over 18 and over.

The accounts form part of this report and full details of the accounts of the charity are provided. Overall, the figures highlight a reasonably solid position for the charity moving forward, especially now that the funding has been agreed with the IW Council. All projects are monitored to ensure that they operate within budget and approved funding, on a full cost recovery basis whenever possible. If project funding discontinues, then projects cannot continue. The Manager provides a highlights report at quarterly Trustee meetings reporting any key financial considerations. There can be little doubt that the financial climate for Carers IW will continue to be challenging. The reason for holding unrestricted free reserves is to protect Carers IW from the impact of shortfalls in forecast income or unforeseen expenditure. In an extreme case, the reserves need to be sufficient to cease operations in such a way as to minimise disruption to users of our services, and to wind up the operation without leaving creditors, considering the costs of statutory and contractual payments to staff and the termination of existing contracts and leases.

Reserves Policy

Trustees have examined the financial risks of the charity and have identified an amount within the free reserves which are those unrestricted funds not designated for specific purposes or otherwise committed and which the Trustees believe will be sufficient to maintain the unrestricted activities of the charity in the event of a reduction in future funding. The reserves that we have set aside provide financial stability and the means for the future development of supporting unpaid carers. We have included the redundancies funds in our reserves and need to be able to fund any shortfalls in income for example when there is downward pressure on cash flow or when income does not reach expected levels.

Office Related Expenditure

Currently we rent our Carers Centre through CAIW at a cost of £8k pa, including access to private part of server, internet costs, lighting & heating, it. We pay for the whole Youth Hostel rental for the respite weekend twice a year as applicable. Telephone costs are paid via DD; staff receive telephone allowance. Sessional staff have an inclusive cost per hour to include various expenses. We employ a Finance Officer to provide bookkeeping, bank reconciliation, set up monthly management reports, preparation of accounting records.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal Status & Governing Body

Carers IW is a Charitable Incorporated Organisation a registered Charity number 1157082. Its registered office is Carers IW, Riverside Centre, The Quay, Newport, Isle of Wight, PO30 2QR. The charity is governed by its constitution.

The following is an extract from our constitution:

Carers IW is an independent charity based on the Isle of Wight, supporting unpaid adult carers of adults. The objects of the CIO are

To relieve the stresses experienced by carers, over the age of 18 who have care needs, as a result of disability, illness or age within the Isle of Wight (the carer may reside in or work in or care for a person who resides within the Isle of Wight), in particular but not exclusively by:

- Providing a contact point for help for carers over the age of 18;
- Identifying carers who struggle to cope in their caring role;
- Working with other agencies and charities to develop services for carers;
- Offering carers, a break through support groups;
- Gathering and disseminating information relevant to carers issues;
- Raising awareness of and promoting the needs of carers throughout the Isle of Wight with local policy makers and service providers;
- Raising funds to achieve the above.'

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1157082

Principal address
The Riverside Centre
The Quay
Newport
Isle of Wight
PO30 2QR

Trustees
Sue Bennett - Chair of Trustees
Wendy Holleyman - Deputy Chair of Trustees
Barry Jackman
Hugh Harrison
Maurice Dix
Catherine Hands

The board meets at least four times a year and the formal management of the charity is delegated to Elizabeth Martin, Service Manager. None of our trustees gain from remuneration or other benefit from their work with the charity.

If we have a Trustee vacancy through resignation, or that the existing trustees have decided that one or more new trustees with specific skills are needed to help run the charity more effectively. The trustees consider the best methods of attracting a diverse range of candidates with the skills the charity needs. Short-listing and interviews take place against agreed criteria. Interviews are carried out by a small panel of trustees, and each candidate is asked similar questions to ensure a fair and objective approach. Preferred candidates are identified and invited to join the trustees, subject to references, formal vetting and approval by the full trustee board. Unsuccessful candidates are notified and thanked for their interest.

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner
S F Mackie, FCA
Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Bankers
CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Approved by order of the board of trustees on 9/12/24 and signed on its behalf by:

S Bennett

S Bennett - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CARERS ISLE OF WIGHT

Independent examiner's report to the trustees of Carers Isle of Wight
I report to the charity trustees on my examination of the accounts of Carers Isle of Wight (the Trust) for the year ended 31 March 2024.

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
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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.

Stuart Mackie

S F Mackie, FCA

Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Date: 9 December 2024

CARERS ISLE OF WIGHT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	14,618	-	14,618	19,293
Charitable activities	4				
Caring		20,917	334,082	354,999	321,657
Investment income	3	585	-	585	266
Total		36,120	334,082	370,202	341,216
EXPENDITURE ON					
Charitable activities	5				
Caring		41,234	369,806	411,040	376,208
NET INCOME/(EXPENDITURE)		(5,114)	(35,724)	(40,838)	(34,992)
RECONCILIATION OF FUNDS					
Total funds brought forward		254,335	48,560	302,895	337,887
TOTAL FUNDS CARRIED FORWARD		249,221	12,836	262,057	302,895

The notes form part of these financial statements

CARERS ISLE OF WIGHT

BALANCE SHEET
31 MARCH 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible assets	10	10,799	23,723
CURRENT ASSETS			
Cash at bank and in hand		262,589	306,882
CREDITORS			
Amounts falling due within one year	11	(11,331)	(27,710)
NET CURRENT ASSETS		251,258	279,172
TOTAL ASSETS LESS CURRENT LIABILITIES		262,057	302,895
NET ASSETS		262,057	302,895
FUNDS	13		
Unrestricted funds		249,220	254,335
Restricted funds		12,837	48,560
TOTAL FUNDS		262,057	302,895

The financial statements were approved by the Board of Trustees and authorised for issue on 9/12/24 and were signed on its behalf by:

S C M Bennett

S Bennett - Trustee

The notes form part of these financial statements

1. 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.

The trustees consider that there are no material uncertainties regarding the charity's ability to continue as a going concern.

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.

Expenditure
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. 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.

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

Fixtures and fittings	- 25% on cost
Motor vehicles	- 20% on cost
Computer equipment	- 25% on cost

Individual fixed assets costing £500 or more are capitalised at cost.

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.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

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.

continued...

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	14,618	19,293

3. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	585	266

All investment income is derived from assets held in the United Kingdom.

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024	2023
		£	£
Grants	Caring	354,999	321,657

Grants received, included in the above, are as follows:

	2024	2023
	£	£
IWC prospectus	286,582	280,260
Core funding	-	8,547
Mental Health Carers Support	20,917	11,250
Community Grant Fund	45,000	16,500
Winter Pressures	-	2,600
Community Foundation Wales	2,500	2,500
	354,999	321,657

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 6)	Totals
	£	£	£
Caring	335,770	75,270	411,040

6. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Caring	73,662	60	1,548	75,270

continued...

6. SUPPORT COSTS - continued

Support costs, included in the above, are as follows:

Management

	2024 Caring £	2023 Total activities £
Wages	45,668	45,731
Rent	8,000	8,000
Motor expenses	547	1,068
Insurance	3,733	3,731
Telephone	1,726	1,495
Postage and stationery	4,983	4,745
Sundries	2,671	2,073
Computer costs	2,893	2,173
Training	36	-
Professional fees	35	35
Repairs and renewals	1,095	3,409
Small equipment	2,275	298
	73,662	72,758

Finance

	2024 Caring £	2023 Total activities £
Bank charges	60	72

Governance costs

	2024 Caring £	2023 Total activities £
Independent Examiner's fees	1,548	1,476

7. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

During the year no trustee (2023: One) was reimbursed out of pocket expenses totalling nil (2023: £154)

continued...

8. STAFF COSTS

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

	2024	2023
Direct	11	12
Management	1	1
	12	13

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

The key management personnel of the charity compromise the trustees and the manager. The total employment benefits of the key management personnel were £45,668 (2023: £45,730).

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	19,293	-	19,293
Charitable activities			
Caring	16,843	304,814	321,657
Investment income	266	-	266
Total	36,402	304,814	341,216
EXPENDITURE ON			
Charitable activities			
Caring	40,003	336,205	376,208
NET INCOME/(EXPENDITURE)	(3,601)	(31,391)	(34,992)
RECONCILIATION OF FUNDS			
Total funds brought forward	257,937	79,950	337,887
TOTAL FUNDS CARRIED FORWARD	254,336	48,559	302,895

continued...

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Motor vehicles £	Computer equipment £	Totals £
COST				
At 1 April 2023	139	10,799	71,178	82,116
Additions	-	-	654	654
At 31 March 2024	139	10,799	71,832	82,770
DEPRECIATION				
At 1 April 2023	139	4,320	53,934	58,393
Charge for year	-	2,159	11,419	13,578
At 31 March 2024	139	6,479	65,353	71,971
NET BOOK VALUE				
At 31 March 2024	-	4,320	6,479	10,799
At 31 March 2023	-	6,479	17,244	23,723

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade creditors	8,690	3,883
Other creditors	1,213	1,548
Accrued expenses	1,428	22,279
	11,331	27,710

	2024 £	2023 £
Brought forward	20,917	-
Amount released to incoming resources	(20,917)	-
Amount deferred in year		20,917
Carried forward	-	20,917

Deferred income includes grant income received prior to the year end that relates to the following year.

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
Fixed assets	7,149	3,650	10,799	23,723
Current assets	253,402	9,187	262,589	306,882
Current liabilities	(11,331)	-	(11,331)	(27,710)
	249,220	12,837	262,057	302,895

continued...

13. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
Core	232,599	2,129	234,728
IWC Carers Dementia Support Service	9,605	(4,429)	5,176
Mental Health Carers Support	4,135	2,681	6,816
Reminiscence Interactive Therapy	5,000	(2,500)	2,500
Connecting Carers	2,996	(2,996)	-
	254,335	(5,115)	249,220
Restricted funds			
IWC Prospectus	37,949	(37,315)	634
IWC Adult social care	7,734	(7,016)	718
Community Grant Fund	-	8,971	8,971
Winter Pressures	377	(363)	14
Community Foundation Wales	2,500	-	2,500
	48,560	(35,723)	12,837
TOTAL FUNDS	302,895	(40,838)	262,057

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Core	15,202	(13,073)	2,129
IWC Carers Dementia Support Service	-	(4,429)	(4,429)
Mental Health Carers Support	20,918	(18,237)	2,681
Reminiscence Interactive Therapy	-	(2,500)	(2,500)
Connecting Carers	-	(2,996)	(2,996)
	36,120	(41,235)	(5,115)
Restricted funds			
IWC Prospectus	286,582	(323,897)	(37,315)
IWC Adult social care	-	(7,016)	(7,016)
Community Grant Fund	45,000	(36,029)	8,971
Winter Pressures	-	(363)	(363)
Community Foundation Wales	2,500	(2,500)	-
	334,082	(369,805)	(35,723)
TOTAL FUNDS	370,202	(411,040)	(40,838)

continued...

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
Core	220,198	12,401	232,599
IWC Carers Dementia Support Service	13,688	(4,083)	9,605
Mental Health Carers Support	10,559	(6,424)	4,135
Reminiscence Interactive Therapy	7,500	(2,500)	5,000
Connecting Carers	5,992	(2,996)	2,996
	257,937	(3,602)	254,335
Restricted funds			
IWC Prospectus	50,699	(12,750)	37,949
IWC Adult social care	29,251	(21,517)	7,734
Winter Pressures	-	377	377
Community Foundation Wales	-	2,500	2,500
	79,950	(31,390)	48,560
TOTAL FUNDS	337,887	(34,992)	302,895

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Core	25,151	(12,750)	12,401
IWC Carers Dementia Support Service	-	(4,083)	(4,083)
Mental Health Carers Support	11,251	(17,675)	(6,424)
Reminiscence Interactive Therapy	-	(2,500)	(2,500)
Connecting Carers	-	(2,996)	(2,996)
	36,402	(40,004)	(3,602)
Restricted funds			
IWC Prospectus	283,214	(295,964)	(12,750)
IWC Adult social care	-	(21,517)	(21,517)
Community Grant Fund	16,500	(16,500)	-
Winter Pressures	2,600	(2,223)	377
Community Foundation Wales	2,500	-	2,500
	304,814	(336,204)	(31,390)
TOTAL FUNDS	341,216	(376,208)	(34,992)

IW Prospectus
The aim of the IW Prospectus funding is to reach out to carers that we do not know about, who do not identify themselves as a carer, and ensure that all carers are recognised, respected and given the opportunity to have their support needs assessed and met. As well as provide clear pathways for carers to the information and services available to support them. Improve carers groups and activities aimed at supporting carers aged over 18 and over.

