ASSOCIATION OF CARERS

England & Wales · Charity number 1159551

Details

Status	Registered
Legal form	CIO
Registered	2014-12-09
Register	View on the Charity Commission register

Contact

Address	104 Sedlescombe Road North St. Leonards-on-Sea East Sussex TN37 7EN
Phone	01424722309
Email	INFO@ASSOCIATIONOFCARERS.ORG.UK
Website	www.associationofcarers.org.uk

Activities

Objects: (A)TO IMPROVE THE CONDITIONS OF LIFE AMONGST PEOPLE OF EAST SUSSEX, WHO ARE CARING, OR WHO HAVE CARED FOR, A PERSON OR PERSONS IN NEED AT HOME AND THE DEPENDANTS OF CARERS AND FOR THE PURPOSE OF PROMOTING THE WELFARE OF CARERS AND THEIR DEPENDANTS WHO REQUIRE HELP AND SUPPORT WITHIN THEIR HOMES.(B)TO RELIEVE, ASSIST, ENCOURAGE AND PROMOTE CARERS IN THEIR CARING ROLE AND SUPPORT THEIR DEPENDANTS "IN FURTHERANCE OF THE SAID OBJECTS".(C)TO ADVANCE EDUCATION CONCERNING CARING AMONGST CARERS AND THE PUBLIC IN EAST SUSSEX.

Activities: Supporting unpaid Carers in East Sussex to continue in their caring role by providing FREE, high-quality, volunteer-led services that encourage independence and reduce isolation. Services include - Respite with befriending, Talk and Support, Computer/technical support, Respite for Healthcare appointments, Lunch club, Carers cafes, and online social events.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities

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Geography

- East Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£348,528	£327,518	-	-
2024-03-31	£332,677	£312,182	-	-
2023-03-31	£269,954	£273,976	-	-
2022-03-31	£263,118	£190,453	-	-
2021-03-31	£428,479	£171,667	-	-

Trustees

Name	Role	Appointed
Andrew Thomas		2021-04-22
CLIVE WHITEHEAD		2013-04-22
Claire Baldry		2025-08-21
John Henry Thomas Piper		2021-03-23
Linda Witten		2021-04-28
Luke Apps		2021-04-18
Phyllis Osborn		2026-01-29
Vicki Harrison- Carr		2026-01-29

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ASSOCIATION OF CARERS

England & Wales - Charity number 1159551

Accounts

REGISTERED CHARITY NUMBER: 1159551

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

FOR

ASSOCIATION OF CARERS

Acuity Professional Partnership LLP
Unit 2.02
High Weald House
Glovers End
Bexhill
East Sussex
TN39 5ES

ASSOCIATION OF CARERS

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FOR THE YEAR ENDED 31 MARCH 2025

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ASSOCIATION OF CARERS

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2025

Registered Charity number	1159551
Principal address	104 Sedlescombe Road North St. Leonards-on-Sea East Sussex TN37 7EN
Trustees	C Whitehead L Witten A Thomas J H T Piper R Service (resigned 26/06/2025) L Apps G Scollay (resigned 05/08/2025) S Hammett G Barker (resigned 07/01/2025)
Independent Examiners	Acuity Professional Partnership LLP Chartered Accountants & Tax Advisers Unit 2.02 High Weald House Glovers End Bexhill East Sussex TN39 5ES
Bankers	Barclays Bank PLC Queens Road Hastings East Sussex

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

Objectives and aims

The objective of the charity are to provide Volunteer led services to support unpaid Carers in East Sussex. A Carer is a relative, partner or friend, of any age, who provides essential care or support to someone who is disabled whether through mental or physical ill health, learning disability or frailty.
There are many reasons why caring for someone else leaves the Carer needing support:

- Caring reduces the physical and mental health and wellbeing of many Carers.
- Caring may lead to poverty, with many Carers needing to give up work to care, or to manage on benefits.
- Caring often impacts on Carers' ability to sustain employment, friendships, and hobbies.
- Many Carers face isolation and loneliness.

Our Mission

Supporting unpaid Carers in East Sussex to continue in their caring role by providing free, high quality, Volunteer-led services that encourage independence and reduce isolation.

Our Vision

Enabling Carers throughout East Sussex to have access to free, high quality, Volunteer-led support services.

The charity's current strategic plan aligns with the mission and aims of the charity and highlights three key areas of priority.

Priority 1
Developing our Services

Developing and expanding our services in line with what Carers tell us they need to feel supported and able to continue in their caring role. Promoting the needs and challenges of unpaid Carers throughout East Sussex.

Priority 2
Improving our Governance, Finance and HR

Encouraging and developing our Volunteers and staff through on-going training, support and supervision.

Priority 3
Making an Impact with our Communications and Fundraising

Maintaining a high organisational profile and raising the profile of Carers within the local community. Continuously seeking funding from new stakeholders and retaining the support and integrity of our core funders to ensure the longevity of our services.

ACHIEVEMENTS AND PERFORMANCE

Our Services

Respite with Befriending

Our Respite and Befriending service gives Carers the opportunity to have some time to themselves, usually three hours each week, on the same day, at the same time.

By having a regular, set time, Carers can look forward to their break and plan what to do with the time. The service also benefits the person that is being looked after, providing them the opportunity to spend time with a Volunteer who may have similar interests and experiences.

Our Volunteers are thoroughly vetted and carefully matched to help establish a long-term befriending relationship with the cared for person. Once we have identified a Volunteer, they are able to continue going to see the same people each week for as long as the Carer needs the service, and the Volunteer is able to provide the support.

To be eligible for the service, the Carer needs to be over 18 and providing substantial levels of care. Our Volunteers are not able to provide personal care, so the person that is being looked after needs to be independent of personal needs.

Respite for Healthcare service entitles Carers to extra visits from a Volunteer in addition to their free weekly respite service, this enables them the opportunity to look after their own health and well-being.

The service is available in the following circumstances:
- Carers have a healthcare appointment such as visiting the GP, dentist, outpatient, or treatment such as physiotherapy or counselling.
- Carers wish to attend training courses to help them in their caring role, such as dementia training or moving & handling.

We take referrals directly from Carers or family members as well as a range of professional organisations.

Throughout the year 2024 - 2025 approximately 4,695 Volunteer Respite visits took place.

In addition to the Volunteer-led respite service, the charity is funded until March 2025 for two paid staff members who provide Carers with a respite break. These staff members visit two to three homes per day to give Carers a break from their caring roles. These staff members are called Carers' community workers, often referred to as CCWs.

Throughout the year 2024 - 2025 approximately 1,210 CCW led Respite visits took place.

Talk & Support

This 6-month service allows Carers to discuss their caring role in confidence over the telephone with one of our trained Volunteers. This service aims to reduce social isolation and give Carers the opportunity to get things off their chest.

Throughout the year 2024-25 - 37 individual Carers were supported with a weekly call

Counselling service

We work in partnership with Counselling Plus to enable Carers up to 6 sessions of counselling that is provided over the telephone by a trained counsellor. This is often valuable to those who have been bereaved.

Throughout the year 2024-25 - 30 hours of counselling support was provided to Carers

SCIPRR - Supporting Carers Identify & Plan Residential Respite

This bespoke service helps a Carer to find suitable residential respite accommodation for their loved one. It could be for a short break or for longer-term care. This can be as simple as talking to a Carer about the different options available or by providing them with a directory of approved services produced by East Sussex County Council.

Computer Help at Home service

This service is where a Volunteer teaches a Carer how to use the Carers' own technical equipment in their own home in ways that will support them in their caring role.

The computer help at home service gives Carers up to 6 one-to-one training sessions of support. Our Volunteers can help with laptops, tablets, mobile phones, Alexa equipment, ring doorbells, smart watches and much more.

Training could include learning how to book GP appointments, facetiming, using Zoom, ordering online prescriptions, setting up home security systems/ cameras, online shopping and downloading useful apps such as Ringo parking, and NHS apps.

This service is ever evolving, and the types of support change as new systems, technology and communication preferences change. In recent years staff have also been proving this support in our office, at our Carers Cafes or over the telephone.

Throughout the year 2024-25 the charity provided over 700 hours of tech support.

Carers Cafés

Our monthly cafés provide a range of activities for Carers and the people they look after.

Activities may include hand massages, arts and crafts, music, and games. The cafés are a safe space for Carers to connect with others who understand the challenges they face.

The cafés are facilitated by 2 staff members and a few regular Volunteers who if required will spend time with the person being cared for so the Carer can socialise.

The Association of Carers run two cafés a month- one in Newsagent and one in Bexhill.

Throughout the year 2024-25 the charity facilitated 24 Carers cafés.

Lunch Clubs

Lunch clubs give Carers and the people they care for the opportunity to enjoy a meal in a relaxed and informal setting. We hold 2 lunches a month in pubs across St Leonards on sea and in the Rother area.

Throughout the year 2024-25 the charity facilitated 24 Lunch clubs.

Online social sessions

We offer 2 sessions per month via the Zoom or Teams platforms. At each session, Carers are be invited to partake in activities such as Bingo, Quizzes, crafts, or even just for a good chat.

Throughout the year 2024-25 the charity facilitated 20 online sessions.

Impact analysis

Through regular reviews Carers tell us about the impact Association of Carers has made on their lives. Here are a few examples of the feedback we receive about our services:

"I just wanted to say thank you so much for everything - the Association of Carers is a wonderful organisation, having those breaks was so incredibly useful for me. Please pass on my thanks to L who was very good and patient with Mum."

"She is a godsend - lovely person. Get on like a house on fire. Rings every Thursday before coming and then comes out and reads and talks to M. Always addresses M when she comes which is so important.

"My Volunteer is lovely, and I am very impressed with her social skills. When she came, J was not having a good day and I was worried about leaving him. However, when I came home, he was happily chatting with my Volunteer, and he said that he had had a lovely time and was looking forward to her coming again. I was able to attend my U3VA meeting without worrying about J. My Volunteer is happy to be flexible with visit so that we can have a weekly visit. Thank you so much for sending her our way".

"You are a perfect organisation, can't compare".

Our Volunteers

Our Volunteers work in a wide variety of roles to support Carers who use our services.

We pride ourselves on being an approachable, friendly, and personable organisation and will do our best to make the Volunteering experience is as rewarding as possible.

We have a dedicated Volunteer Coordinator, who is responsible for recruiting, training, and supporting all Volunteers. We support our Volunteers by:

- Giving opportunities to learn new skills by providing training
- Giving opportunities to meet like-minded people and build new networks
- Providing opportunities to make a useful contribution to the community

In addition to the one-day Volunteer induction we also offer a variety of training sessions throughout the year, in a variety of locations, throughout East Sussex, including, First Aid, Dementia Awareness, Safeguarding Vulnerable Adults, Basic Listening Skills, Mental health sessions, Bereavement session and regular group support sessions. Volunteers are also given the opportunity to contact the office for 1:1 support.

The dedication and commitment of our Volunteers adds immense value to our organisation and illustrates the huge contribution that Volunteers give to our society. We show our appreciation each year in Volunteers week by holding a thank you Lunch. In 2024 we held 2 thankyou lunches - one in Battle and another in Eastbourne. During these events we awarded Volunteers with long service certificates and one Volunteer received a special recognition plaque.

What our Volunteers say:

""I started volunteering as I was at a low point in my life, and I decided that maybe volunteering would help with my mental health.

My first few matches were with elderly people. I loved chatting about everyday life, their past experiences, having a cup of tea together and best of all their faces light up when I went for my weekly visit.

Then I was matched up with a young gentleman who had a learning disability. It opened a whole new world to me. I felt as though I had found my calling. I was looking for a new job and applied for a role as a support worker for adults with autism and challenging behaviour. That was nearly 3 years ago, and I have never felt so happy and settled in a job before.

When I needed to be matched with a new family, I specifically asked for a young adult with a learning disability and that's when I met T and her family. I felt an instant connection to T. We have so much fun. T usually plans what she wants us to do each time I visit, and her mum sets it up for us. It can be painting pebbles they have found on the beach, cutting out pizza shaped card and colouring them in ready for T's birthday pizza party, making Christmas decorations or playing games together. T likes to make me a mug if hot chocolate and mum often buys us a packet of biscuits to share. My favourite activity is to catch the bus into town with T where we meet up with one of her friends at a cafe.

It gives me a warm feeling volunteering with T, and I look forward to visiting each week. Apart from giving her family a break visiting T has made me feel as I'm doing something worthwhile in my life."

Throughout the year 2024-25 we had a total of 153 active Volunteers in a variety of different roles.

Funding

Throughout 2024-25 all services were funded via East Sussex County Council and their Strategic partners Care for the Carers.

The CCW service which was directly funded by East Sussex County council ended on 31st March 2025. Due to the service providing a much-needed support to so many carers, after careful consideration the Trustees agreed to support 50% of the service cost from the charity's reserves until September 2027. The remainder of the required funds have been secured by a variety of different funders including, Care for the Carers, Sussex Community Foundation Trust, Chalk Cliff Trust, D'Oyly Carte Charitable Trust and Wealden Council. These funds have various funding timeframes, so the charity will look to include continued fundraising as part of the ongoing fundraising strategy planning.

Fundraising and Events

We have had another great year of fundraising, with a wonderful amount of support from the local community, individuals, Trusts, and foundations.

We would also like to take this opportunity to thank our many individual donors. Those that purchased raffle tickets, or attended events etc. Every penny raised and donated makes a real difference to the lives of Carers.

Events

In 2024, the charity delivered a wide range of fundraising and community events, from fashion shows, quizzes, and raffles to fetes, markets, and seasonal activities. These events successfully raised funds, promoted our services, encouraged Volunteer recruitment, and strengthened connections with Carers, their families, and the wider community. Engagement ranged from small, intimate gatherings to large-scale public events, all contributing to raising the charity's profile and supporting our work throughout the year.

Association of Carers aim to maintain a high organisational profile by raising the profile of Carers within the local community.

Throughout 2024-25, the team diligently raised the Association of Carers' profile. This involved increased media coverage, hosting events, attending networking meetings, and delivering talks. The team consistently participated in meetings of the Dementia Action Alliance, the Carers VCS network, the East Sussex Safeguarding Network, and many other relevant groups.

Our social media platforms served a dual purpose: promoting our events and advocating for the needs of unpaid carers in East Sussex. We've seen a steady growth in our reach, attracting a more diverse range of Carers and Volunteers.

The team utilized traditional print media and shared stories of unpaid Carers through articles and leveraging paid advertisements for Volunteer recruitment.

Each month, our Events and Marketing Coordinator creates an e-Newsletter distributed to all Carers, Volunteers, and local VCS partners. The newsletter features upcoming events, updates on national initiatives, along with quizzes, recipes, and engaging photos.

FINANCIAL REVIEW

Reserves policy

The charity's reserves policy relates to its general (unrestricted) funds which are freely available to be used for any or all the purposes of the charity. The Association of Carers are aware that it is crucial to ensure there are sufficient reserves to tide the organisation over if the main funding stream was ever withdrawn. In this instance the reserves act as a safety net until further fundraising is sought, or to allow the charity to a close, whilst meeting its obligation to staff and service users. The Association of Carers is currently dependent on statutory funding sources for a large majority of its income to sustain its activities, changes in Government and/or Government policy and reductions in funding could result in the Association of Carers being unable to continue operating. This means that if there were to be a larger gap in the charity's sources of income it is likely that the charity would need to cease operating. To avoid closure, if funding difficulties were to happen, the Trustee board has agreed to keep a certain level of financial reserves to ensure that main operations can continue for a minimum of 9 months.

The main concerns of the Trustee board are to ensure:
- That staff can continue working, primarily to secure new funding
- That members/service users are supported to move on to other services

The reserves should be built up from the unrestricted income. The level of reserves should be calculated and monitored every 12 months by the Charity Manager and Trustee board.

The Trustees

Methods of Appointment or Election of Trustees:

- Existing Trustees can appoint new Trustees to fill vacancies or add to their number.
- Newly appointed Trustees by existing Trustees hold office temporarily until the next annual general meeting.
- Reappointment for a full term happens at the annual general meeting.

Election at Annual General Meeting:

- One-third of Trustees are required to retire and are eligible to be re-election at each annual general meeting.

Induction and Training Policies for Trustees:

Our induction process for new Trustees, includes:

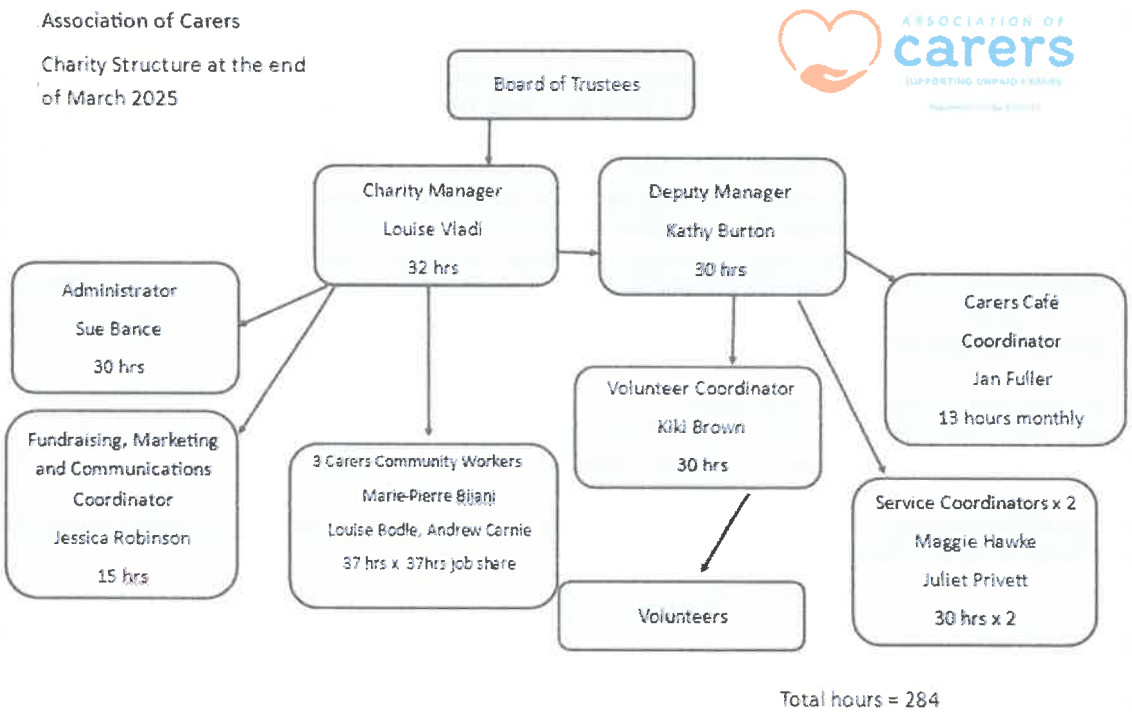
- Briefing on legal obligations related to charity and company law.
- Information on committee structure and decision-making processes.
- Overview of the charity's Strategic Plan and recent financial performance.
- Encouragement to attend external training events.
- Meetings with the Management team to understand the charity's work better.

This approach ensures Trustees have a solid understanding of their roles and responsibilities before taking office and provides opportunities for ongoing development.

The Team and Organisational structure

The board of Trustees administer the charity with the appointment of the Charity Manager, who has delegated authority to manage the day-to-day operations of the charity. The charity's senior management team is comprised of the Charity Manager and a Deputy Manager.

At the end of March 2025, the Team consisted of 11 staff, working a total of 284 hours per week.



Risk Management

The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to these risks. The Board recognises that the principal risk to the organisation is its reliance on one major source of income. To mitigate this risk, the board have decided to continue funding the Fundraising and communications role for another 12 months.

Plan for the Year Ahead

The funders that have been secured for the CCW role require the service to be sustainable after their funding is complete. This is best achieved by having the number and quality of Volunteers to be able to take on traditional CCW sits, either now or as the funding reduces.
Therefore, the focus will be on securing funds to increase Volunteer recruitment to address the already high numbers of Carers on the waiting list, as well as supporting the need for sustainability of CCW respite in the coming years.
Activity will also centre around generating unrestricted income, which can help us to be flexible in where funding is spent and help support any future CCW funding that we may need to contribute. This will be done through continuing with a programme of events and community lotteries, as well as increasing regular donors through direct fundraising campaigns.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

The organisation is a registered charity Charitable Incorporated Organisation, (CIO) (no. 1159551).

Charity History

- Established on the 1st December 2014 and came into effect from 1st April 2015. The core activities and objectives remained unaltered.
- Previous charity number 1004055, wound up on the 31st March 2015 at a Special General Meeting of the Association of Carers
- 26th March 2015 staff, assets and Trustees all transferred to the new CIO.