IWC Adult Social Care

continued...

13. MOVEMENT IN FUNDS - continued

ASC fund is used to provide a link etween the service provided by Carers IW and The Isle of Wight Council's Adult Social Care department.

IWC Carers Dementia Support Service
Dementia support service funds are used to offer PA support to dementia sufferers, giving their carers respite.

Connecting Carers
Connecting Carers funds are used to employ PAs to provide respite for carers during the pandemic. These funds were also used to purchase IPads which were loaned out to carers to help reduce carer isolation.

Mental Health Carers Support
The Mental Health Carers Support is to fund the post of a Carers Support Worker based at the local mental hospital.

Reminiscence Interactive Therapy Activity
The Reminiscence Interactive Therapy Activity project is a project that provides use of specialist technology to stimulate patients of Dementia, in turn providing reprieve in their carers caring role.

Community Grant Fund
The Community Grant Fund provides cost of living support to carers across the Isle of Wight.

Winter Pressures
The Winter Pressures fund provides mindfulness activities for carers. This also extended the support at Sevenacres hospital provided by our service.

Community Fund Wales
The Community Fund Wales is used to run a sound bath experience for carers.

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

CARERS ISLE OF WIGHT

England & Wales - Charity number 1157082

Accounts

REGISTERED CHARITY NUMBER: 1157082

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

FOR

CARERS ISLE OF WIGHT

CARERS ISLE OF WIGHT

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FOR THE YEAR ENDED 31 MARCH 2023

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. 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

Who we are

Carers IW is a local charity supporting adult carers of adults on the Isle of Wight.

A carer is anyone who cares, unpaid, for a family member or friend who cannot manage without their support. They might look after someone with a physical disability, long term health condition, mental health issue or a problem with substance misuse.

We help carers to access support, services, education and training, and breaks from their caring role. We ensure carers on the Island have a voice in policy making and planning for services, and we work with health and social care professionals to develop best practice. Our aim is to create carer friendly communities where carers are recognised, valued and supported.

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

ACHIEVEMENT AND PERFORMANCE

Summary of 2022

We offer unpaid carers a service at the Carers Centre and through the Carers Lounge at the St Marys Hospital and the Carers Lounge at Sevenacres the Mental Health Hospital.

We offer a range of support to carers from emotional support, dementia & mental health training and coping strategy work, respite days, quiet days, pamper days, drop ins, support groups, support for former carers, younger carers, IPAD library, Dementia Carers Café, Ring Round, Take a Break, Carers Assessments, Mental Health Support, and not forgetting our residential respite weekend offering carers time out, holistic therapies, meals and craft workshops. Carers accessed various sessions including out gym session as well as the self-care café and support groups.

Cost of Living Crisis

In the past twelve months we have received funding to assist unpaid cares in the community who are struggling to manage due to the Cost-of-Living Crisis. In September we were able to award 40 families to receive an air fryer and food voucher from this fund and were 'sold out' within 3 weeks. In January 2023 we received extra funding to offer carers support in relation to their energy bills and ongoing difficulties in paying their bills. We had an option to purchase either an air fryer, microwave or slow cooker that will reduce their energy bills or receive a food voucher to offset their energy bills. We opened the Thursday afternoon up to be a warm space to encourage carers and cared for to use our space.

Carers Strategy Work

We have been involved in holding various forums with carers in the community and other organisations as the local authority are creating an up-to-date carers strategy. We have enabled carers to influence services in other ways too, for example through our long-established working relationship with the local authority based on the shared aim of giving carers the recognition and support they need. The carers strategy is going through the sign off processes and have asked that unpaid carers are involved in the resulting carers strategy action plan next year.

Referrals

We continue to have had an increased referral rate from all sectors.

Staff & Volunteers

Staff are working flexibly from both home and office based depending on their daily workload. The team continue to provide 7-days a week support for unpaid carers across the Island.

Our Services

Ring Round Support

Our volunteer Ring Round Support Team and Trustees have all taken extra referrals to ensure more carers feel fully supported. The service is manned by volunteers and overseen by a Trustee and the Manager. Volunteers offer carers a regular supportive telephone call to the carer and feedback to the Team if a carer is struggling and needs more support. Volunteers have regular Group supervision for feedback regarding their cases.

Carers Lounge

The Carers Lounge offers a 24/7 safe and welcoming space for unpaid carers to unwind. During core hours it offers carers the chance to reflect on the emotional and physical impact of caring and receive some help to negotiate the hospital journey from admission to discharge. Carers are supported to communicate with the appropriate hospital staff, understand their rights, access practical support, identify training needs, engage with other relevant agencies, and apply for specialised carer benefits as appropriate. The team works with hospital colleagues to improve knowledge and understanding of the needs of carers to promote an inclusive approach when planning for patients.

They also provide ongoing support to carers from the point of discharge whether the cared for is going home or to a short-term placement. They are now working with the integrated discharge team to ensure that carers are part of the decision-making process prior to discharge where possible. It has been and continues to be a difficult time as the Island is coping with a crisis in care in the community which has meant that there is a significant number of medically optimised patients awaiting placement as there are severe shortages of care packages/care placements available. The Carers Lounge is moving from its current location to the North Hospital as the current location is required for clinical reasons.

Sevenacres Carers Lounge
Carers IW have established a base for our Hospital Team Leader and a part time worker in Sevenacres to work with the hospital to support carers caring for someone with mental illness. The aim of this service is to improve care outcomes and more cost-effective service delivery. Their presence in Sevenacres has already led to increased referrals from all three wards, the Home Treatment Team, and carers themselves. We established a carers support group at the Carers Centre for these carers and are developing outreach to mental health carers in the community.

The team have worked closely with ward colleagues to implement improved carer identification, offer practical and emotional support to carers and working with hospital colleagues to improve knowledge and understanding of the needs of carers to promote an inclusive approach when planning for patients. Carers are supported to communicate with the appropriate hospital staff, understand their rights, access practical support, identify training needs, engage with other relevant agencies, and apply for specialised carer benefits. The current Hospital Team Leader in Sevenacres is funded via the Local Authority and the Carer Support Worker is currently funded through NHS until Mar 2024. (ICB Winter Pressures fund to enable funding of the pte post at Sevenacres Carers Lounge for 3 months Jan - Mar 2023)

Self-Care Café
The Self-Care Cafes are very popular and offer carers an opportunity to learn new skills, complete their journal, learn mindfulness, enjoy a craft activity, and gain from peer support. Carers IW applied to the ICB Winter Pressures fund to enable funding to offer the Self-Care Café weekly during the winter months, after carers were asked what concerns they had and what would make a positive difference to them if we had extra funding. The weekly session offered a variety of activities the carers have requested, including nature walks followed by soup lunch, more opportunities to learn relaxation techniques they could use at home, a warm safe space to enjoy others company, be involved in a cook & eat session, and a therapy that gave them a sense of identity.

Carers Assessments
The Care Act 2014 sets out carers' legal rights to assessment and support. It states that a carer is eligible for an assessment if they provide substantial and regular support to someone who needs care. The carer's assessment is an opportunity to discuss with the local council what support or services needed. The assessment will look at how caring affects their life, including for example, physical, mental, and emotional needs, and whether they are able or willing to carry on caring. All staff members are able to complete a Carers Assessment with a carer.

Emotional Support
Carers are offered emotional support through one-to-one sessions with our trained staff. Ideally, we look towards encouraging carers into attending other support for example the Self-Care sessions that offer a safe and therapeutic session that also promotes social interaction with peers.

Thursday Social Drop in
Our Carers Centre drop in for both carers, cared for people and former carers offers a variety of activities from a chat and a cuppa, to learning how to use an IPAD, Kindle or enjoying a quiz. This has been attended by many carers and their cared for as they are struggling to manage in the home environment.

Resilience Workshops for Carers
The workshops consisted of 6 sessions to work through various issues and learn some new coping strategies. The carers feedback was very positive, and it was refreshing to witness carers using their strategies in their everyday life.

Drop in for Mental Health Carers
The Friday morning drop in is weekly and the staff offer a session once a month in the evening. The group on a Friday is well attended, we have decided to offer a craft session within the group as this enables carers to talk freely. We have stopped the evening session as it was not well attended.

Art & Craft Group
The Group meets weekly at the Carers Centre and has all ranges of abilities. They held an Art Exhibition at Brading Roman Villa in 2022.

Quiet Days
A member of staff runs our quiet days in her home offering a range of well-being activities including relaxation, meditation, and a light lunch, with support from volunteers.

Male Carers Social Group
The male carer social group meet every month on the second Wednesday of the month. Generally, the group visit a pub that offers the option of food. It is a successful group that offers a lot of peer support to each other. This group is open to both former and current carers. The members of the group are now beginning to offer peer support and buddy up with each other, often offering each other a supportive phone call during the week.

Take a Break Group
This group is for those carers whose cared for is in residential care or nursing home. Carers in this group really benefit from a creative activity, holistic therapy, and peer support. The group is primarily run by volunteers and a member of staff available.

Respite Weekend for Carers
We held two respite weekends in the past year offering carers an opportunity to have some time off from their caring role, taking part in the various creative workshops, holistic therapies, opportunities to stay over if they are able to. This is a popular activity that involves the whole team enabling them to offer a different aspect to carers. The respite weekends are a great success and enable carers to stay over or attend for the day and participate in many activities. We also held a mini retreat weekend the following week for a few carers who were unable to make the main respite weekend.

Branching out
Two members of staff run individual sessions with bereaved carers, looking at dealing with their thoughts, feelings, grief, loss and emotions, as well as their identity, what next.

Dementia Solution Focussed Strategies for Carers Group
This group offers carers caring for someone with dementia the opportunity to bring their issues in regard to behaviours and look at how others have dealt with it and/or look at Dr Gemma Jones work in relation to Dementia Awareness Reaching Communities. We consider that this will be a useful resource that will enable carers to support each other and find a strategy that works for them as well as learning more about dementia. This popular group offers any carer who has attended the training we run a further opportunity for additional learning and to gain from peer support and/or support/strategies. The group is supported by a volunteer.

Gifts to Carers
We have used various donations including gifts to staff to give out over 45 Christmas Goodies Bags, and 25 food vouchers to carers who are struggling to manage financially or need a lift themselves due to their caring role. Southern Line for the south of England collected Shoe boxes for unpaid carers on the Island, we were able to distribute these to 30 unpaid carers on the Island. 100 carers and their families received a gift bag, shoe box or food voucher to help them out over the festive period.

Throughout the year we were also able to give out over 100 £10 gift cards to unpaid carers and our volunteers.

Training
Dementia Awareness Training for Unpaid Carers
We have a waiting list for this training, we run three lots of the five-week sessions per year as well as the one-day training sessions for those carers who are unable to attend the five-week course. We work with carers caring for people with dementia and we have found that they need ongoing help. Generally, we do not close these cases as they require ongoing support. The five-week session is very successful as it offers carers peer support and that they are not alone in their fears and understanding of the illness. The training has been created on the principals of Dr Gemma Jones in relation to Dementia Awareness Reaching Communities, ensuring that the same message is going out across both statutory and voluntary sectors.

Carers Awareness Training
We ran a joint Carer Awareness session with Isorropia a local mental health charity and the Living Well Early Help Teams. The sessions included a carer who cares for her son who has both mental and learning difficulties. This was very successful and enabled their staff to see the impact on a parent carer of an adult son and how difficult life can be sometimes.

Mental Health Carers Support Training
The Sevenacre Carers Lounge are running monthly Carer Awareness training sessions with the local NHS.

Forum Theatre
The Learning & Development funded the Forum Theatre, which we ran in October, offering a variety of dementia scenarios that the audience is invited to participate at a level which is comfortable for them.

Dementia Training Awareness
We ran an awareness session for Age UK IW a local charity and for the Living Well Early Help Teams.

Carer Quotes
We are lucky that our team is quite small but very friendly and supportive. Carers IW have an amazing team of volunteers that offer their time and experience, without which, we would not offer such a good service, thank you all from Carers IW.

As a result of our intervention carers report feeling:

'It is so nice to be able to be planning it, rather than be told what we are having'

'I am dreading the winter, stuck at home with my husband who often drinks too much and makes my life a misery, thank you for my escape'

'I can never afford a therapy; I feel like I matter'

'I really needed this, walking helps clear my mind and it was lovely to be able to chat to everyone'

'Feels like a sanctuary where home can feel like a prison'

'I feel so good after that exercise and meditation really invigorated'

'I truly appreciate having this space where I can just come and be me.'

'The things i have been involved in with Carers have given me the opportunity to stay connect with who I am. I don't know where I would be without them.'

'I've never had a massage before, that really helped the pain I have I will definitely be booking myself one in the new year.'

'I have not been given a present in many years, it has made me cry, thank you so much, attending the art group has given me so much, now this bag of goodies, I feel like I count, thank you.'

'This bag of presents and the food voucher will mean we will have a Christmas.'

'Just to say a big thank you for the amazing bag of goodies you brought in yesterday. What a lovely surprise and so helpful for Christmas. Thank you also to all the donators for making this happen as well. You are all very kind and we are extremely grateful.'

FINANCIAL REVIEW

Finance

On 1st August 2020 we started a new contract with the Local Authority, this covers all our services and is for the period of 3 years plus 2 years if applicable. The aims of the IW Contract are:

- To reach out to carers that we do not know about who do not identify themselves as a care.
- Ensure that all carers are recognised, respected and given the opportunity to have their support needs assessed and met.
- To provide clear pathways for carers to the information and services available to support them.
- Run a Carers Lounge based at both Hospital and Sevenacres.
- Improve carers groups and activities aimed at supporting carers aged over 18 and over.

The accounts form part of this report and full details of the accounts of the charity are provided. Overall, the figures highlight a reasonably solid position for the charity moving forward, especially now that the funding has been agreed with the IW Council. All projects are monitored to ensure that they operate within budget and approved funding, on a full cost recovery basis whenever possible. If project funding discontinues, then projects cannot continue. The Manager provides a highlights report at quarterly Trustee meetings reporting any key financial considerations. There can be little doubt that the financial climate for Carers IW will continue to be challenging. The reason for holding unrestricted free reserves is to protect Carers IW from the impact of shortfalls in forecast income or unforeseen expenditure. In an extreme case, the reserves need to be sufficient to cease operations in such a way as to minimise disruption to users of our services, and to wind up the operation without leaving creditors, considering the costs of statutory and contractual payments to staff and the termination of existing contracts and leases.

Reserves Policy

Trustees have examined the financial risks of the charity and have identified an amount within the free reserves which are those unrestricted funds not designated for specific purposes or otherwise committed and which the Trustees believe will be sufficient to maintain the unrestricted activities of the charity in the event of a reduction in future funding. The reserves that we have set aside provide financial stability and the means for the future development of supporting unpaid carers. We have included the redundancies funds in our reserves and need to be able to fund any shortfalls in income for example when there is downward pressure on cash flow or when income does not reach expected levels.

Office Related Expenditure

Currently we rent our Carers Centre through CAIW at a cost of £8k pa, including access to private part of server, internet costs, lighting & heating, it. We pay for the whole Youth Hostel rental for the respite weekend twice a year as applicable. Telephone costs are paid via DD; staff receive telephone allowance. Sessional staff have an inclusive cost per hour to include various expenses. We employ a Finance Officer to provide bookkeeping, bank reconciliation, set up monthly management reports and preparation of accounting records.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal Status & Governing Body

Carers IW is a Charitable Incorporated Organisation a registered Charity number 1157082. Its registered office is Carers IW, Riverside Centre, The Quay, Newport, Isle of Wight, PO30 2QR. The charity is governed by its constitution.

The following is an extract from our constitution:

Carers IW is an independent charity based on the Isle of Wight, supporting unpaid adult carers of adults. The objects of the CIO are

To relieve the stresses experienced by carers, over the age of 18 who have care needs, as a result of disability, illness or age within the Isle of Wight (the carer may reside in or work in or care for a person who resides within the Isle of Wight), in particular but not exclusively by:

- Providing a contact point for help for carers over the age of 18;
- Identifying carers who struggle to cope in their caring role;
- Working with other agencies and charities to develop services for carers;
- Offering carers, a break through support groups;
- Gathering and disseminating information relevant to carers issues;
- Raising awareness of and promoting the needs of carers throughout the Isle of Wight with local policy makers and service providers;
- Raising funds to achieve the above.'

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1157082

Principal address
The Riverside Centre
The Quay
Newport
Isle of Wight
PO30 2QR

Trustees
Sue Bennett - Chair of Trustees
Wendy Holleyman - Deputy Chair of Trustees
Barry Jackman
Hugh Harrison
Maurice Dix
Catherine Hands

The board meets at least four times a year and the formal management of the charity is delegated to Elizabeth Martin, Service Manager. None of our trustees gain from remuneration or other benefit from their work with the charity.

If we have a Trustee vacancy through resignation, or that the existing trustees have decided that one or more new trustees with specific skills are needed to help run the charity more effectively. The trustees consider the best methods of attracting a diverse range of candidates with the skills the charity needs. Short-listing and interviews take place against agreed criteria. Interviews are carried out by a small panel of trustees, and each candidate is asked similar questions to ensure a fair and objective approach. Preferred candidates are identified and invited to join the trustees, subject to references, formal vetting and approval by the full trustee board. Unsuccessful candidates are notified and thanked for their interest.

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner
S F Mackie, FCA
Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Bankers
CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Approved by order of the board of trustees on 8th January 2024 and signed on its behalf by:

S C M Bennett
S Bennett - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CARERS ISLE OF WIGHT

Independent examiner's report to the trustees of Carers Isle of Wight
I report to the charity trustees on my examination of the accounts of Carers Isle of Wight (the Trust) for the year ended 31 March 2023.

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
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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.

Stuart Mackie

S F Mackie, FCA

Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Date: 9 January 2024

CARERS ISLE OF WIGHT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	19,293	-	19,293	8,782
Charitable activities	4				
Caring		16,843	304,814	321,657	321,345
Investment income	3	266	-	266	-
Total		36,402	304,814	341,216	330,127
EXPENDITURE ON					
Charitable activities	5				
Caring		40,003	336,205	376,208	318,581
NET INCOME/(EXPENDITURE)		(3,601)	(31,391)	(34,992)	11,546
RECONCILIATION OF FUNDS					
Total funds brought forward		257,937	79,950	337,887	326,341
TOTAL FUNDS CARRIED FORWARD		254,336	48,559	302,895	337,887

The notes form part of these financial statements

CARERS ISLE OF WIGHT

BALANCE SHEET
31 MARCH 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	10	23,723	37,174
CURRENT ASSETS			
Cash at bank and in hand		306,882	304,708
CREDITORS			
Amounts falling due within one year	11	(27,710)	(3,995)
NET CURRENT ASSETS		279,172	300,713
TOTAL ASSETS LESS CURRENT LIABILITIES		302,895	337,887
NET ASSETS		302,895	337,887
FUNDS	13		
Unrestricted funds		254,335	257,937
Restricted funds		48,560	79,950
TOTAL FUNDS		302,895	337,887

The financial statements were approved by the Board of Trustees and authorised for issue on ....8/11/24..... and were signed on its behalf by:

S C M Bennett

S Bennett - Trustee

The notes form part of these financial statements

1. 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.

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.

Expenditure
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. 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.

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

Fixtures and fittings	- 25% on cost
Motor vehicles	- 20% on cost
Computer equipment	- 25% on cost

Individual fixed assets costing £500 or more are capitalised at cost.

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.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

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.

continued...

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	19,293	8,782

3. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	266	-

All investment income is derived from assets held in the United Kingdom.

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023	2022
		£	£
Grants	Caring	321,657	321,345

Grants received, included in the above, are as follows:

	2023	2022
	£	£
IWC prospectus	283,148	281,345
Core funding	4,770	-
IWC Carers Dementia Support Service	-	10,000
Mental Health Carers Support	11,250	20,000
Reminiscence Interactive Therapy	-	10,000
Community Grant Fund	16,500	-
Winter Pressures	2,600	-
Community Foundation Wales	2,500	-
	320,768	321,345

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 6)	Totals
	£	£	£
Caring	301,902	74,306	376,208

continued...

6. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Caring	72,758	72	1,476	74,306

Support costs, included in the above, are as follows:

Management

	2023 Caring	2022 Total activities
	£	£
Wages	45,731	42,946
Rent	8,000	8,000
Motor expenses	1,068	593
Insurance	3,731	3,976
Telephone	1,495	1,557
Postage and stationery	4,745	3,951
Sundries	2,073	1,331
Computer costs	2,173	3,520
Training	-	60
Professional fees	35	90
Repairs and renewals	3,409	167
Small equipment	298	-
	72,758	66,191

Finance

	2023 Caring	2022 Total activities
	£	£
Bank charges	72	96

Governance costs

	2023 Caring	2022 Total activities
	£	£
Independent Examiner's fees	1,476	1,248

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

continued...

7. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

During the year no trustee (2022: One) was reimbursed out of pocket expenses totalling nil (2022: £154)

8. STAFF COSTS

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

	2023	2022
Direct	12	12
Management	1	1
	13	13

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

The key management personnel of the charity compromise the trustees and the manager. The total employment benefits of the key management personnel were £45,730 (2022: £42,946).

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	8,782	-	8,782
Charitable activities			
Caring	40,000	281,345	321,345
Total	48,782	281,345	330,127
EXPENDITURE ON			
Charitable activities			
Caring	29,602	288,979	318,581
NET INCOME/(EXPENDITURE)	19,180	(7,634)	11,546
Transfers between funds	16,367	(16,367)	-
Net movement in funds	35,547	(24,001)	11,546
RECONCILIATION OF FUNDS			
Total funds brought forward	222,390	103,951	326,341
TOTAL FUNDS CARRIED FORWARD	257,937	79,950	337,887

continued...

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Motor vehicles £	Computer equipment £	Totals £
COST				
At 1 April 2022	139	10,799	70,467	81,405
Additions	-	-	711	711
At 31 March 2023	139	10,799	71,178	82,116
DEPRECIATION				
At 1 April 2022	139	2,160	41,932	44,231
Charge for year	-	2,160	12,002	14,162
At 31 March 2023	139	4,320	53,934	58,393
NET BOOK VALUE				
At 31 March 2023	-	6,479	17,244	23,723
At 31 March 2022	-	8,639	28,535	37,174

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	3,883	1,504
Other creditors	1,548	1,195
Accrued expenses	22,279	1,296
	27,710	3,995

	2023 £	2022 £
Brought forward	-	-
Amount released to incoming resources	-	-
Amount deferred in year	20,917	-
Carried forward	20,917	-

Deferred income includes grant income received prior to the year end that relates to the following year.

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Fixed assets	20,727	2,996	23,723	37,174
Current assets	261,318	45,564	306,882	304,708
Current liabilities	(27,710)	-	(27,710)	(3,995)
	254,335	48,560	302,895	337,887

continued...

13. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
Core	220,198	12,401	232,599
IWC Carers Dementia Support Service	13,688	(4,083)	9,605
Mental Health Carers Support	10,559	(6,424)	4,135
Reminiscence Interactive Therapy	7,500	(2,500)	5,000
Connecting Carers	5,992	(2,996)	2,996
	257,937	(3,602)	254,335
Restricted funds			
IWC Prospectus	50,699	(12,750)	37,949
IWC Adult social care	29,251	(21,517)	7,734
Winter Pressures	-	377	377
Community Foundation Wales	-	2,500	2,500
	79,950	(31,390)	48,560
TOTAL FUNDS	337,887	(34,992)	302,895

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Core	25,151	(12,750)	12,401
IWC Carers Dementia Support Service	-	(4,083)	(4,083)
Mental Health Carers Support	11,251	(17,675)	(6,424)
Reminiscence Interactive Therapy	-	(2,500)	(2,500)
Connecting Carers	-	(2,996)	(2,996)
	36,402	(40,004)	(3,602)
Restricted funds			
IWC Prospectus	283,214	(295,964)	(12,750)
IWC Adult social care	-	(21,517)	(21,517)
Community Grant Fund	16,500	(16,500)	-
Winter Pressures	2,600	(2,223)	377
Community Foundation Wales	2,500	-	2,500
	304,814	(336,204)	(31,390)
TOTAL FUNDS	341,216	(376,208)	(34,992)

continued...