Governance

- Trustees are invited and encouraged to attend relevant training sessions on their roles and responsibilities of being a Trustee
- Strategic decisions are made at Trustee meetings by majority vote
- Trustees are advised by the Charity Manager, or other experts as appropriate
- Trustees met monthly throughout 2023 -2024, via virtual platforms and in person.
- All meetings were minuted

Approved by order of the board of trustees on 30/9/25 and signed on its behalf by:

Mr C A Whitehead - Trustee

Independent examiner's report to the trustees of Association of Carers
I report to the charity trustees on my examination of the accounts of Association of Carers (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.

Deborah A Hargreaves

Acuity Professional Partnership LLP
Unit 2.02
High Weald House
Glovers End
Bexhill
East Sussex
TN39 5ES

Date: 30/9/2025

ASSOCIATION OF CARERS

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		**5,691**	**3,974**	**9,665**	15,542
Charitable activities					
Support of carers		**76,515**	**252,651**	**329,166**	309,644
Investment income	2	**9,697**	**-**	**9,697**	7,491
Total		**91,903**	**256,625**	**348,528**	332,677
EXPENDITURE ON					
Charitable activities					
Support of carers		**74,016**	**250,555**	**324,571**	308,649
Other		**1,760**	**1,187**	**2,947**	3,533
Total		**75,776**	**251,742**	**327,518**	312,182
Net gains/(losses) on investments		**-**	**-**	**-**	(10,332)
NET INCOME		**16,127**	**4,883**	**21,010**	10,163
RECONCILIATION OF FUNDS					
Total funds brought forward		**235,678**	**271,607**	**507,285**	497,122
TOTAL FUNDS CARRIED FORWARD		**251,805**	**276,490**	**528,295**	507,285

The notes form part of these financial statements

ASSOCIATION OF CARERS

STATEMENT OF FINANCIAL POSITION
31 MARCH 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Intangible assets	6	**2,988**	4,748
Tangible assets	7	**2,034**	2,399
		5,022	7,147
CURRENT ASSETS			
Debtors	8	**20,985**	17,522
Prepayments and accrued income		**-**	-
Cash at bank and in hand		**524,722**	489,420
		545,707	506,942
CREDITORS			
Amounts falling due within one year	9	**(22,434)**	(6,804)
NET CURRENT ASSETS		**523,273**	500,138
TOTAL ASSETS LESS CURRENT LIABILITIES		**528,295**	507,285
NET ASSETS		**528,295**	507,285
FUNDS	11		
Unrestricted funds		**251,805**	235,678
Restricted funds		**276,490**	271,607
TOTAL FUNDS		**528,295**	507,285

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

.....
Mr C A Whitehead - 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

Fixed assets are recorded at cost and depreciated so as to write the cost off over their useful lives.

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.

VALUE ADDED TAX

Value Added Tax is not recoverable by the charity, and as such is included in the relevant costs in the Statement of Financial Activities.

continued...

2. INVESTMENT INCOME

	2025	2024
	£	£
Bank interest receivable	9,697	7,491

3. 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

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

4. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	264,564	236,081
	264,564	236,081

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

	2025	2024
Support of carers	11	10

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	5,090	10,452	15,542
Charitable activities			
Support of carers	53,617	256,027	309,644
Investment income	7,491	-	7,491
Total	66,198	266,479	332,677
EXPENDITURE ON			
Charitable activities			
Support of carers	81,472	227,177	308,649
Other	2,905	628	3,533
Total	84,377	227,805	312,182

continued...

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Net gains/(losses) on investments	(10,332)	-	(10,332)
NET INCOME/(EXPENDITURE)	(28,511)	38,674	10,163
Transfers between funds	8,879	(8,879)	-
Net movement in funds	(19,632)	29,795	10,163
RECONCILIATION OF FUNDS			
Total funds brought forward	255,309	241,813	497,122
TOTAL FUNDS CARRIED FORWARD	235,677	271,608	507,285

6. INTANGIBLE FIXED ASSETS

	Computer software £
Cost	
At 1 April 2024 and 31 March 2025	7,653
Amortisation	
At 1 April 2024	2,905
Charge for year	1,760
At 31 March 2025	4,665
Net book value	
At 31 March 2025	2,988
At 31 March 2024	4,748

continued...

7. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
Cost			
At 1 April 2024	12,123	2,232	14,355
Additions	-	822	822
At 31 March 2025	12,123	3,054	15,177
Depreciation			
At 1 April 2024	11,199	757	11,956
Charge for year	231	956	1,187
At 31 March 2025	11,430	1,713	13,143
Net book value			
At 31 March 2025	693	1,341	2,034
At 31 March 2024	924	1,475	2,399

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Prepayments and accrued income	20,985	17,522

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Social security and other taxes	5,461	5,394
Accruals and deferred income	16,973	1,410
	22,434	6,804

10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
Fixed assets	3,907	1,115	5,022	7,147
Current assets	270,871	274,836	545,707	506,942
Current liabilities	(22,973)	539	(22,434)	(6,804)
	251,805	276,490	528,295	507,285

continued...

11. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	229,832	18,085	247,917
Designated Fund - Lease	5,846	(1,958)	3,888
	235,678	16,127	251,805
Restricted funds			
Computer Help at Home	16,625	-	16,625
Talk and Support	33,341	-	33,341
Respite East Sussex	206,223	907	207,130
Carers Companions	15,418	3,976	19,394
	271,607	4,883	276,490
TOTAL FUNDS	507,285	21,010	528,295

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	91,902	(73,817)	18,085
Designated Fund - Lease	1	(1,959)	(1,958)
	91,903	(75,776)	16,127
Restricted funds			
Respite East Sussex	252,649	(251,742)	907
Carers Companions	3,976	-	3,976
	256,625	(251,742)	4,883
TOTAL FUNDS	348,528	(327,518)	21,010

continued...

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	247,809	(17,977)	-	229,832
Designated Fund - Lease	7,500	(10,533)	8,879	5,846
	255,309	(28,510)	8,879	235,678
Restricted funds				
Computer Help at Home	10,266	6,359	-	16,625
Talk and Support	28,379	4,962	-	33,341
Respite East Sussex	189,322	16,901	-	206,223
Carers Companions	13,846	10,451	(8,879)	15,418
	241,813	38,673	(8,879)	271,607
TOTAL FUNDS	497,122	10,163	-	507,285

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	66,198	(73,843)	(10,332)	(17,977)
Designated Fund - Lease	-	(10,533)	-	(10,533)
	66,198	(84,376)	(10,332)	(28,510)
Restricted funds				
Computer Help at Home	6,359	-	-	6,359
Talk and Support	4,962	-	-	4,962
Respite East Sussex	244,707	(227,806)	-	16,901
Carers Companions	10,451	-	-	10,451
	266,479	(227,806)	-	38,673
TOTAL FUNDS	332,677	(312,182)	(10,332)	10,163

continued...

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
General fund	247,809	108	-	247,917
Designated Fund - Lease	7,500	(12,491)	8,879	3,888
	255,309	(12,383)	8,879	251,805
Restricted funds				
Computer Help at Home	10,266	6,359	-	16,625
Talk and Support	28,379	4,962	-	33,341
Respite East Sussex	189,322	17,808	-	207,130
Carers Companions	13,846	14,427	(8,879)	19,394
	241,813	43,556	(8,879)	276,490
TOTAL FUNDS	497,122	31,173	-	528,295

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	158,100	(147,660)	(10,332)	108
Designated Fund - Lease	1	(12,492)	-	(12,491)
	158,101	(160,152)	(10,332)	(12,383)
Restricted funds				
Computer Help at Home	6,359	-	-	6,359
Talk and Support	4,962	-	-	4,962
Respite East Sussex	497,356	(479,548)	-	17,808
Carers Companions	14,427	-	-	14,427
	523,104	(479,548)	-	43,556
TOTAL FUNDS	681,205	(639,700)	(10,332)	31,173

continued...

12. RELATED PARTY DISCLOSURES

There were no reportable related party transactions during the year.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations received (including Gift Aid Tax refunded)	**9,665**	15,542
Investment income		
Bank interest receivable	**9,697**	7,491
Charitable activities		
Fundraising events	**17,398**	10,678
Other income	**-**	74
Grants	**311,768**	298,892
	329,166	309,644
Total incoming resources	**348,528**	332,677
EXPENDITURE		
Charitable activities		
Wages	**264,564**	236,081
Light and heat	**2,070**	1,806
Staff travel and training	**15,894**	17,598
Publicity and promotions	**3,217**	2,611
Volunteer travel and training	**9,899**	12,050
Other professional fees	**2,299**	4,176
	297,943	274,322
Other		
Amortisation of intangible fixed assets	**1,760**	2,905
Depreciation of tangible fixed assets	**1,187**	628
	2,947	3,533
Support costs		
Finance		
Bank charges	**157**	102
Other		
Insurance	**2,006**	1,875
Carried forward	**2,006**	1,875

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

	2025 £	2024 £
Other		
Brought forward	**2,006**	1,875
Telephone	**2,231**	2,777
Postage and stationery	**1,760**	1,605
Rent and rates	**9,863**	11,100
IT and computing	**6,510**	5,948
Repairs and renewals	**1,654**	8,766
	24,024	32,071
Governance costs		
Sundries	**857**	654
Independent examiner's fees	**1,590**	1,500
	2,447	2,154
Total resources expended	**327,518**	312,182
Net income before gains and losses	**21,010**	20,495
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	**-**	(10,332)
Net income	**21,010**	10,163

ASSOCIATION OF CARERS

England & Wales - Charity number 1159551

Accounts

REGISTERED CHARITY NUMBER: 1159551

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

FOR

ASSOCIATION OF CARERS

Acuity Professional Partnership LLP
Unit 2.02
High Weald House
Glovers End
Bexhill
East Sussex
TN39 5ES

ASSOCIATION OF CARERS

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FOR THE YEAR ENDED 31 MARCH 2024

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REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2024

Registered Charity number	1159551
Principal address	104 Sedlescombe Road North St. Leonards-on-Sea East Sussex TN37 7EN
Trustees	C Whitehead L Witten A Thomas J H T Piper R Service L Apps G Scollay Susan Hammett (Appointed 26/09/2023) Guy Barker (Appointed 29/09/2023)
Independent Examiners	Acuity Professional Partnership LLP Chartered Accountants & Tax Advisers Unit 2.02 High Weald House Glovers End Bexhill East Sussex TN39 5ES
Bankers	Barclays Bank PLC Queens Road Hastings East Sussex

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

Objectives and aims

The objective of the charity are to provide Volunteer led services to support unpaid Carers in East Sussex. A Carer is a relative, partner or friend, of any age, who provides essential care or support to someone who is disabled whether through mental or physical ill health, learning disability or frailty.
There are many reasons why caring for someone else leaves the Carer needing support:

- Caring reduces the physical and mental health and wellbeing of many Carers.
- Caring may lead to poverty, with many Carers needing to give up work to care, or to manage on benefits.
- Caring often impacts on Carers' ability to sustain employment, friendships, and hobbies.
- Many Carers face isolation and loneliness.