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	222,390	(4,080)	1,888	220,198
IWC Carers Dementia Support Service	-	5,201	8,487	13,688
Mental Health Carers Support	-	10,559	-	10,559
Reminiscence Interactive Therapy	-	7,500	-	7,500
Connecting Carers	-	-	5,992	5,992
	222,390	19,180	16,367	257,937
Restricted funds				
IWC Prospectus	35,648	15,051	-	50,699
Awards for all	733	(374)	(359)	-
Living Well	-	(897)	897	-
IWC Adult social care	47,669	(18,418)	-	29,251
IWC Carers Dementia Support Service	8,487	-	(8,487)	-
Connecting Carers	11,414	(2,996)	(8,418)	-
	103,951	(7,634)	(16,367)	79,950
TOTAL FUNDS	326,341	11,546	-	337,887

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	8,782	(12,862)	(4,080)
IWC Carers Dementia Support Service	10,000	(4,799)	5,201
Mental Health Carers Support	20,000	(9,441)	10,559
Reminiscence Interactive Therapy	10,000	(2,500)	7,500
	48,782	(29,602)	19,180
Restricted funds			
IWC Prospectus	281,345	(266,294)	15,051
Awards for all	-	(374)	(374)
Living Well	-	(897)	(897)
IWC Adult social care	-	(18,418)	(18,418)
Connecting Carers	-	(2,996)	(2,996)
	281,345	(288,979)	(7,634)
TOTAL FUNDS	330,127	(318,581)	11,546

IW Prospectus
The aim of the IW Prospectus funding is to reach out to carers that we do not know about, who do not identify themselves as a carer, and ensure that all carers are recognised, respected and given the opportunity to have their support needs assessed and met. As well as provide clear pathways for carers to the information and services available to support them. Improve carers groups and activities aimed at supporting carers aged over 18 and over.

continued...

13. MOVEMENT IN FUNDS - continued

IWC Adult Social Care
ASC fund is used to provide a link etween the service provided by Carers IW and The Isle of Wight Council's Adult Social Care department.

IWC Carers Dementia Support Service
Dementia support service funds are used to offer PA support to dementia sufferers, giving their carers respite.

Connecting Carers
Connecting Carers funds are used to employ PAs to provide respite for carers during the pandemic. These funds were also used to purchase IPads which were loaned out to carers to help reduce carer isolation.

Mental Health Carers Support
The Mental Health Carers Support is to fund the post of a Carers Support Worker based at the local mental hospital.

Reminiscence Interactive Therapy Activity
The Reminiscence Interactive Therapy Activity project is a project that provides use of specialist technology to stimulate patients of Dementia, in turn providing reprieve in their carers caring role.

Community Grant Fund
The Community Grant Fund provides cost of living support to carers across the Isle of Wight.

Winter Pressures
The Winter Pressures fund provides mindfulness activities for carers. This also extended the support at Sevenacres hospital provided by our service.

Community Fund Wales
The Community Fund Wales is used to run a sound bath experience for carers.

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

CARERS ISLE OF WIGHT

England & Wales - Charity number 1157082

Accounts

REGISTERED CHARITY NUMBER: 1157082

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

FOR

CARERS ISLE OF WIGHT

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. 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

Who we are

Carers IW is a local charity supporting adult carers of adults on the Isle of Wight.

A carer is anyone who cares, unpaid, for a family member or friend who cannot manage without their support. They might look after someone with a physical disability, long term health condition, mental health issue or a problem with substance misuse.

We help carers to access support, services, education and training, and breaks from their caring role. We ensure carers on the Island have a voice in policy making and planning for services, and we work with health and social care professionals to develop best practice. Our aim is to create carer friendly communities where carers are recognised, valued and supported.

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

ACHIEVEMENT AND PERFORMANCE

Summary of 2021

2021-2022 saw the COVID-19 pandemic continuing, for Carers IW we looked to adapt our support to meet carers needs. All areas of Carers IW remained fully operational during the 2021-2022, no staff were furloughed.

We offer unpaid carers a service at the Carers Centre and through the Carers Lounge at the St Marys Hospital and the Carers Lounge at Sevenacres the Mental Health Hospital.

We offer a range of support to carers from emotional support, dementia training and coping strategy work, respite days, quiet days, pamper days, drop ins, support groups, support for former carers, younger carers, IPAD library, Dementia Carers Café, Ring Round, Take a Break, Carers Assessments, Mental Health Support, and not forgetting our residential respite weekend offering carers time out, holistic therapies, meals and craft workshops.

During the pandemic unpaid carers were at risk of feeling isolated due to their need to shield the person they care for, and we looked at various options to offer respite using various options. One option was to increase our IPAD library and organised the connectivity of carers who did not have the ability to use the Internet as well as paid for ICT assistance. They were able to contact various carer supports, including family, and friends on a pre-set device.

Our work evidenced that carers who receive a video call are much more responsive to us, and we were able to share coping strategies that would help them manage challenging situations in a different way. They were also able to join the groups we run online; the peer support was invaluable as carers realise that they are not alone. The Ring Round volunteer support continues to be immensely important to individual carers who had limited family and friend's support.

Carers accessed various sessions including our gym session as well as the self-care café and support groups. We up-skilled staff and volunteers to work with carers in the community to access to the Internet and enable them to borrow an IPAD that they used to engage with their peers, family and Carer Support workers easily.

Carers Strategy Work

We have been working with carers in the community about what a carers strategy questionnaire should look at. We have also ensured that we worked with People Matter as they have a limited number of carers who attend their meetings. We have enabled carers to influence services in other ways too, for example through our long-established working relationship with the local authority based on the shared aim of giving carers the recognition and support they need. This has at times been challenging, particularly since the implementation of the Care Act which locally, appeared to coincide with significant budget restrictions which led to reductions in the supports that had previously been available to carers.

Referrals

We have had an increased referral rate from all sectors as the pandemic restrictions have been exceptionally difficult for carers at home.

Staff & Volunteers

The overall response of all staff and volunteers during the period of this emergency has been tremendous and are to be congratulated for their efforts. Many staff have gone over and above what could reasonably be expected of them and the genuine kindness and willingness to assist has been immensely awesome. The team have provided 7-days a week support for unpaid carers across the Island.

Issues Arising from Pandemic Situation

Domestic Violence

We have seen a rise in domestic violence towards unpaid carers since the introduction of the lockdown. We have had increased incidents of people with dementia reverting back to domestic abuse behaviours that partners have not had to experience in many years. Use of medication has been the answer for many of these carers, particularly due to the restrictions and the difficulties around people understanding the need to social distance. The Dragon Fly training staff attended has helped them support carers who find themselves in this position has been very beneficial.

Health Issues
We have had many conversations with carers who are reluctant to seek medical help for non-related health issues to Covid19. It is of concern the amount of people who are shying away from seeking help. There have been difficulties for people to get to see a GP due to the pressures on the GP practices and trying to get the population vaccinated. Those that have gone forward to ask for help after persuasion have required medical intervention.

Our Services
Ring Round Support
Our volunteer Ring Round Support Team and Trustees have all taken extra referrals to ensure more carers feel fully supported during these difficult times. The service is manned by volunteers and overseen by a Trustee and the Manager. Volunteers offer carers a regular supportive telephone call to the carer and feedback to the Team if a carer is struggling and needs more support.

Carers Lounge
The Carers Lounge offers a 24/7 safe and welcoming space for unpaid carers to unwind. During core hours it offers carers the chance to reflect on the emotional and physical impact of caring and receive some help to negotiate the hospital journey from admission to discharge. Carers are supported to communicate with the appropriate hospital staff, understand their rights, access practical support, identify training needs, engage with other relevant agencies, and apply for specialised carer benefits as appropriate. The team works with hospital colleagues to improve knowledge and understanding of the needs of carers to promote an inclusive approach when planning for patients. They also provide ongoing support to carers from the point of discharge whether the cared for is going home or to a short-term placement. All team members are providing extra emotional support to carers during this unprecedented time. The Carers Lounge team at St Marys were asked to share their good practice examples with NHS England who used it in a National Training event. They are now working with the integrated discharge team to ensure that carers are part of the decision-making process prior to discharge where possible. It has been and continues to be a difficult time as the Island is coping with a crisis in care in the community which has meant that there is a significant number of medically optimised patients awaiting placement as there are severe shortages of care packages/care placements available.

Sevenacres Carers Lounge
Carers IW have established a base for our Hospital Team Leader in Sevenacres to work with the hospital to support carers caring for someone with mental illness. The aim of this service is to improve care outcomes and more cost-effective service delivery. The presence of a dedicated carers worker in Sevenacres has already led to increased referrals from all three wards, the Home Treatment Team, and carers themselves. We established a carers support group at for these carers and are developing outreach to mental health carers in the community.

We have worked closely with ward colleagues to implement improved carer identification, offer practical and emotional support to carers and working with hospital colleagues to improve knowledge and understanding of the needs of carers to promote an inclusive approach when planning for patients. Carers are supported to communicate with the appropriate hospital staff, understand their rights, access practical support, identify training needs, engage with other relevant agencies, and apply for specialised carer benefits.

The current Hospital Team Leader in Sevenacres is funded via the Local Authority, however the Carer Support Worker is currently funded through NHS charitable funds which is due to end September 2022. If Carers IW are unable to secure funding for the carers support worker this will indeed lead to a reduction or indeed a withdrawal of the service which will obviously have significant impact on resource provision and ultimately increased pressure on statutory services.

We are looking to sustain the funding of this post beyond September 2022. The post would allow us to work more closely with carers during the patient transition between hospital and community. Often carers are identified by the Home Treatment Team who support patients after hospital stays and also in the hope of avoiding admission; support for carers can be most crucial at these times. We have earnt the trust of the Sevenacres staff and are now routinely invited to patient reviews with the carer, part of three-way telephone consultations with psychiatrists and carers, one of the positive aspects is that we are and can speak openly to our carers and staff and are often able to challenge both sides to try to get the best outcome for all.

We have a good relationship with all the mental health team, wards and the Home Treatment Team; our referrals from them have increased since the development of the Carers Lounge based at Sevenacres on a full-time basis. The peer support group (staffed by us and a member of staff from Sevenacres) to carers enables carers to access information, peer support on a regular basis. This will assist carers in accessing help quickly if they notice a deterioration in the person they care for if they are able to access coping strategies or help, thus prevention of unnecessary admission to hospital.

Carers Assessments
The Care Act 2014 sets out carers' legal rights to assessment and support. It states that a carer is eligible for an assessment if they provide substantial and regular support to someone who needs care. The carer's assessment is an opportunity to discuss with the local council what support or services needed. The assessment will look at how caring affects their life, including for example, physical, mental, and emotional needs, and whether they are able or willing to carry on caring. Throughout 2021 we are increasingly receiving requests to complete carers' assessments due to the pandemic; we were able to complete these using a variety of ways including home visits if essential, telephone, video calls, office visits. We were asked to comment on the IWC updated version of the Carers Assessment, we included volunteers, staff, carers and former carers in this piece of work, and we are awaiting the outcome.

Emotional Support
Carers are offered emotional support through one-to-one sessions with our trained staff. Ideally, we look towards encouraging carers into attending other support for example the Self-Care sessions that offer a safe and therapeutic session that also promotes social interaction with peers. During the past twelve months we have had to increase our staffing to meet the need.

Newport Drop in
Our Carers Centre drop in for both carers and cared for people and offers a variety of activities from a chat and a cuppa, to learning how to use an IPAD, Kindle or enjoying a quiz. This has been attended by many carers and their cared for as they are struggling to manage in the home environment.

Self- Care Café
The Self-Care Cafes are very popular and offer carers an opportunity to learn new skills, complete their journal, learn mindfulness, enjoy a craft activity, and gain from peer support.