Our Mission

Supporting unpaid Carers in East Sussex to continue in their caring role by providing free, high quality, Volunteer-led services that encourage independence and reduce isolation.

Our Vision

Enabling Carers throughout East Sussex to have access to free, high quality, Volunteer-led support services.

The charity's current strategic plan aligns with the mission and aims of the charity and highlights three key areas of priority.

Priority 1

Developing our Services
Developing and expanding our services in line with what Carers tell us they need to feel supported and able to continue in their caring role. Promoting the needs and challenges of unpaid Carers throughout East Sussex.

Priority 2

Improving our Governance, Finance and HR
Encouraging and developing our Volunteers and staff through on-going training, support and supervision.

Priority 3

Making an Impact with our Communications and Fundraising
Maintaining a high organisational profile and raising the profile of Carers within the local community. Continuously seeking funding from new stakeholders and retaining the support and integrity of our core funders to ensure the longevity of our services.

ACHIEVEMENT AND PERFORMANCE

Our Services

Respite with Befriending

Our Respite and Befriending service gives Carers the opportunity to have some time to themselves, usually three hours each week, on the same day, at the same time.

By having a regular, set time, Carers can look forward to their break and plan what to do with the time. The service also benefits the person that is being looked after, providing them the opportunity to spend time with a Volunteer who may have similar interests and experiences.

Our Volunteers are thoroughly vetted and carefully matched to help establish a long-term befriending relationship with the cared for person. Once we have identified a Volunteer, they are able to continue going to see the same people each week for as long as the Carer needs the service, and the Volunteer is able to provide the support.

To be eligible for the service, the Carer needs to be over 18 and providing substantial levels of care. Our Volunteers are not able to provide personal care, so the person that is being looked after needs to be independent of personal needs.

We take referrals directly from Carers or family members as well as a range of professional organisations.

Throughout the year 2023 - 2024 approximately 4300 Volunteer Respite visits took place.

In addition to the Volunteer-led respite service, the charity is funded until March 2025 for two paid staff members who provide Carers with a respite break. These staff members visit two to three homes per day to give Carers a break from their caring roles. These staff members are called Carers' community workers, often referred to as CCWs.

Throughout the year 2023 - 2024 approximately 1,200 CCW led Respite visits took place.

Respite for Healthcare

The Respite for Healthcare service entitles Carers to extra visits from a Volunteer in addition to their free weekly respite service, this enables them the opportunity to look after their own health and well-being.

The service is available in the following circumstances:

Carers have a healthcare appointment such as visiting the GP, dentist, outpatient, or treatment such as physiotherapy or counselling.

Carers wish to attend training courses to help them in their caring role, such as dementia training or moving & handling.

Throughout the year 2023 - 2024 161 hours of Respite for healthcare hours were provided to Carers.

Talk & Support

This 6-month service allows Carers to discuss their caring role in confidence over the telephone with one of our trained Volunteers. This service aims to reduce social isolation and give Carers the opportunity to get things off their chest.

Throughout the year 2023 - 2024 2,208 Talk and support calls were made by our Volunteers

Counselling service

We work in partnership with Counselling Plus to enable Carers up to 6 sessions of counselling that is provided over the telephone by a trained counsellor. This is often valuable to those who have been bereaved.

Throughout the year 2023 - 2024 75 hours of counselling support was provided to Carers

SCIPRR - Supporting Carers Identify & Plan Residential Respite

This bespoke service helps a Carer to find suitable residential respite accommodation for their loved one. It could be for a short break or for longer-term care.

Throughout the year 2023 - 2024 7 Carers were supported with the SCIPRR service

Computer Help at Home service
This service is where a Volunteer teaches a Carer how to use the Carers' own technical equipment in their own home in ways that will support them in their caring role.

The computer help at home service gives Carers up to 6 one-to-one training sessions of support. Our Volunteers can help with laptops, tablets, mobile phones, Alexa equipment, ring doorbells, smart watches and much more.

Training could include learning how to book GP appointments, facetiming, using Zoom, ordering online prescriptions, setting up home security systems/ cameras, online shopping and downloading useful apps such as Ringo parking, and NHS apps.

Throughout the year 2023-2024, approximately 1,600 hours of technological support were provided to Carers

Carers Cafés
Our monthly cafés provide a range of activities for Carers and the people they look after.

Activities may include hand massages, arts and crafts, music, and games. The cafés are a safe space for Carers to connect with others who understand the challenges they face.

The cafés are facilitated by 2 staff members and a few regular Volunteers who if required will spend time with the person being cared for so the Carer can socialise.

The Association of Carers run two cafés a month- one in New Haven and one in Bexhill.

Throughout the year 2023 - 2024 the charity facilitated 24 Carers cafés.

Lunch Clubs

Lunch clubs give Carers and the people they care for the opportunity to enjoy a meal in a relaxed and informal setting. We hold 2 lunches a month in pubs across St Leonards on sea and in the Rother area.

Throughout the year 2023 - 2024 the charity facilitated 24 Lunch clubs.

Online social sessions

We offer 2 sessions per month via the Zoom or Teams platforms. At each session, Carers are be invited to partake in activities such as Bingo, Quizzes, crafts, or even just for a good chat.

Throughout the year 2023 - 2024 the charity facilitated 20 online sessions.

Impact analysis

Through regular reviews Carers tell us about the impact Association of Carers has made on their lives. Here are a few examples of the feedback we receive about our services:

"Over the last few months my Volunteer has been a complete lifeline during a difficult and tumultuous period. She's taken the unpredictable and high stress situation in her stride and consistently gone above and beyond to find times to stay connected. I wouldn't have made it through without her calm voice, warmth, encouragement, and good humour. I think she's amazing and deserves all the recognition she can get! She's just been so kind and understanding and never judged me for what is a chaotic life despite my best efforts. She's given me so much confidence going forwards and now I've finally got a care package for mum, it's her belief in me that gives me the confidence to restart my own life, no matter how difficult and scary that feels."

"My Volunteer is always on time, very kind and attentive to my mother, she offered to visit my mother in hospital last January and kept in touch enquiring about her recovery, she was extremely supportive during my divorce, always cheerful, has a wealth of local knowledge. My Mother enjoys her company and so looks forward to her visits. It was our great pleasure being introduced to my Volunteer".

"My Volunteer is lovely, and I am very impressed with her social skills. When she came, J was not having a good day and I was worried about leaving him. However, when I came home, he was happily chatting with my Volunteer, and he said that he had had a lovely time and was looking forward to her coming again. I was able to attend my U3VA meeting without worrying about J. My Volunteer is happy to be flexible with visit so that we can have a weekly visit. Thank you so much for sending her our way".

"I just wondered if you could pass a big thank you to my Volunteer, who comes to see Mum. We are trying to organise for Mum to go into respite so that Dad can have a break and she has been quite resistant to the idea. Dad said that the volunteer was so helpful in talking to Mum about it and making her feel more positive. Please say a big thank you her and for all she does in her visits. Thank you to you too for organizing it!! We really appreciate the support as a family".

Our Volunteers

Our Volunteers work in a wide variety of roles to support Carers who use our services.

We pride ourselves on being an approachable, friendly, and personable organisation and will do our best to make the Volunteering experience is as rewarding as possible.

We have a dedicated Volunteer Coordinator, who is responsible for recruiting, training, and supporting all Volunteers. We support our Volunteers by:

- Giving opportunities to learn new skills by providing training
- Giving opportunities to meet like-minded people and build new networks
- Providing opportunities to make a useful contribution to the community

In addition to the one-day Volunteer induction we also offer a variety of training sessions throughout the year, in a variety of locations, throughout East Sussex, including, First Aid, Dementia Awareness, Safeguarding Vulnerable Adults, Basic Listening Skills, Mental health sessions, Bereavement session and regular group support sessions. Volunteers are also given the opportunity to contact the office for 1:1 support.

The dedication and commitment of our Volunteers adds immense value to our organisation and illustrates the huge contribution that Volunteers give to our society. We show our appreciation each year in Volunteers week by holding a thank you Lunch. In 2023 we held 3 lunches - one in Hastings, one in Eastbourne, and one in Uckfield. During these events we awarded Volunteers with long service certificates and one Volunteer received a special recognition plaque.

What our Volunteers say:

"I am absolutely loving my role as a volunteer. I look forward to it every week. I get on so well with them both and feel like I am really getting to know them. I am so grateful for you (The Association of Carers) and having the opportunity to volunteer and being matched with such a great couple."

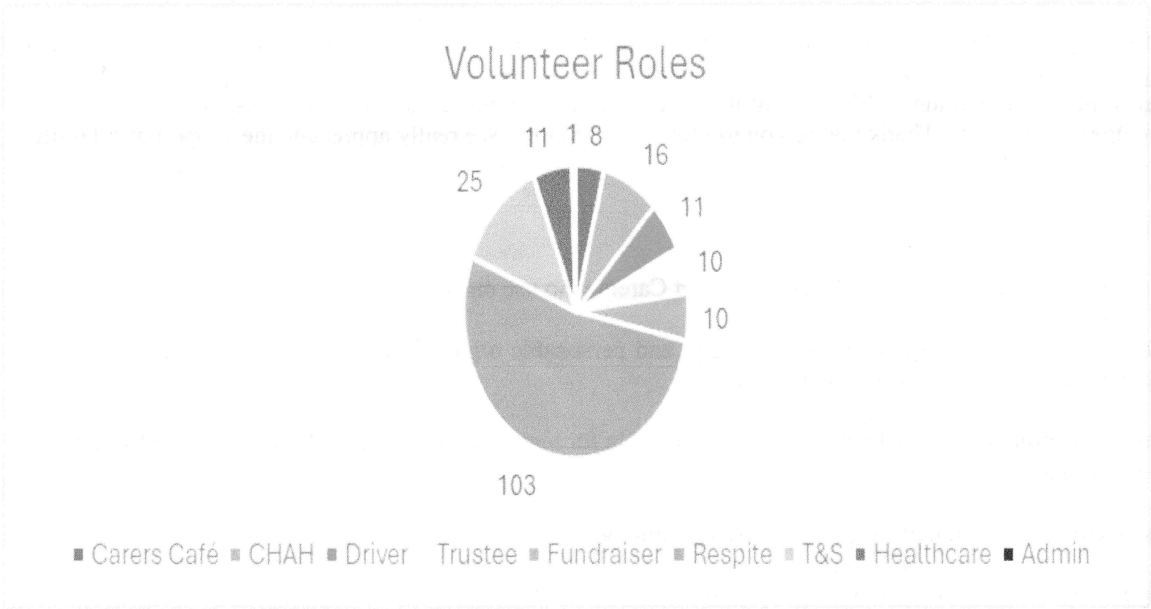
"I have volunteered for AoC for nearly two years, and thoroughly enjoy my role providing respite care. I find it very rewarding to support others and improve their quality of life."