Male Carers Social Group
The male carer social group is run by a male carer and they meet every month on the second Tuesday of the month. Generally, the group visit a pub that offers the option of food. It is a successful group that offers a lot of peer support to each other. The group have managed to meet a few times when the local conditions were safe to do so. This group is open to both former and current carers. The group leader also offers a telephone service to the male carers who receive a supportive telephone call each month. This has been instrumental in building up relationships and trust and all the carers have requested that this continues. The members of the group are now beginning to offer peer support and buddy up with each other, offering a supportive phone call during the week.

Take a Break Group
The group has restarted for the carers only due to space at the Carers Centre. Carers in this group really benefit from the peer support offered from each other. The group is primarily run by a volunteer who has a volunteer and a member of staff available to her.

Dementia Solution Focussed Strategies for Carers Group
This group offers carers caring for someone with dementia the opportunity to bring their issues in regard to behaviours and look at how others have dealt with it and/or look at Dr Gemma Jones work in relation to Dementia Awareness Reaching Communities. We consider that this will be a useful resource that will enable carers to support each other and find a strategy that works for them as well as learning more about dementia. This popular group offers any carer who has attended the training we run a further opportunity for additional learning and to gain from peer support and/or support/strategies.

Respite Weekend for Carers
We held our respite weekend last November ensuring that we were Covid Safe as possible.

'Love being a part of carers . Very rewarding . Thank you . Hope you aren't to tired xx'

'THANKYOU for organising such a lovely break for us... you're all amazing!!!! X '

'Thank you for a lovely weekend. I was so relaxed'

'I just wanted to say thank you so much to you and the 'A team' for another lovely respite weekend.'

'It was so good to be able to spend time together again enjoying the crafts, pampering and relaxation time - You and your team really do spoil us carers. The food was delicious and the pavlova I had on Saturday night was to die for....!'

Branching Out
Two members of staff run a 7-week course that is specifically for bereaved carers and looks at dealing with their thoughts, feelings, grief, loss and emotions, as well as their identity, what next. This group has managed to run using online facilities as well as one to one work in the community.

Dementia Awareness Training for Unpaid Carers
We have a waiting list for this training, we have managed to run some complete groups of this training this year. We work with carers caring for people with dementia and we have found that they need ongoing help. Generally, we do not close these cases as they require ongoing support. Carers asked us for help in understanding the dementia and what was happening to them, a lot of the carers would get cross with the person they cared for as they felt their actions was due to their 'awkwardness' not their dementia. We realised that carers were also disempowering the people they cared for unintentionally, for example, they stopped them doing everyday tasks and told them to sit and rest. Obviously, this led to the people with dementia displaying more behaviours as they were bored. We also noticed that many carers were reluctant to accept respite early on in their caring role and often left it until a crisis happened. Carers caring for those with dementia are undoubtably faring the worst in the lockdown and ongoing restrictions. People with dementia do not understand the need for social distancing and we are seeing a rise in aggressive behaviours and consequently more use of sedation. We have continued to run our Dementia Training to both unpaid carers and offered some sessions to both PAs and Social Prescribers.

'The Bookcase Model really helped me understand the memory issues.'

'Speaking and getting to know other carers going through same and different elements of the disease.' (21yr carer caring for Mother with early onset.)

Christmas Hampers
We gave out 15 Christmas hampers to carers we felt would benefit from a little extra care. All staff donated their gifts, we asked our staff to nominate carers who would benefit from the hamper, not necessarily financially.

"Thank you so much for the goodies! Caused much excitement in my house, believe me.
Also, thank you for everything you have done for me and Anna this year. Not sure I could cope without you all at Carers. Xxx"

"Thank you sooo so much for my gift bag!! I can't believe it, your generosity and kindness to nominate me made me well up. I appreciate it so much! Thank you again for all your help this year, I don't think I would be able to manage without your chats and support, you really do change peoples lives for the best"

Carer Quotes
We are lucky that our team is quite small but very friendly and supportive. Carers IW have an amazing team of volunteers that offer their time and experience, without which, we would not offer such a good service, thank you all from Carers IW.

As a result of our intervention carers report feeling:

"To everyone at Carers Isle of Wight, thanks for all your hard work"

"Thank you so much for all your help and support"

"Thanks so much for best support"

"Thank you so much for all your help earlier this year"

"Thank you all so much for the support you give through out the year and special thanks for the Totland weekend, such a lovely treat"

"Just a note to say thank you for all the support and advice over the last year. Not sure where we'd be without it"

FINANCIAL REVIEW

Finance

On 1st August 2020 we started a new contract with the Local Authority, this covers all our services and is for the period of 3 years plus 2 years if applicable. The aims of the IW Contract are:

- To reach out to carers that we do not know about who do not identify themselves as a care.
- Ensure that all carers are recognised, respected and given the opportunity to have their support needs assessed and met.
- To provide clear pathways for carers to the information and services available to support them.
- Run a Carers Lounge based at both Hospital and Sevenacres.
- Improve carers groups and activities aimed at supporting carers aged over 18 and over.

The accounts form part of this report and full details of the accounts of the charity are provided. Overall, the figures highlight a reasonably solid position for the charity moving forward, especially now that the funding has been agreed with the IW Council. All projects are monitored to ensure that they operate within budget and approved funding, on a full cost recovery basis whenever possible. If project funding discontinues, then projects cannot continue. The Manager provides a highlights report at quarterly Trustee meetings reporting any key financial considerations. There can be little doubt that the financial climate for Carers IW will continue to be challenging. The reason for holding unrestricted free reserves is to protect Carers IW from the impact of shortfalls in forecast income or unforeseen expenditure. In an extreme case, the reserves need to be sufficient to cease operations in such a way as to minimise disruption to users of our services, and to wind up the operation without leaving creditors, considering the costs of statutory and contractual payments to staff and the termination of existing contracts and leases.

Reserves Policy

Trustees have examined the financial risks of the charity and have identified an amount within the free reserves which are those unrestricted funds not designated for specific purposes or otherwise committed and which the Trustees believe will be sufficient to maintain the unrestricted activities of the charity in the event of a reduction in future funding. The reserves that we have set aside provide financial stability and the means for the future development of supporting unpaid carers. We have included the redundancies funds in our reserves and need to be able to fund any shortfalls in income for example when there is downward pressure on cash flow or when income does not reach expected levels.

Office Related Expenditure

Currently we rent our Carers Centre through CAIW at a cost of £8k pa, including access to private part of server, internet costs, lighting & heating. We pay for the whole Youth Hostel rental for the respite weekend twice a year as applicable. Telephone costs are paid via DD; staff receive telephone allowance. Sessional staff have an inclusive cost per hour to include various expenses. We employ a Finance Officer to provide bookkeeping, bank reconciliation, set up monthly management reports, preparation of accounting records before audit. To help offset the cost of the Financial Officer we do some accountancy work for People Matter a local charity who we work closely with.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal Status & Governing Body

Carers IW is a Charitable Incorporated Organisation a registered Charity number 1157082. Its registered office is Carers IW, Riverside Centre, The Quay, Newport, Isle of Wight, PO30 2QR. The charity is governed by its constitution

The following is an extract from our constitution:

Carers IW is an independent charity based on the Isle of Wight, supporting unpaid adult carers of adults. The objects of the CIO are

To relieve the stresses experienced by carers, over the age of 18 who have care needs, as a result of disability, illness or age within the Isle of Wight (the carer may reside in or work in or care for a person who resides within the Isle of Wight), in particular but not exclusively by:

- Providing a contact point for help for carers over the age of 18;
- Identifying carers who struggle to cope in their caring role;
- Working with other agencies and charities to develop services for carers;
- Offering carers, a break through support groups;
- Gathering and disseminating information relevant to carers issues;
- Raising awareness of and promoting the needs of carers throughout the Isle of Wight with local policy makers and service providers;
- Raising funds to achieve the above.'

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1157082

Principal address
The Riverside Centre
The Quay
Newport
Isle of Wight
PO30 2QR

Trustees
Sue Bennett - Chair of Trustees
Wendy Holleyman - Deputy Chair of Trustees
Barry Jackman
Hugh Harrison
Maurice Dix
Catherine Hands

The board meets at least four times a year and the formal management of the charity is delegated to Elizabeth Martin, Service Manager. None of our trustees gain from remuneration or other benefit from their work with the charity.

If we have a Trustee vacancy through resignation, or that the existing trustees have decided that one or more new trustees with specific skills are needed to help run the charity more effectively. The trustees consider the best methods of attracting a diverse range of candidates with the skills the charity needs. Short-listing and interviews take place against agreed criteria. Interviews are carried out by a small panel of trustees, and each candidate is asked similar questions to ensure a fair and objective approach. Preferred candidates are identified and invited to join the trustees, subject to references, formal vetting and approval by the full trustee board. Unsuccessful candidates are notified and thanked for their interest.

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner
S F Mackie, FCA
ICAEW
Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Bankers
CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Approved by order of the board of trustees on 15th November 22 and signed on its behalf by:

S C M Bennett
.....
S Bennett - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CARERS ISLE OF WIGHT

Independent examiner's report to the trustees of Carers Isle of Wight
I report to the charity trustees on my examination of the accounts of Carers Isle of Wight (the Trust) for the year ended 31 March 2022.

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
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

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.

Stuart Mackie

S F Mackie, FCA
ICAEW
Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Date: 5th December 2022

CARERS ISLE OF WIGHT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	8,782	-	8,782	2,262
Charitable activities					
Caring		40,000	281,345	321,345	352,047
Other trading activities	3	-	-	-	2,114
Total		48,782	281,345	330,127	356,423
EXPENDITURE ON					
Charitable activities	5				
Caring		29,602	288,979	318,581	327,033
NET INCOME/(EXPENDITURE)		19,180	(7,634)	11,546	29,390
Transfers between funds	14	16,367	(16,367)	-	-
Net movement in funds		35,547	(24,001)	11,546	29,390
RECONCILIATION OF FUNDS					
Total funds brought forward		222,390	103,951	326,341	296,951
TOTAL FUNDS CARRIED FORWARD		257,937	79,950	337,887	326,341

The notes form part of these financial statements

CARERS ISLE OF WIGHT

BALANCE SHEET
31 MARCH 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	10	37,174	18,927
CURRENT ASSETS			
Debtors	11	-	1,063
Cash at bank and in hand		304,708	319,970
		304,708	321,033
CREDITORS			
Amounts falling due within one year	12	(3,995)	(13,619)
NET CURRENT ASSETS		300,713	307,414
TOTAL ASSETS LESS CURRENT LIABILITIES		337,887	326,341
NET ASSETS		337,887	326,341
FUNDS	14		
Unrestricted funds		257,937	222,390
Restricted funds		79,950	103,951
TOTAL FUNDS		337,887	326,341

The financial statements were approved by the Board of Trustees and authorised for issue on 15th NOV 22 and were signed on its behalf by:

S C M Bennett

S Bennett - Trustee

The notes form part of these financial statements

1. 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.

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.

Expenditure
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. 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.

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

Fixtures and fittings	- 25% on cost
Motor vehicles	- 20% on cost
Computer equipment	- 25% on cost

Individual fixed assets costing £500 or more are capitalised at cost.

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.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

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.

continued...

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	8,782	2,262

3. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Other income	-	2,114

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2022	2021
		£	£
Grants	Caring	321,345	352,047

Grants received, included in the above, are as follows:

	2022	2021
	£	£
IWC prospectus	281,345	177,080
Core funding	-	13,800
Living well	-	53,567
IWC Adult social care	-	50,000
IWC Carers Dementia Support Service	10,000	9,600
Connecting Carers	-	48,000
Mental Health Carers Support	20,000	-
Reminiscence Interactive Therapy	10,000	-
	321,345	352,047

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 6)	Totals
	£	£	£
Caring	251,046	67,535	318,581

6. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Caring	66,191	96	1,248	67,535

continued...