"I am very happy with the match; I'm becoming part of the family."

"The carer appreciates the 3 hrs. I give as he has not had a break for many months."

"It's the best bit of my week we have a such laugh together."

Throughout the year 2023 - 2024 we had a total of 195 active Volunteers in a variety of different roles.



Funding

Throughout 20203/2024 all services were funded via East Sussex County Council and their Strategic partners Care for the Carers.

In October 2023, Care for the Carers assumed responsibility for commissioning the charity's services. This included a full review of the Service Provision Contract, encompassing all the charities current services. The Contract will remain in effect until March 2027.

Currently the CCW service is commissioned and directly funded by East Sussex County council and the funding for this service is due to end in March 2025. The team will be working closely with Care for the Carers to look at other funding streams to align this service with the Service Provision Contract, that ends in March 2027.

Fundraising and Events

We have had another great year of fundraising, with a wonderful amount of support from the local community, individuals, trusts, and foundations.

We would like to thank the following organisations and clubs for their donations in the past year:

Santander bank
Bexhill 100
Hastings Winkle club
Hastings round table
Peacehaven town council
Magdalen and lasher
Eastbourne lottery
Much loved
St Leonards rotary club
Seaford rotary club
Brede Women's Institute
MG classic car club of Rother
Bates Green Garden
British Lawn mower racing association

Each year the charity organises and pays for 3 Christmas meals for the Carers, the people they care for and our Volunteers. These meals are held in Eastbourne, Hastings, and Uckfield. To help support the cost of these meals a Christmas Raffle is held. Prizes are donated from local businesses in East Sussex. In 2023 the raffle raised over £2000 towards the cost of providing these meals.

We would also like to take this opportunity to thank our many individual donors. Every penny raised and donated makes a real difference to the lives of Carers.

Events

Events are held throughout the year to help to raise the profile of the charity and to assist with funding towards events and activities for Carers and Volunteers.

Events held:
24/04/2023 - Beefeater pub quiz
01/05/2023 - 50 Miles in May sponsored walk
24/05/2023 - Bates Green Garden takeover
05/06/2023 - The Langham Eastbourne Volunteer Thank you lunch
06/06/2023 - The Highlands Inn Thank you lunch
07/07/2023 - Hastings college Volunteer Thank you lunch
08/06/2023 - Sainsburys supermarket stand
22/07/2023 - Summer market
28/08/2023 - Bexhill 100 stand
08/10/2024 - Bull Inn pub quiz
13/11/2023 - Santander Eastbourne stand for a full week
26/11/2023 - Beefeater pub quiz
27/11/2023 - Santander Hastings stand for a full week
05/12/2023 - The Langham Christmas meal
06/12/2024 - The Hastings Christmas meal
18/12/2024 - The Eastbourne Christmas meal
13/12/2023 - Broad Oak pub quiz
28/02/2024 - The Langham hotel lunch and entertainment

Association of Carers aim to maintain a high organisational profile by raising the profile of Carers within the local community.

Throughout 2023-2024, the team diligently raised the Association of Carers' profile. This involved increased media coverage, hosting events, attending networking meetings, and delivering talks. The team consistently participated in meetings of the Dementia Action Alliance, the Carers VCS network, the East Sussex Safeguarding Network, and many other relevant groups.

Our social media platforms served a dual purpose: promoting our events and advocating for the needs of unpaid carers in East Sussex. We've seen a steady growth in our reach, attracting a more diverse range of Carers and Volunteers.

The team utilized traditional print media and shared stories of unpaid Carers through articles and leveraging paid advertisements for Volunteer recruitment.

There were 2 highly successful targeted Royal Mail leaflet drops in Seaford and in Bexhill that significantly contributed to our Volunteer recruitment efforts.

Each month, our Events and Marketing Coordinator creates an e-Newsletter distributed to all Carers, Volunteers, and local VCS partners. The newsletter features upcoming events, updates on national initiatives, along with quizzes, recipes, and engaging photos.

During the year 2023-2024, the charity introduced new branding. Carers themselves selected the logo through an online vote. In January 2024 coinciding with the branding refresh, the charity launched the newly designed website.

FINANCIAL REVIEW

Reserves policy

The charity's reserves policy relates to its general (unrestricted) funds which are freely available to be used for any or all the purposes of the charity. The Association of Carers are aware that it is crucial to ensure there are sufficient reserves to tide the organisation over if the main funding stream was ever withdrawn. In this instance the reserves act as a safety net until further fundraising is sought, or to allow the charity to a close, whilst meeting its obligation to staff and service users. The Association of Carers is currently dependent on statutory funding sources for a large majority of its income to sustain its activities, changes in Government and/or Government policy and reductions in funding could result in the Association of Carers being unable to continue operating. This means that if there were to be a larger gap in the charity's sources of income it is likely that the charity would need to cease operating. To avoid closure, if funding difficulties were to happen, the Trustee board has agreed to keep a certain level of financial reserves to ensure that main operations can continue for a minimum of 6 months.

The main concerns of the Trustee board are to ensure:
- That staff can continue working, primarily to secure new funding
- That members/service users are supported to move on to other services

The reserves should be built up from the unrestricted income. The level of reserves should be calculated and monitored every 12 months by the Charity Manager and Trustee board.

The Trustees have reviewed the reserves policy and made amendments to ensure reserves continue to be set at an appropriate amount. This review takes into account the ever-changing, uncertain external financial landscape, and also responds to a larger than usual level of reserves that built up over the pandemic period due to being unable to deliver planned face to face activities. The policy also sets out our plans for utilising reserve funds to enable the introduction of further support opportunities for Carers, linking to our overall strategy.

Capacity Building Project

Association of Carers and its board of Trustees have identified the need to allocate some of the charity's reserves to provide an improved quality of service for the Carers it supports.

The project aims to increase the reach of the organisation by:

- Improved marketing and promotion
- Developing the skills of the team to deliver the current activities
- Ensuring that services are provided to all areas in East Sussex
- Ensuring that the building the team operate from is fit for purpose
- The Capacity Building project will run from April 2023-March 2027

The project will also include diversifying the charities staffing requirements to meet the ever-changing demands on the service.

As this is an ongoing and evolving process the charity cannot confirm the final cost but have set a budget of between £120,000 and £150,000.

These reviews are flexible and will be adjusted as the climate and demands on the services change.
All these costs are therefore accounted for and will not affect the reserves funding policy.

The capacity building project has so far been utilised to enabled staff to re locate to a new office in St Leonards on sea. The new location has proved to be beneficial to local Carers and Volunteers who have visited the office to enquire about the services offered. The office is based on a main road and is on a major bus route ensuring it's visibility to the general public.

The charity has also utilized the designated capacity fund to create a new website. The main aim of the website was to be inclusive and easily assessable to use on any technical devise. Users can access online forms to become members, refer themselves or others or to become a Volunteer. The new site has been designed to generate an increased volume of traffic and be an everyday tool for the Team to use. The site also offers a range of useful information for Carers, professionals, and supporters including links to other relevant websites.

The Trustees

Methods of Appointment or Election of Trustees:

- Existing Trustees can appoint new Trustees to fill vacancies or add to their number.
- Newly appointed Trustees by existing Trustees hold office temporarily until the next annual general meeting.
- Reappointment for a full term happens at the annual general meeting.

Election at Annual General Meeting:

- One-third of Trustees are required to retire and are eligible to be re-election at each annual general meeting.

Induction and Training Policies for Trustees:

Our induction process for new Trustees, includes:

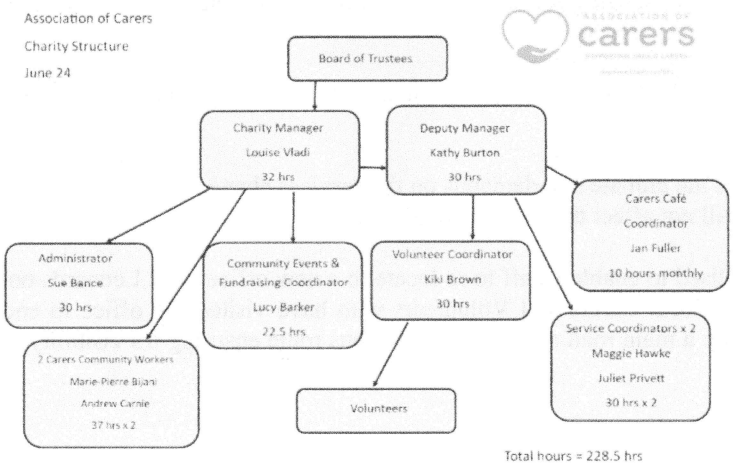
- Briefing on legal obligations related to charity and company law.
- Information on committee structure and decision-making processes.
- Overview of the charity's Strategic Plan and recent financial performance.
- Encouragement to attend external training events.
- Meetings with the Management team to understand the charity's work better.

This approach ensures Trustees have a solid understanding of their roles and responsibilities before taking office and provides opportunities for ongoing development.

The Team and Organisational structure

The board of Trustees administer the charity with the appointment of the Charity Manager, who has delegated authority to manage the day-to-day operations of the charity. The charity's senior management team is comprised of the Charity Manager and a Deputy Manager.

In 2023 - 2024 the Team consisted of 10 staff, working a total of 288.5 hours per week.



Risk Management

The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to these risks. The Board recognises that the principal risk to the organisation is its reliance on one major source of income. To mitigate this risk, additional hours are being offered to Marketing and Fundraising to try to increase the small grants and donations the charity gets and to look at additional funding to support the CCW role going forward. This new role will commence in June 2024 and will be a fixed position for a year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

The organisation is a registered charity Charitable Incorporated Organisation, (CIO) (no. 1159551).