6. SUPPORT COSTS - continued

Support costs, included in the above, are as follows:

Management

	2022 Caring	2021 Total activities
	£	£
Wages	42,946	43,237
Rent	8,000	8,000
Motor expenses	593	-
Insurance	3,976	2,750
Telephone	1,557	1,360
Postage and stationery	3,951	9,326
Sundries	1,331	4,435
Computer costs	3,520	2,856
Training	60	3,140
Professional fees	90	267
Repairs and renewals	167	720
	66,191	76,091

Finance

	2022 Caring	2021 Total activities
	£	£
Bank charges	96	69

Governance costs

	2022 Caring	2021 Total activities
	£	£
Independent Examiner's fees	1,248	1,248

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

During the year no trustee (2021: One) was reimbursed out of pocket expenses totalling nil (2021: £154)

continued...

8. STAFF COSTS

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

	2022	2021
Direct	12	13
Management	1	1
	13	14

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

The key management personnel of the charity compromise the trustees and the manager. The total employment benefits of the key management personnel were £42,946 (2021: £43,237).

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2,262	-	2,262
Charitable activities			
Caring	13,799	338,248	352,047
Other trading activities	2,114	-	2,114
Total	18,175	338,248	356,423
EXPENDITURE ON			
Charitable activities			
Caring	5,838	321,195	327,033
NET INCOME	12,337	17,053	29,390
Transfers between funds	1,213	(1,213)	-
Net movement in funds	13,550	15,840	29,390
RECONCILIATION OF FUNDS			
Total funds brought forward	208,840	88,111	296,951
TOTAL FUNDS CARRIED FORWARD	222,390	103,951	326,341

continued...

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Motor vehicles £	Computer equipment £	Totals £
COST				
At 1 April 2021	139	-	47,937	48,076
Additions	-	10,799	22,530	33,329
At 31 March 2022	139	10,799	70,467	81,405
DEPRECIATION				
At 1 April 2021	139	-	29,010	29,149
Charge for year	-	2,160	12,922	15,082
At 31 March 2022	139	2,160	41,932	44,231
NET BOOK VALUE				
At 31 March 2022	-	8,639	28,535	37,174
At 31 March 2021	-	-	18,927	18,927

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	-	1,063

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	1,504	11,351
Other creditors	1,195	-
Accrued expenses	1,296	2,268
	3,995	13,619

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Fixed assets	30,463	6,711	37,174	18,927
Current assets	231,469	73,239	304,708	321,033
Current liabilities	(3,995)	-	(3,995)	(13,619)
	257,937	79,950	337,887	326,341

continued...

14. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	222,390	(4,080)	1,888	220,198
IWC Carers Dementia Support Service	-	5,201	8,487	13,688
Mental Health Carers Support	-	10,559	-	10,559
Reminiscence Interactive Therapy	-	7,500	-	7,500
Connecting Carers	-	-	5,992	5,992
	222,390	19,180	16,367	257,937
Restricted funds				
IWC Prospectus	35,648	15,051	-	50,699
Awards for all	733	(374)	(359)	-
Living Well	-	(897)	897	-
IWC Adult social care	47,669	(18,418)	-	29,251
IWC Carers Dementia Support Service	8,487	-	(8,487)	-
Connecting Carers	11,414	(2,996)	(8,418)	-
	103,951	(7,634)	(16,367)	79,950
TOTAL FUNDS	326,341	11,546	-	337,887

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	8,782	(12,862)	(4,080)
IWC Carers Dementia Support Service	10,000	(4,799)	5,201
Mental Health Carers Support	20,000	(9,441)	10,559
Reminiscence Interactive Therapy	10,000	(2,500)	7,500
	48,782	(29,602)	19,180
Restricted funds			
IWC Prospectus	281,345	(266,294)	15,051
Awards for all	-	(374)	(374)
Living Well	-	(897)	(897)
IWC Adult social care	-	(18,418)	(18,418)
Connecting Carers	-	(2,996)	(2,996)
	281,345	(288,979)	(7,634)
TOTAL FUNDS	330,127	(318,581)	11,546

continued...

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	208,840	12,337	1,213	222,390
Restricted funds				
IWC Prospectus	47,273	(11,625)	-	35,648
Awards for all	1,107	(374)	-	733
Living Well	29,691	(31,993)	2,302	-
Shanklin Library Funding	-	(85)	85	-
IWC Adult social care	10,040	37,629	-	47,669
IWC Carers Dementia Support Service	-	8,487	-	8,487
Connecting Carers	-	15,014	(3,600)	11,414
	88,111	17,053	(1,213)	103,951
TOTAL FUNDS	296,951	29,390	-	326,341

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	18,176	(5,839)	12,337
Restricted funds			
IWC Prospectus	177,080	(188,705)	(11,625)
Awards for all	-	(374)	(374)
Living Well	53,567	(85,560)	(31,993)
Shanklin Library Funding	-	(85)	(85)
IWC Adult social care	50,000	(12,371)	37,629
IWC Carers Dementia Support Service	9,600	(1,113)	8,487
Connecting Carers	48,000	(32,986)	15,014
	338,247	(321,194)	17,053
TOTAL FUNDS	356,423	(327,033)	29,390

IW Prospectus
The aim of the IW Prospectus funding is to reach out to carers that we do not know about, who do not identify themselves as a carer, and ensure that all carers are recognised, respected and given the opportunity to have their support needs assessed and met. As well as provide clear pathways for carers to the information and services available to support them. Improve carers groups and activities aimed at supporting carers aged over 18 and over.

IWC Adult Social Care
ASC fund is used to provide a link etween the service provided by Carers IW and The Isle of Wight Council's Adult Social Care department.

continued...

14. MOVEMENT IN FUNDS - continued

IWC Carers Dementia Support Service
Dementia support service funds are used to offer PA support to dementia sufferers, giving their carers respite.

Connecting Carers
Connecting Carers funds are used to employ PAs to provide respite for carers during the pandemic. These funds were also used to purchase IPads which were loaned out to carers to help reduce carer isolation.

Mental Health Carers Support
The Mental Health Carers Support is to fund the post of a Carers Support Worker based at the local mental hospital.

Reminiscence Interactive Therapy Activity
The Reminiscence Interactive Therapy Activity project is a project that provides use of specialist technology to stimulate patients of Dementia, in turn providing reprieve in their carers caring role.

Transfers between funds

The transfers from restricted to unrestricted funds relate either to funds which restrictions have been satisfied and therefore are no longer considered to be restricted funds after authority has been obtained from the funder to transfer the unspent balance, or where expenditure has not been fully allocated during the year.

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

CARERS ISLE OF WIGHT

England & Wales - Charity number 1157082

Accounts

REGISTERED CHARITY NUMBER: 1157082

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

FOR

CARERS ISLE OF WIGHT

CARERS ISLE OF WIGHT

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report with the financial statements of the charity for the year ended 31 March 2021. 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

Who we are

Carers IW is a local charity supporting adult carers of adults on the Isle of Wight.

A carer is anyone who cares, unpaid, for a family member or friend who cannot manage without their support. They might look after someone with a physical disability, long term health condition, mental health issue or a problem with substance misuse.

We help carers to access support, services, education and training, and breaks from their caring role. We ensure carers on the Island have a voice in policy making and planning for services, and we work with health and social care professionals to develop best practice. Our aim is to create carer friendly communities where carers are recognised, valued and supported.

The trustees of Carers IW present audited financial statements for the year ended 31 March 2021.

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

ACHIEVEMENT AND PERFORMANCE

Summary

2020-2021 saw the COVID-19 pandemic which caused worldwide issues, for Carers IW we looked to adapt our support to meet carers needs. All areas of Carers IW remained fully operational during the 2020-2021, no staff were furloughed.

We offer unpaid carers a service at both the Carers Centre in Newport offering support across the whole Island to unpaid carers of adults in their own homes and through the Carers Lounge at the Hospital. In August we opened a Carers Lounge at Sevenacres the Mental Health Hospital.

Generally, we offer a range of support to carers from emotional support, dementia training and coping strategy work, respite days, quiet days, pamper days, moving & handling training, drop ins, support groups, support for former carers, younger carers, IPAD library, Dementia Carers Café, Ring Round, Take a Break, Carers Assessments, Mental Health Support, and not forgetting our residential respite weekend offering carers time out, holistic therapies, meals, wine and lots of craft workshops. However, due to the pandemic restrictions we had to change our offer to ensure we kept the risk levels to both carers and staff as low as possible.

Unpaid carers were at risk of feeling isolated due to their need to shield the person they care for and we offered them respite using various options. We increased our IPAD library and organised the connectivity of carers who did not have the ability to use the Internet as well as paid for ICT assistance. They were able to contact various carer supports, including family, and friends on a pre-set device. We utilized Personal Assistants who were paid hourly to carry out this work as they had the necessary PPE and training in caring for the vulnerable. They were able to set up the ICT Wi-Fi then gave 6- 12 sessions of using the device and connecting to family and our carer support service. Staff and volunteers did shopping and picked up prescriptions for our most vulnerable carers throughout lockdown.

Our work evidenced that carers who receive a video call are much more responsive to us and we can share coping strategies easier. They were also able to join the groups we run online; the peer support was invaluable as carers realise that they are not alone. The Ring Round volunteer support was immensely important to individual carers who had limited family and friends support.

Carers accessed various sessions including our gym session that now is taking place online as well as the self-care café and support groups. We up-skilled staff and volunteers to work with carers in the community to access to the Internet and enable them to borrow an IPAD that they used to engage with their peers, family and Carer Support workers easily.

In the summer we were able to reopen some of our groups and training based at the Carers Centre. Lottery funding enabled us to offer 100 carers, 12-24 free PA sessions as a one off - this has been successful. We then helped these carers apply for relevant benefits such as Attendance Allowance and Carers Allowance that enabled them to continue paying for the PA support after the free sessions ended. Carers are often reluctant to spend their savings, often saving it for a rainy day, not realising that their rainy day is here and that with support they could remain in their role for longer.

Carers Strategy Work

We have been working with carers in the community about what a carers strategy questionnaire should look at. We have also ensured that we worked with People Matter as they have a limited number of carers who attend their meetings. We have enabled carers to influence services in other ways too, for example through our long-established working relationship with the local authority based on the shared aim of giving carers the recognition and support they need. This has at times been challenging, particularly since the implementation of the Care Act which locally, appeared to coincide with significant budget restrictions which led to reductions in the supports that had previously been available to carers. However, the recruitment of a worker from ASC has helped build these connections and strengthen our working closer together.

Referrals

We have had an increased referral rate from all sectors as the pandemic restrictions have been exceptionally difficult for carers at home.

Staff & Volunteers

The overall response of all staff and volunteers during the period of this emergency has been tremendous and are to be congratulated for their efforts. Many staff have gone over and above what could reasonably be expected of them and the genuine kindness and willingness to assist has been immensely awesome. The team have provided 7-days a week support for unpaid carers across the Island. We have recruited more volunteers to help deliver a wider service.

Issues Arising from Pandemic Situation

Domestic Violence
We have seen a rise in domestic violence towards unpaid carers since the introduction of the lockdown. We have had increased incidents of people with dementia reverting back to domestic abuse behaviours that partners have not had to experience in many years. Use of medication has been the answer for many of these carers, particularly due to the restrictions and the difficulties around people understanding the need to social distance. The Dragon Fly training staff attended has helped them support carers who find themselves in this position has been very beneficial.

Health Issues
We have had many conversations with carers who are reluctant to seek medical help for non-related health issues to Covid19. It is of concern the amount of people who are shying away from seeking help. Those that have gone forward to ask for help after persuasion have required medical intervention.

Dementia
Carers caring for those with dementia are undoubtably faring the worst in the lockdown and ongoing restrictions. People with dementia do not understand the need for social distancing and we are seeing a rise in aggressive behaviours and consequently more use of sedation.
For example, a Carer supporting wife who has dementia, his wife was not understanding the need to social distancing and has started to wander significantly and would go up to others to chat then get very angry when people asked her to move away. She was getting very cross with her husband and we suspected that she was 'lashing out' at him from what he was telling us. The carer used our 'I have dementia' card - that explained to others that his wife was ill without the need to verbalise it. We asked his GP to increase his wife's prescription of diazepam so to reduce her anger and distress. We spoke to him about the use of trackers/door alarms and Wightcare were prepared to fit this if required, so he could be alerted/find his wife when she wandered off. We gave him suggestions about how to distract and ongoing dementia training. We were unable to call him as this would lead to his wife getting angry, so we used text and email and calls from him regardless of the time once his wife had gone for a wander.