Charity History

- Established on the 1st December 2014 and came into effect from 1st April 2015. The core activities and objectives remained unaltered.
- Previous charity number 1004055, wound up on the 31st March 2015 at a Special General Meeting of the Association of Carers
- 26th March 2015 staff, assets and Trustees all transferred to the new CIO.

Governance

- Trustees are invited and encouraged to attend relevant training sessions on their roles and responsibilities of being a Trustee
- Strategic decisions are made at Trustee meetings by majority vote
- Trustees are advised by the Charity Manager, or other experts as appropriate
- Trustees met monthly throughout 2023 -2024, via virtual platforms and in person.
- All meetings were minuted

Approved by order of the board of trustees on 27/9/2024 and signed on its behalf by:

Mr C A Whitehead - Trustee

Independent examiner's report to the trustees of Association of Carers
I report to the charity trustees on my examination of the accounts of Association of Carers (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').

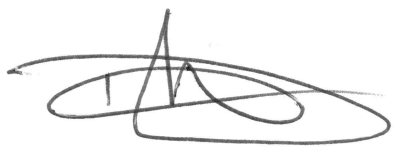
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

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.



Deborah A Hargreaves

Acuity Professional Partnership LLP
Unit 2.02
High Weald House
Glovers End
Bexhill
East Sussex
TN39 5ES

Date: 28/9/2024

ASSOCIATION OF CARERS

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		**5,090**	**10,452**	**15,542**	20,733
Charitable activities					
Support of carers		**53,617**	**256,027**	**309,644**	247,867
Investment income	2	**7,491**	**-**	**7,491**	1,354
Total		**66,198**	**266,479**	**332,677**	269,954
EXPENDITURE ON					
Raising funds		**-**	**-**	**-**	60
Charitable activities					
Support of carers		**81,472**	**227,177**	**308,649**	273,561
Other		**2,904**	**629**	**3,533**	355
Total		**84,376**	**227,806**	**312,182**	273,976
Net gains/(losses) on investments		**(10,332)**	**-**	**(10,332)**	-
NET INCOME/(EXPENDITURE)		**(28,510)**	**38,673**	**10,163**	(4,022)
Transfers between funds	11	**8,879**	**(8,879)**	**-**	-
Net movement in funds		**(19,631)**	**29,794**	**10,163**	(4,022)
RECONCILIATION OF FUNDS					
Total funds brought forward		**255,309**	**241,813**	**497,122**	501,144
TOTAL FUNDS CARRIED FORWARD		**235,678**	**271,607**	**507,285**	497,122

The notes form part of these financial statements

ASSOCIATION OF CARERS

STATEMENT OF FINANCIAL POSITION
31 MARCH 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Intangible assets	6	**4,748**	-
Tangible assets	7	**2,399**	710
		7,147	710
CURRENT ASSETS			
Debtors	8	**17,522**	30,512
Prepayments and accrued income		**-**	1
Cash at bank and in hand		**489,420**	471,013
		506,942	501,526
CREDITORS			
Amounts falling due within one year	9	**(6,804)**	(5,114)
NET CURRENT ASSETS		**500,138**	496,412
TOTAL ASSETS LESS CURRENT LIABILITIES		**507,285**	497,122
NET ASSETS		**507,285**	497,122
FUNDS	11		
Unrestricted funds		**235,678**	255,309
Restricted funds		**271,607**	241,813
TOTAL FUNDS		**507,285**	497,122

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

.....
Mr C A Whitehead - 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

Fixed assets are recorded at cost and depreciated so as to write the cost off over their useful lives.

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.

VALUE ADDED TAX

Value Added Tax is not recoverable by the charity, and as such is included in the relevant costs in the Statement of Financial Activities.

continued...

2. INVESTMENT INCOME

	2024	2023
	£	£
Bank interest receivable	7,491	1,354

3. 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

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

4. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	236,081	211,431
	236,081	211,431

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

	2024	2023
Support of carers	10	9

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	14,472	6,261	20,733
Charitable activities			
Support of carers	39,569	208,298	247,867
Investment income	1,354	-	1,354
Total	55,395	214,559	269,954
EXPENDITURE ON			
Raising funds	-	60	60
Charitable activities			
Support of carers	53,952	219,609	273,561
Other	-	355	355

continued...

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Total	53,952	220,024	273,976
NET INCOME/(EXPENDITURE)	1,443	(5,465)	(4,022)
Transfers between funds	(3,014)	3,014	-
Net movement in funds	(1,571)	(2,451)	(4,022)
RECONCILIATION OF FUNDS			
Total funds brought forward	256,880	244,264	501,144
TOTAL FUNDS CARRIED FORWARD	255,309	241,813	497,122

6. INTANGIBLE FIXED ASSETS

	Computer software £
Cost	
Additions	**7,653**
Amortisation	
Charge for year	**2,905**
Net book value	
At 31 March 2024	**4,748**
At 31 March 2023	-

continued...

7. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
Cost			
At 1 April 2023	**10,973**	**1,065**	**12,038**
Additions	**1,150**	**1,167**	**2,317**
At 31 March 2024	**12,123**	**2,232**	**14,355**
Depreciation			
At 1 April 2023	**10,973**	**355**	**11,328**
Charge for year	**226**	**402**	**628**
At 31 March 2024	**11,199**	**757**	**11,956**
Net book value			
At 31 March 2024	**924**	**1,475**	**2,399**
At 31 March 2023	-	710	710

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Other debtors	-	10,332
Prepayments and accrued income	**17,522**	20,180
	17,522	30,512

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Social security and other taxes	**5,394**	3,794
Accruals and deferred income	**1,410**	1,320
	6,804	5,114

continued...

10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
Fixed assets	5,898	1,249	7,147	710
Current assets	235,174	271,768	506,942	501,526
Current liabilities	(5,394)	(1,410)	(6,804)	(5,114)
	235,678	271,607	507,285	497,122

11. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	247,809	(17,977)	-	229,832
Designated Fund - Lease	7,500	(10,533)	8,879	5,846
	255,309	(28,510)	8,879	235,678
Restricted funds				
Computer Help at Home	10,266	6,359	-	16,625
Talk and Support	28,379	4,962	-	33,341
Respite East Sussex	189,322	16,901	-	206,223
Carers Companions	13,846	10,451	(8,879)	15,418
	241,813	38,673	(8,879)	271,607
TOTAL FUNDS	497,122	10,163	-	507,285

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	66,198	(73,843)	(10,332)	(17,977)
Designated Fund - Lease	-	(10,533)	-	(10,533)
	66,198	(84,376)	(10,332)	(28,510)
Restricted funds				
Computer Help at Home	6,359	-	-	6,359
Talk and Support	4,962	-	-	4,962
Respite East Sussex	244,707	(227,806)	-	16,901
Carers Companions	10,451	-	-	10,451
	266,479	(227,806)	-	38,673
TOTAL FUNDS	332,677	(312,182)	(10,332)	10,163

continued...

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	249,378	1,445	(3,014)	247,809
Designated Fund - Lease	7,500	-	-	7,500
	256,878	1,445	(3,014)	255,309
Restricted funds				
Computer Help at Home	13,197	(2,931)	-	10,266
Talk and Support	30,519	(2,140)	-	28,379
Respite East Sussex	192,963	(3,641)	-	189,322
Carers Companions	7,587	6,259	-	13,846
Carers Cafe	-	(3,014)	3,014	-
	244,266	(5,467)	3,014	241,813
TOTAL FUNDS	501,144	(4,022)	-	497,122

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	55,395	(53,950)	1,445
Restricted funds			
Computer Help at Home	8,652	(11,583)	(2,931)
Talk and Support	6,206	(8,346)	(2,140)
Respite East Sussex	193,441	(197,082)	(3,641)
Carers Companions	6,259	-	6,259
Carers Cafe	1	(3,015)	(3,014)
	214,559	(220,026)	(5,467)
TOTAL FUNDS	269,954	(273,976)	(4,022)

continued...

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	249,378	(16,532)	(3,014)	229,832
Designated Fund - Lease	7,500	(10,533)	8,879	5,846
	256,878	(27,065)	5,865	235,678
Restricted funds				
Computer Help at Home	13,197	3,428	-	16,625
Talk and Support	30,519	2,822	-	33,341
Respite East Sussex	192,963	13,260	-	206,223
Carers Companions	7,587	16,710	(8,879)	15,418
Carers Cafe	-	(3,014)	3,014	-
	244,266	33,206	(5,865)	271,607
TOTAL FUNDS	501,144	6,141	-	507,285

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	121,593	(127,793)	(10,332)	(16,532)
Designated Fund - Lease	-	(10,533)	-	(10,533)
	121,593	(138,326)	(10,332)	(27,065)
Restricted funds				
Computer Help at Home	15,011	(11,583)	-	3,428
Talk and Support	11,168	(8,346)	-	2,822
Respite East Sussex	438,148	(424,888)	-	13,260
Carers Companions	16,710	-	-	16,710
Carers Cafe	1	(3,015)	-	(3,014)
	481,038	(447,832)	-	33,206
TOTAL FUNDS	602,631	(586,158)	(10,332)	6,141

continued...