Over sixty families self-isolating-they required shopping, the family needed specific allergy goods, so we set them up with a local food provider and offer to collect prescriptions and allergy foodstuffs as required.

Prescriptions & Shopping
The charity has managed to gain funding externally to ensure all staff can work from home and to give a monetary float to volunteers/staff who are purchasing foodstuffs for vulnerable carers. Where possible we have helped carers gain local assistance regarding shopping and prescriptions so we can offer support those carers who are unable to link into these networks. Looking to the longer term planning we have helped carers engage with local providers who are able to deliver shopping which will also help the local economy.

"My daughter is disabled, blind, focal seizures, learning difficulties etc and on the vulnerable list and I'm waiting for the letter with phone numbers on to be delivered. We don't have family on the island, and I am my daughter's carer, so I have stay safe to look after her. I don't want to risk queuing with people who may be ill at the chemist. I tried to pay £5 online but it rejected my payment. Thank you so much, I feel so relieved."

"I care for my wife who has dementia, I could not queue up to get her prescription as she would wander off and chat to others, thanks Carers IW for sorting a volunteer to do it."

"Mum has dementia and she was getting really angry with me, it turned out because the prescription was incorrect, Mum wasn't getting enough painkillers, Kate sorted it for us at our GP surgery and since then Mum has been great, I really thought she would enter a care home, phew, thanks guys."

Our Services

Ring Round Support
Our volunteer Ring Round Support Team and Trustees have all taken extra referrals to ensure more carers feel fully supported during these difficult times. The service is manned by volunteers and overseen by a Trustee and the Manager. Volunteers offer carers a regular supportive telephone call to the carer and feedback to the Team if a carer is struggling and needs more support.
We had an alert from our Ring Round (RR) Support Team - the carer was ill and her husband was being discharged from Hospital. They required basic shopping goods, family on mainland could not support. Required incontinence pads and prescriptions, husband needed assistance to shower twice a week. They were under capital limit but paying full rate. We spoke to ASC who were reviewing the charges. Mrs W was quite confused herself and struggled to create a shopping list. Staff checked out kitchen stock and now do a weekly shop ensuring that the couple have enough food items that include ready meals for a week. RR support rings each week to reiterate that shopping will happen and to offer support.

A carer rang us in distress as she had hurt her back, she cares for her husband who has dementia. She had phoned the doctor who has issued pain medication to the pharmacy, but she is trying to get through to see if they can deliver it with not much luck. So, we arranged to pick up her prescriptions as well as a weekly shop - so by keeping an eye on her health and whether she was managing at home.

We have a carer caring for her husband - both late 80s, she gets very confused (probably dementia) but is caring for husband who has diabetes, an amputee, they have a regular shop, pad pick up, prescription service from us as well as a ring round support as she starts to panic that she is going to run out of milk. We know exactly how much food and drink she has but she forgets that we will be turning up each week to do her shopping, so all staff and volunteers are working together with her to remind her and calm her down.

Carers Lounge
The Carers Lounge offers a 24/7 safe and welcoming space for unpaid carers to unwind. During core hours it offers carers the chance to reflect on the emotional and physical impact of caring and receive some help to negotiate the hospital journey from admission to discharge. Carers are supported to communicate with the appropriate hospital staff, understand their rights, access practical support, identify training needs, engage with other relevant agencies, and apply for specialised carer benefits as appropriate. The team works with hospital colleagues to improve knowledge and understanding of the needs of carers to promote an inclusive approach when planning for patients. They also provide ongoing support to carers from the point of discharge whether the cared for is going home or to a short-term placement. All team members are providing extra emotional support to carers during this unprecedented time. We have opened a small Carers Lounge at Sevenacres Mental Hospital in August; this is becoming well known and gratefully used by carers and staff referring to it.

Carers Assessments
The Care Act 2014 sets out carers' legal rights to assessment and support. It states that a carer is eligible for an assessment if they provide substantial and regular support to someone who needs care. The carer's assessment is an opportunity to discuss with the local council what support or services needed. The assessment will look at how caring affects their life, including for example, physical, mental and emotional needs, and whether they are able or willing to carry on caring. Throughout 2021 we are increasingly receiving requests to complete carers' assessments due to the pandemic; we were able to complete these using a variety of ways including home visits if essential, telephone, video calls, office visits.

Emotional Support
Carers are offered emotional support through one-to-one sessions with our trained staff. These sessions were initially agreed for a series of six sessions then each case is reviewed and if necessary further input can be agreed by the team. Ideally, we look towards encouraging carers into attending other support for example the Self-Care sessions that offer a safe and therapeutic session that also promotes social interaction with peers. During the past twelve months we have had to increase our staffing to meet the need.

Newport Drop in
In August we reopened our Carers Centre drop in for both carers and cared for people and offers a variety of activities from a chat and a cuppa, to learning how to use an IPAD, Kindle or enjoying a quiz. This has been attended by dementia carers and their cared for as they are struggling to manage in the home environment.

Self- Care Café

In September we increased our Self-Care Cafes to twice a month so to meet the need. This group offer carers an opportunity to learn new skills, complete their journal, learn mindfulness, enjoy a craft activity, and gain from peer support.

Male Carers Social Group
The male carer social group is run by a male carer and they meet every month on the second Tuesday of the month. Generally, the group visit a pub that offers the option of food. It is a successful group that offers a lot of peer support to each other. The group have managed to meet a few times when the local conditions were safe to do so. This group is open to both former and current carers. The group leader also offers a telephone service to the male carers who receive a supportive telephone call each month. This has been instrumental in building up relationships and trust and all the carers have requested that this continues. The members of the group are now beginning to offer peer support and buddy up with each other, offering a supportive phone call during the week.

Take a Break Group
The group has restarted for the carers only due to space at the Carers Centre. Carers in this group really benefit from the peer support offered from each other. The group is primarily run by a volunteer Sue who has a volunteer and a member of staff available to her. We received funding from the Local Authority to enable carers to access PA support for their cared for person and they could then attend this group.

Dementia Solution Focussed Strategies for Carers Group
This group has restarted offering carers caring for someone with dementia the opportunity to bring their issues in regard to behaviours and look at how others have dealt with it and/or look at Dr Gemma Jones work in relation to Dementia Awareness Reaching Communities. We consider that this will be a useful resource that will enable carers to support each other and find a strategy that works for them as well as learning more about dementia. This popular group offers any carer who has attended the training we run a further opportunity for additional learning and to gain from peer support and/or support/strategies.

Branching Out
Two members of staff run a 7-week course that is specifically for bereaved carers and looks at dealing with their thoughts, feelings, grief, loss and emotions, as well as their identity, what next. This group has managed to run using online facilities.

Dementia Awareness Training for Unpaid Carers
We have a waiting list for this training, we have managed to run some complete groups of this training this year. We work with carers caring for people with dementia and we have found that they need ongoing help. Generally, we do not close these cases as they require ongoing support. Carers asked us for help in understanding the dementia and what was happening to them, a lot of the carers would get cross with the person they cared for as they felt their actions was due to their 'awkwardness' not their dementia. We realised that carers were also disempowering the people they cared for unintentionally, for example, they stopped them doing everyday tasks and told them to sit and rest. Obviously, this led to the people with dementia displaying more behaviours as they were bored. We also noticed that many carers were reluctant to accept respite early on in their caring role and often left it until a crisis happened.

Easter Eggs
We were given some Easter Eggs that are normally used by National Trust, these were given out re the shopping deliveries for our carers.
"Hello to you all Would just like to say many thanks for the Easter eggs you gave us. Very kind of you and much appreciated. Hope you all have a lovely Easter as best you can and are able to get out in your gardens and enjoy the lovely sunshine. Stay safe. Once again thank you for being so supportive. I dread to think what it would be like without you all. Kind regards Jackie"

Christmas Hampers
We gave out 30 Christmas hampers to carers we felt would benefit from a little extra care. All staff donated their gifts, we asked our staff to nominate carers who would benefit from the hamper, not necessarily financially. The Locality and Review Team in Adult Social Care chose us as one of their charities and we received 8 donations - we decided to extend these donations to our hampers for carers in the community.

Carer Quotes

We are lucky that our team is quite small but very friendly and supportive. Carers IW have an amazing team of volunteers that offer their time and experience, without which, we would not offer such a good service, thank you all from Carers IW.
As a result of our intervention carers report feeling:

'No one has ever given us anything before, I am overwhelmed by your kindness, thank you'

'Is that for me, I don't know what to say, I have not had a present in 8 years, thank you'

'Hi ****** want to say a huge thank you. Without you none of this would have been made possible. You chose so well in suggesting ****** for my onward journey. There are many days where your wisdom still rings in my ears and heart. There are insufficient words really but endless gratitude. Much love *** xxx'

A couple of older people (MH) could not work out how to go online to shop, they were getting very anxious and it was impacting on their mental health, so we offer them a weekly shop. One of our volunteers gave them a bunch of flowers as she felt that they needed a lift.

'Stopped my head from exploding due to a jobsworth from Sainsbury's - you helped me get a slot, thank you'

'I have been so stressed in the last couple of days trying to do an online shop and the sites crashing that I didn't know what I was going to do. It was such a relief when you said you would be able to get some shopping for us. I have felt much more relaxed since speaking to you as it's taken all that worry away. I can't afford to take any risks by going to the supermarket as I certainly don't want Geoff getting the virus with all his problems.'

One carer stated that they were very relieved and said it had made all the difference as 'she could now switch off from that concern'.

'Thank you so much for listening, you have really made my day brighter!'

FINANCIAL REVIEW

Finance

On 1st August 2020 we started a new contract with the Local Authority, this covers all our services and is for the period of 3 years plus 2 years if applicable. The aims of the IW Contract are:

- To reach out to carers that we do not know about who do not identify themselves as a care.
- Ensure that all carers are recognised, respected and given the opportunity to have their support needs assessed and met.
- To provide clear pathways for carers to the information and services available to support them.
- Run a Carers Lounge based at both Hospital and Sevenacres.
- Improve carers groups and activities aimed at supporting carers aged over 18 and over.

The Living Well funding has been transferred to this tender as from June 2020. The audited accounts form part of this report and full details of the accounts of the charity are provided. Overall the figures highlight a reasonably solid position for the charity moving forward, especially now that the funding has been agreed with the IW Council. All projects are monitored to ensure that they operate within budget and approved funding, on a full cost recovery basis whenever possible. If project funding discontinues, then projects cannot continue. The Manager provides a highlights report at quarterly Trustee meetings reporting any key financial considerations. There can be little doubt that the financial climate for Carers IW will continue to be challenging. The reason for holding unrestricted free reserves is to protect Carers IW from the impact of shortfalls in forecast income or unforeseen expenditure. In an extreme case, the reserves need to be sufficient to cease operations in such a way as to minimise disruption to users of our services, and to wind up the operation without leaving creditors, considering the costs of statutory and contractual payments to staff and the termination of existing contracts and leases.

Reserves Policy

Trustees have examined the financial risks of the charity and have identified an amount within the free reserves which are those unrestricted funds not designated for specific purposes or otherwise committed and which the Trustees believe will be sufficient to maintain the unrestricted activities of the charity in the event of a reduction in future funding. The reserves that we have set aside provide financial stability and the means for the future development of supporting unpaid carers. We have included the redundancies funds in our reserves and need to be able to fund any shortfalls in income for example when there is downward pressure on cash flow or when income does not reach expected levels.