12. RELATED PARTY DISCLOSURES

There were no reportable related party transactions during the year.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations received (including Gift Aid Tax refunded)	**15,542**	15,648
Legacies	**-**	5,085
	15,542	20,733
Investment income		
Bank interest receivable	**7,491**	1,354
Charitable activities		
Fundraising events	**10,678**	790
Other income	**74**	2,316
Grants	**298,892**	244,761
	309,644	247,867
Total incoming resources	**332,677**	269,954
EXPENDITURE		
Charitable activities		
Wages	**236,081**	211,431
Light and heat	**1,806**	-
Staff travel and training	**17,598**	16,052
Publicity and promotions	**2,611**	-
Volunteer travel and training	**12,050**	17,937
Other professional fees	**4,176**	495
	274,322	245,915
Other		
Amortisation of intangible fixed assets	**2,905**	-
Depreciation of tangible fixed assets	**628**	355
	3,533	355
Support costs		
Finance		
Bank charges	**102**	93
Other		
Insurance	**1,875**	1,560
Carried forward	**1,875**	1,560

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	£	£
Other		
Brought forward	**1,875**	1,560
Telephone	**2,777**	2,635
Postage and stationery	**1,605**	2,786
Rent and rates	**11,100**	9,159
IT and computing	**5,948**	7,478
Repairs and renewals	**8,766**	1,300
	32,071	24,918
Governance costs		
Sundries	**654**	395
Bookkeeping	**-**	615
Legal and professional	**-**	305
Independent examiner's fees	**1,500**	1,380
	2,154	2,695
Total resources expended	**312,182**	273,976
Net income/(expenditure) before gains and losses	**20,495**	(4,022)
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	**(10,332)**	-
Net income/(expenditure)	**10,163**	(4,022)

ASSOCIATION OF CARERS

England & Wales - Charity number 1159551

Accounts

REGISTERED CHARITY NUMBER: 1159551

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023
FOR
ASSOCIATION OF CARERS

Acuity Professional Partnership LLP
Unit 2.02
High Weald House
Glovers End
Bexhill
East Sussex
TN39 5ES

ASSOCIATION OF CARERS

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

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Detailed Statement of Financial Activities	22 to 23

ASSOCIATION OF CARERS

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2023

Registered Charity number	1159551
Principal address	104 Sedlescombe Road North St. Leonards-on-Sea East Sussex TN37 7EN
Trustees	C Whitehead L Witten A Thomas J H T Piper R Service L Apps G Scollay (Appointed 24/06/2022)
Independent Examiners	Acuity Professional Partnership LLP Chartered Accountants & Tax Advisers Unit 2.02 High Weald House Glovers End Bexhill East Sussex TN39 5ES
Bankers	Barclays Bank PLC Queens Road Hastings East Sussex

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

Objectives and aims

When reviewing the charity's aims and objectives and in planning our future activities it refers to the guidance contained in the Charity Commission's general guidance on public benefit.
The objects of the CIO are:

• To improve the conditions of life amongst the people of East Sussex, who are caring, or who have cared for, a person or persons in need at home.
• To improve the conditions of life for the person or persons who are being cared for by the Carer.
• For the purpose of promoting the welfare of carers and the people they care for, who are in need of help and support within their homes.
• To relieve, assist, encourage and promote carers in their caring role and support the people they care for "in furtherance of the said objects"
• To advance education concerning caring amongst carers and the public in the area of East Sussex.

The aims of the Charity are:
• Developing and expanding our services in line with what carers tell us they need to feel supported and able to continue in their caring role
• Promoting the needs and challenges of unpaid carers throughout East Sussex
• Encouraging and developing our volunteers and staff through on-going training, support and supervision
• Maintaining a high organisational profile and raising the profile of carers within the local community
• Continuously seeking funding from new stakeholders and retaining the support and integrity of our core funders to ensure the longevity of our services.

ACHIEVEMENT AND PERFORMANCE

Who does the Association of Carers support?

A Carer is someone of any age who provides unpaid support to family or friends, partner, member, or relative who is ill, frail, disabled or has mental health or substance misuse problems.

The Carer does not need to be living with the person and the help that they give does not have to include personal care, it might be emotional support or more practical help.
The person they look after, help or support might:

- have a physical disability
- have a long term health condition
- live with a mental health condition
- have substance misuse issues
- have a learning disability and/or autism
- be an older person

Carers can refer themselves to the charity or be referred to the Association of Carers by other professionals.
Carers who are referred to the Association of Carers services and who are assessed as a high priority are contacted within 7 days and have an initial meeting to assess them for our services within 28 days.

Our Services

Respite with Befriending

Carers providing support can sometimes find it difficult to leave the person they look after. This can lead to Carers experiencing high levels of stress and social isolation, which can impact on their own health and wellbeing.

The Respite and Befriending service supports Carers by providing a suitably trained and checked Volunteer who will go into the Carers' home for around 3 hours, giving Carers the opportunity to have some time to themselves. Visits mostly happen on the same day at the same time. Carers may choose to spend time in a variety of ways such as shopping, having a rest, enjoying a hobby, or meeting a friend for lunch. By receiving regular respite, Carers are able to look forward to their break and plan what to do with the time.

The service is also able to benefit the person with care and support needs, finding them a Volunteer who has similar interests, to assist the process of building long-term befriending relationships.

Throughout 2022/2023 the charity provided 219 respite services, equating to 16731 hours of Respite.

Carers community workers

2 Carers Community Workers provide respite services in areas where Volunteers are harder to recruit, or in those areas with large waiting lists. Sometimes this can be for families that may have high needs or the person with support needs may have resistance to a respite Volunteer.

Quote for service

"A huge difference - CCW did exercises with D, watched TV, had tea and cake. B had peace of mind and freedom to get out. He finds it very draining looking after D."

"CCW was amazing with L - a real hero. L finds it difficult to accept other people coming in now as he has had a personality change from being very social. He can't take loud noise either. CCW built a lovely relationship with him and they used to play board games and she tapped into his long term memory for conversation and sensed when he was getting tired."

"Having CCW has supported D to build confidence to get out and he has made new friends. He had felt very socially isolated before and he now has the incentive to go out and take L out to coffee shops."

Respite for Healthcare

Carers may sometimes neglect their own wellbeing due mainly to looking after the person they care for. This can have a long-term impact on both their physical and emotional wellbeing and means they may wait until their health reaches crisis point before they seek help. This could result in their symptoms becoming worse and then taking longer to recover. Carers used this cover to do things such as attending the Hospital, having Chemotherapy, and going to the GP or the dentist etc. In recent times the Respite for healthcare cover has been used so that Carers are able to attend courses to support their caring situations, such as Dementia courses and recovery and wellbeing courses.

Throughout 2022/2023 the charity provided 38 separate healthcare appointment visits, amounting to 108.25 hours of respite.

CRESS Referrals

Carers Respite Emergency Support Scheme (CRESS) is a 24 hour a day and 7 day a week service to support Carers in an emergency provided by Adult Social Care. The Association of Carers assists Carers to complete these emergency plans.

Throughout 2022/2023 the charity supported 12 Carers to complete these forms.

Zoom Activities

The activities are facilitated by a dedicated Volunteer who offers a variety of different sessions including art, bingo and quizzes.

Throughout 2022/2023 charity supported 48 Carers through zoom activities.

Quote from Carer

"Having a break and knowing that Mum was happy and looked after was such a relief and I was able to take a break and get on with some work."

"Absolutely delighted with N's visits as we don't see many people. He and D talk about news and politics and T really looks forward to N's visits. N is and extremely nice man."

"It allowed me to attend an art club which I really enjoyed."

Carers Lunch Clubs

The clubs are for Carers who would like to get out and meet other Carers, to share experiences and increase their support network.
Carers and the adult person they Care for, are invited to have a meal, or just enjoy a drink and a chat in a supportive environment.
The monthly lunch Clubs usually meet on a variety of days and locations every month in the Rye area on a Thursday and at in St Leonards on a Monday.

Throughout 2022/2023 the charity held 24 lunches with an average of 20 attendees per lunch.

Quote from Carer

"I enjoy meeting other Carers and talking about our roles."

"Its nice to go out and meet people."

Computer Help at Home

This service supports Carers to learn to use their own computer or digital device in ways that support their caring role, helping them to have more time to themselves and reducing isolation. Carers can benefit from the service by learning to shop or bank online, to purchase equipment, such as printers or tablets, finding out information relating to their caring role and reducing social isolation by learning to use of email and/or social media and improve their well-being by accessing GP appointments online.

Throughout 2022/2023, 85 CHAH services were provided.

Handbooks

To support Carers further, staff and Volunteers created computer help handbooks. These simple to use handbooks are designed to provide step by step instructions and tips for Carers to use while learning their digital device. These handbooks have proved to be a useful addition to the bespoke service.

Tablet Loan

AOC are now able to provide a tablet to Carers who have no access to a digital device. The service is on a 6-month loan basis. The tablet is delivered to the Carer, along with the handbook and they can get support from our Computer Help Volunteers to get started. When the 6-month loan period comes to an end, AOC will further support Carers to access funding for their own tablet, via the Carers Personal Budget.
Throughout 2022/2023, 5 tablets were loaned to Carers and 2 Carers were supported to purchase their own tablets via the Carers personal budget.

Quote from Carers

"M sorted out all that I need to do and set up Zoom so that I can keep in touch with the family."

"L really helped me with some scams. I am now able to bank online safely. Also, I can now order my Wiltshire Foods online which I find really helpful because it is easier to choose".

"I have been able to use my tablet to research and download fact sheets about putting O in the Care Home which has been really useful."

Carers Wellbeing Service (Talk and Support and Tele-counselling)

The Wellbeing services provide Carers across East Sussex with the opportunity to access telephone support, support to identify and plan residential respite (SCIPRR), and have access to telephone counselling provided by our partners Counselling Plus.

Talk and Support

Carers are supported with a weekly telephone call of around 30 minutes for 6 months, or longer if necessary. Some Carers may find it difficult to talk to family and friends about their caring role and the service provides Carers with a listening ear and the opportunity to discuss their caring role in confidence, as well as signposting them to additional support if necessary.
The service can also support Carers during a time of loss, whether this might be because the person they looked after has passed away or because they have moved into permanent care.

Counselling

Funded Telephone Counselling Service -funding to support 6 Carers each year with a paid counselling service.

Volunteer-led telephone counselling - In addition to our funded telephone counselling service we offered Volunteer led counselling.

SCIPRR - Supporting Carers to implement and plan residential respite
The SCIPRR service was created through feedback from what Carers said they needed.
A Volunteer is able to help a Carer plan and identify the opportunity for a residential respite break. Supporting Carers to identify/plan residential respite reduces the risk of a Carer break down and helps the Carer through the very difficult transition of putting their loved one into care.

Throughout 2022/2023 the charity supported 7 Carers to implement and plan residential respite services.

Quote from Carers

"Have good chats with someone I feel understands."

"Best bit of my week and we have a laugh together."

"Has been a really difficult time for me and J's calls have meant so much to me."