Office Related Expenditure

Currently we rent our Carers Centre through CAIW at a cost of £8k pa, including access to private part of server, internet costs, lighting & heating. We pay for the whole Youth Hostel rental for the respite weekend twice a year. Telephone costs are paid via DD; staff receive telephone allowance. Sessional staff have an inclusive cost per hour to include various expenses. We employ a Finance Officer to provide bookkeeping, bank reconciliation, set up monthly management reports, preparation of accounting records before audit. To help offset the cost of the Financial Officer we do some accountancy work for People Matter a local charity who we work closely with.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal Status & Governing Body

Carers IW is a Charitable Incorporated Organisation a registered Charity number 1157082. Its registered office is Carers IW, Riverside Centre, The Quay, Newport, Isle of Wight, PO30 2QR. The charity is governed by its constitution

The following is an extract from our constitution:

Carers IW is an independent charity based on the Isle of Wight, supporting unpaid adult carers of adults. The objects of the CIO are

To relieve the stresses experienced by carers, over the age of 18 who have care needs, as a result of disability, illness or age within the Isle of Wight (the carer may reside in or work in or care for a person who resides within the Isle of Wight), in particular but not exclusively by:

- Providing a contact point for help for carers over the age of 18;
- Identifying carers who struggle to cope in their caring role;
- Working with other agencies and charities to develop services for carers;
- Offering carers, a break through support groups;
- Gathering and disseminating information relevant to carers issues;
- Raising awareness of and promoting the needs of carers throughout the Isle of Wight with local policy makers and service providers;
- Raising funds to achieve the above.'

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1157082

Principal address
The Riverside Centre
The Quay
Newport
Isle of Wight
PO30 2QR

Trustees
Lodi Brand - Former Chair of Trustees - Resigned July 2020
Sue Bennett - Chair of Trustees
Wendy Holleyman - Deputy Chair of Trustees
Tim Higginbotham - Resigned Oct 2020
Barry Jackman
Hugh Harrison
Maurice Dix
Catherine Hands - Appointed August 2020

The board meets at least four times a year and the formal management of the charity is delegated to Elizabeth Martin, Service Manager. None of our trustees gain from remuneration or other benefit from their work with the charity.

If we have a Trustee vacancy through resignation, or that the existing trustees have decided that one or more new trustees with specific skills are needed to help run the charity more effectively. The trustees consider the best methods of attracting a diverse range of candidates with the skills the charity needs. Short-listing and interviews take place against agreed criteria. Interviews are carried out by a small panel of trustees, and each candidate is asked similar questions to ensure a fair and objective approach. Preferred candidates are identified and invited to join the trustees, subject to references, formal vetting and approval by the full trustee board. Unsuccessful candidates are notified and thanked for their interest.

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner
P J Underwood,
FCCA
Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Bankers
CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Approved by order of the board of trustees on 26th October 21 and signed on its behalf by:

S C M Bennett
S Bennett - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CARERS ISLE OF WIGHT

Independent examiner's report to the trustees of Carers Isle of Wight
I report to the charity trustees on my examination of the accounts of Carers Isle of Wight (the Trust) for the year ended 31 March 2021.

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
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCCA which is one of the listed bodies.

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.

P J Underwood,
FCCA
Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Date: 11 November 2021

CARERS ISLE OF WIGHT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	2,262	-	2,262	4,588
Charitable activities	4				
Caring		13,799	338,248	352,047	331,511
Other trading activities	3	2,114	-	2,114	686
Total		18,175	338,248	356,423	336,785
EXPENDITURE ON					
Charitable activities	5				
Caring		5,838	321,195	327,033	294,635
NET INCOME		12,337	17,053	29,390	42,150
Transfers between funds	14	1,213	(1,213)	-	-
Net movement in funds		13,550	15,840	29,390	42,150
RECONCILIATION OF FUNDS					
Total funds brought forward		208,840	88,111	296,951	254,801
TOTAL FUNDS CARRIED FORWARD		222,390	103,951	326,341	296,951

The notes form part of these financial statements

CARERS ISLE OF WIGHT

BALANCE SHEET
31 MARCH 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	10	18,927	5,888
CURRENT ASSETS			
Debtors	11	1,063	-
Cash at bank and in hand		319,970	346,844
		321,033	346,844
CREDITORS			
Amounts falling due within one year	12	(13,619)	(55,781)
NET CURRENT ASSETS		307,414	291,063
TOTAL ASSETS LESS CURRENT LIABILITIES		326,341	296,951
NET ASSETS		326,341	296,951
FUNDS	14		
Unrestricted funds		222,390	208,840
Restricted funds		103,951	88,111
TOTAL FUNDS		326,341	296,951

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

26/10/21

S C M Bennett

S Bennett - Trustee

The notes form part of these financial statements

1. 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.

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.

Expenditure
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. 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.

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

Fixtures and fittings	- 25% on cost
Computer equipment	- 25% on cost

Individual fixed assets costing £500 or more are capitalised at cost.

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.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

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.

continued...

2. DONATIONS AND LEGACIES

	2021	2020
	£	£
Donations	2,262	4,588

3. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Other income	2,114	686

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2021	2020
		£	£
Grants	Caring	352,047	331,511

Grants received, included in the above, are as follows:

	2021	2020
	£	£
FLAB lottery	-	78,003
IWC prospectus	177,080	85,070
Core funding	13,800	7,736
Living well	53,567	160,702
IWC Adult social care	50,000	-
IWC Carers Dementia Support Service	9,600	-
Connecting Carers	48,000	-
	352,047	331,511

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 6)	Totals
	£	£	£
Caring	249,625	77,408	327,033

6. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Caring	76,091	69	1,248	77,408

continued...

6. SUPPORT COSTS - continued

Support costs, included in the above, are as follows:

Management

	2021 Caring	2020 Total activities
	£	£
Wages	43,237	34,286
Rent	8,000	8,000
Insurance	2,750	1,887
Telephone	1,360	858
Postage and stationery	9,326	4,514
Advertising	-	672
Sundries	4,435	1,669
Computer costs	2,856	6,320
Training	3,140	1,549
Professional fees	267	965
Repairs and renewals	720	2,841
	76,091	63,561

Finance

	2021 Caring	2020 Total activities
	£	£
Bank charges	69	60

Governance costs

	2021 Caring	2020 Total activities
	£	£
Independent Examiner's fees	1,248	1,241

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

During the year one trustee (2020: One) was reimbursed out of pocket expenses totalling £154 (2020: £536).

continued...

8. STAFF COSTS

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

	2021	2020
Direct	13	12
Management	1	1
	14	13

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

The key management personnel of the charity compromise the trustees and the manager. The total employment benefits of the key management personnel were £43,237 (2020: £34,286).

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	4,588	-	4,588
Charitable activities			
Caring	7,735	323,776	331,511
Other trading activities	686	-	686
Total	13,009	323,776	336,785
EXPENDITURE ON			
Charitable activities			
Caring	19,198	275,437	294,635
NET INCOME/(EXPENDITURE)	(6,189)	48,339	42,150
Transfers between funds	44,527	(44,527)	-
Net movement in funds	38,338	3,812	42,150
RECONCILIATION OF FUNDS			
Total funds brought forward	170,502	84,299	254,801
TOTAL FUNDS CARRIED FORWARD	208,840	88,111	296,951

continued...

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2020	139	26,159	26,298
Additions	-	21,778	21,778
At 31 March 2021	139	47,937	48,076
DEPRECIATION			
At 1 April 2020	104	20,306	20,410
Charge for year	35	8,704	8,739
At 31 March 2021	139	29,010	29,149
NET BOOK VALUE			
At 31 March 2021	-	18,927	18,927
At 31 March 2020	35	5,853	5,888

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	1,063	-

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	11,351	3,763
Other creditors	-	169
Accruals and deferred income	-	50,000
Accrued expenses	2,268	1,849
	13,619	55,781

	2021 £	2020 £
Brought forward	50,000	50,000
Amount released to incoming resources	(50,000)	(50,000)
Amount deferred in year	-	50,000
Carried forward	-	50,000

Deferred income represents income received in advance for grant income in the next financial year.

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13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Fixed assets	7,763	11,164	18,927	5,888
Current assets	228,246	92,787	321,033	346,844
Current liabilities	(13,619)	-	(13,619)	(55,781)
	222,390	103,951	326,341	296,951

14. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	208,840	12,337	1,213	222,390
Restricted funds				
IWC Prospectus	47,273	(11,625)	-	35,648
Awards for all	1,107	(374)	-	733
Living Well	29,691	(31,993)	2,302	-
Shanklin Library Funding	-	(85)	85	-
IWC Adult social care	10,040	37,629	-	47,669
IWC Carers Dementia Support Service	-	8,487	-	8,487
Connecting Carers	-	15,014	(3,600)	11,414
	88,111	17,053	(1,213)	103,951
TOTAL FUNDS	296,951	29,390	-	326,341

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	18,176	(5,839)	12,337
Restricted funds			
IWC Prospectus	177,080	(188,705)	(11,625)
Awards for all	-	(374)	(374)
Living Well	53,567	(85,560)	(31,993)
Shanklin Library Funding	-	(85)	(85)
IWC Adult social care	50,000	(12,371)	37,629
IWC Carers Dementia Support Service	9,600	(1,113)	8,487
Connecting Carers	48,000	(32,986)	15,014
	338,247	(321,194)	17,053
TOTAL FUNDS	356,423	(327,033)	29,390

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14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	170,502	(6,189)	44,527	208,840
Restricted funds				
FLAB Lottery	3,944	6,452	(10,396)	-
IWC Prospectus	11,017	36,256	-	47,273
IW Roads	2,990	(2,878)	(112)	-
Awards for all	6,735	(5,628)	-	1,107
Greggs	471	-	(471)	-
Living Well	31,075	30,118	(31,502)	29,691
Shanklin Library Funding	131	(85)	(46)	-
IWC Adult social care	27,936	(15,896)	(2,000)	10,040
	84,299	48,339	(44,527)	88,111
TOTAL FUNDS	254,801	42,150	-	296,951

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	13,009	(19,198)	(6,189)
Restricted funds			
FLAB Lottery	78,002	(71,550)	6,452
IWC Prospectus	85,072	(48,816)	36,256
IW Roads	-	(2,878)	(2,878)
Awards for all	-	(5,628)	(5,628)
Living Well	160,702	(130,584)	30,118
Shanklin Library Funding	-	(85)	(85)
IWC Adult social care	-	(15,896)	(15,896)
	323,776	(275,437)	48,339
TOTAL FUNDS	336,785	(294,635)	42,150

FLAB - Ageing Better
The aim of the Ageing Better project is to offer support to carers who do not know what help is available and promote carers opportunities to participate in their local community so to reduce their social isolation which can lead to feelings of loneliness, raised anxiety and depression. The project aims to also support former carers to act as befrienders to carers who are feeling stressed, depressed, experiencing low self-esteem, and are reluctant to join activities that involve contact with others.

IW Prospectus

continued...

14. MOVEMENT IN FUNDS - continued

The aim of the IW Prospectus funding is to reach out to carers that we do not know about, who do not identify themselves as a carer, and ensure that all carers are recognised, respected and given the opportunity to have their support needs assessed and met. As well as provide clear pathways for carers to the information and services available to support them. Improve carers groups and activities aimed at supporting carers aged over 18 and over.

Island Roads
This project aimed to offer carers an opportunity to engage and utilize their skills as well as borrow an IPAD. The scheme intended to ask younger carers to give some time to help older carers learn these new skills. The Carers IW charity purchased 40 IPADs and covers that were then advertised out to carers on the Island through our networks and newsletter. The project purchased the library of IPADs and made them available to carers who are known to be isolated by the nature of their caring role.

Living Well Funding
The aim of the living well project is to deliver a holistic living well assessment and voluntary sector response to ensure that people who do not meet the eligibility criteria for Adult Social Care support and/or funding are enabled to live well, independently. In addition the Living Well project will support the statutory sector to better manage transfers of care between hospital and home, create capacity to divert demand for Adult Social Care and reduce/delay the need for emergency admissions and residential care. The funding in place is from Oct 2017 for a further 20 months with the view to extend it to three years if successful.

IWC Adult Social Care
ASC fund is used to provide a link etween the service provided by Carers IW and The Isle of Wight Council's Adult Social Care department.

IWC Carers Dementia Support Service
Dementia support service funds are used to offer PA support to dementia sufferers, giving their carers respite.

Connecting Carers
Connecting Carers funds are used to employ PAs to provide respite for carers during the pandemic. These funds were also used to purchase IPads which were loaned out to carers to help reduce carer isolation.

Transfers between funds

The transfers from restricted to unrestricted funds relate either to funds which restrictions have been satisfied and therefore are no longer considered to be restricted funds after authority has been obtained from the funder to transfer the unspent balance, or where expenditure has not been fully allocated during the year.

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.