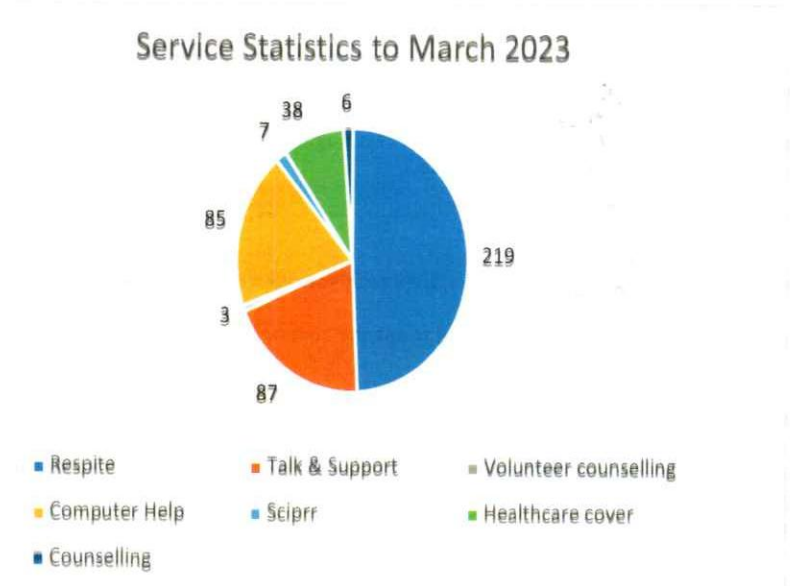
Statistics at the end of March 2023 were:
87 Carers had received the Talk and Support service.
6 Carers were referred to professional counselling receiving 60 hours of support.
3 Carers received Volunteer counsellor led sessions - 30 hours of support.
7 Carers supported through the SCIPRR service.

Carers Café

There are now two cafes running every 4 weeks, one in Peacehaven and another in Hellingly. Cafes are facilitated by a dedicated staff member, with Volunteers as and when required.
Carers partake in various activities including arts and crafts, board games and can benefit from wellbeing activities, such as hand massage, Yoga, talks and training, cream tea events and a special Christmas event. Volunteers are on hand to offer Carers and their loved one's support and to help serve refreshments.

Throughout 2022 - 2023, 24 Carers cafés held with an average of 15 in attendance at each cafe, including Carers and the people they care for.

Pie chart regarding service statistics at the end of March 2023



Referrals to other agencies

During the year staff referred Carers on to other voluntary bodies such as Adult Social Care, Fire service, Care for the Carers, British Red Cross, Age Concern Eastbourne, Age UK East Sussex, Benefits advice, and Disc Dementia service etc. The Association of Carers works closely with other agencies, so that Carers can access any additional support they need.

Networking

Throughout the year the charity team attend meetings and networking events to promote the Association of Carers and ensure they are aware of what other organisations are offering to support Carers and the person they care for. It also gives us the opportunity to share knowledge and information with other voluntary sector organisations and other commissioned Carers services, such as: Carers voluntary Network (CVS), Safeguarding Board (CCSAN) and Volunteer Coordinator's Forums facilitated by RVA, HVA and 3VA.

We regularly use our social media accounts to post a variety of subject matter, keeping our community aware and updated of all that we do to support Carers.

Funding

The charity receives funding from East Sussex County Council (ESCC) to provide the Respite with Befriending service, SCIPRR service and the Respite for Healthcare cover to Carers across East Sussex. From September 2023 the contract will be taken over by The Carers Centre East Sussex (Care for the Carers). The work for this project has been ongoing since March 2022 and has been a collectively facilitated by Care for the Carers (CFTC), ESCC and Association of Carers. The project team have liaised with all beneficiaries including stakeholders, Carers, Volunteers and staff.

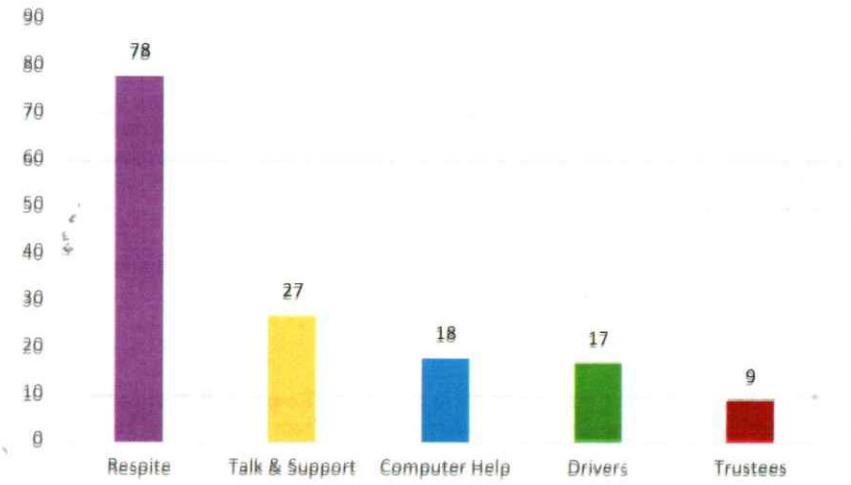
Carers Community Workers funding has been agreed until March 2025. Within this funding an additional £6,000 was allocated towards Volunteer recruitment. The funding enabled the charity to complete a successful recruitment campaign in the Seaford and Crowborough areas, along with the ability to try new methods of recruitment. New recruitment methods included a Royal Mail post out, various local newspaper articles and adverts, along with an increased social media presence.

Computer Help at Home, Lunch clubs and the Carers Wellbeing services were funded by CFTC and will continue to do so throughout 2023/2024.

From 1st October 2023 all service funding, minus the CCW service will be managed by CFTC and will be collated into one contract.

Encouraging and developing our volunteers and staff through on-going training, support and supervision.

At the end of March 2023, AoC had 149 active Volunteers in a variety of roles, including: Respite with Befriending, Talk & Support, Trustee, Driver and Computer Help at Home, virtual roles and telephone counselling.
See chart below:



We support our Volunteers by:

* Giving opportunities to learn new skills by providing training

* Giving opportunities to meet like-minded people and build new networks

* Providing opportunities to make a useful contribution to the community

In addition to the one-day Volunteer induction we also offer a variety of training sessions throughout the year, in a variety of locations, throughout East Sussex, including, First Aid, Dementia Awareness, Safeguarding Vulnerable Adults, Basic Listening Skills, plus regular support sessions.

In Volunteers week every June we hold a thank you Lunch for our Volunteers. In 2022 we held 3 lunches - one in Hastings at the local South Coast College, one at The Eastbourne college restaurant, and one in Uckfield at the Highlands. During these events we give out long service awards and certificates for our Volunteers.

The Team

At the end of March 2023, the charity had 7 office team members working a total of 202.5 hours per week, 2 CCW's working a total of 72 hours per week and one Carers café coordinator working 10 hours per month.

Team members continue to be supported through regular 6 weekly supervision sessions and at annual appraisals. The team have access to a variety of training including:

Safeguarding vulnerable adults, Lone working and personal safety, Equality and Diversity, First Aid, Dementia and Mental Health Awareness.

The Team (continued)

In January 2023 a new HR management programme was introduced. This enabled staff to have access to personal handbooks, digital requests for time off and also a new expenses system. In addition, the system has staff benefits such as discounts, and a training portal with a variety of free courses. The system ensures the charity has the most up to date polices in place and are notified of any changes in employment law.

Maintaining a high organisational profile and raising the profile of carers within the local community

During 2022-2023 the team have worked hard to raise the profile of the Association of Carers by increasing media coverage, holding events and attending network events and giving talks.

During 2022/2023 the charity held the following events:

Winter Market at the Stade - Hastings
5-day Santander awareness stand - Hastings
Family Quiz at the Bull - St Leonards on sea
Carers information day - Rye
Isabel Blackman centre Volunteer recruitment event - Hastings
The Beacon Volunteer recruitment and service information event - Eastbourne

Association of Carers is continuously seeking funding from new stakeholders and retaining the support and integrity of our core funders to ensure the longevity of our services

The charity provides its funders with regular updates on the performance of each funding stream, to assess the specific outcomes, for example, numbers receiving the service, number of Carers from minority groups who are being supported and Carer satisfaction.
We regularly review the services by carrying out surveys to gauge Carer satisfaction with the services being received and to assess if these are meeting Carer expectations.
Any shortfalls in targets and expectations, are addressed by the Management team and Trustees.

Securing future funding is an ongoing priority for the charity. During the year we have:

* Applied to other sources of funding for example small and large grants
* Received donations to the charity by means of one-off donations, legacies or regular giving. The charity offers a free service to its Carers and will continue to do so

The charity is grateful to the following organisations who gave funds to the work of the charity throughout 2022/2023:

Winkle club - Hastings
Kings Church - Hastings
Homity - Brighton based
Eastbourne Borough council
Eastbourne Lottery
Rother Lottery
St Augustine's - League of friends
Calverham school - Battle
The Bull Inn - St Leonards on sea
Hooe's old motoring club - Hooe
Elm Tree boot fair - Icklesham
United friends' gold club - East Sussex
Santander Bank - Hastings

Capacity Building Project

Association of Carers and its board of Trustees have identified the need to allocate some of the charity's reserves to provide an improved quality of service for the Carers it supports. The project will aim to increase the reach of the organisation by:

* Improved marketing and promotion
* Developing the skills of the team to deliver the current activities
* Ensuring that services are provided to all areas in East Sussex
* Ensuring that the building the team operate from is fit for purpose
* The Capacity Building project will run from April 2023-March 2027

The board of Trustees have allocated £23,250 towards making the improvements listed above.
The project will also include diversifying the charities staffing requirements to meet the ever-changing demands on the service.
As this is an ongoing and evolving process the charity cannot confirm the final cost but have set a budget of between £120,000 and £150,000.
These reviews are flexible and will be adjusted as the climate and demands on the services change.
All these costs are therefore accounted for and will not effect the reserves funding policy.

Designated Capacity Building Project funding

Item	**Estimated Cost**
Staffing changes/reviews	£120,000 - £150,000
New Data base	£5,500
Needs Strategy in 24	£3,000
New office	£7,000
Upskilling team	£5,000
Rebrand and website	£2,750
Total	**£173,250**

FINANCIAL REVIEW

Financial risk management objectives and policies
The Charity does not have a recognised quality management system in place, as a small charity it has not felt the need to have a certification.

The Charity however carries out the following:

- Review of risks. The charity regularly assesses the major risks to which it is exposed and are satisfied that systems are in place to mitigate exposure to these risks. The immediate risks are highlighted on the business plan and there are actions in place to reduce these risks:
- A commitment to continuous improvement
- Reserves Policy to ensure Business Continuity and continuation of service delivery for a period of at least six months
- Systems in place to ensure we submit our accounts in line with Charity Commission rules
- Regular review of all Policies/Procedures at least annually

STRUCTURE, GOVERNANCE AND MANAGEMENT

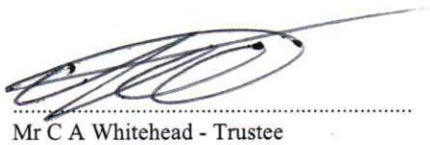
Governing document
The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The organisation is a registered charity Charitable Incorporated Organisation, (CIO) (no. 1159551).

Charity History
- Established on the 1st December 2014 and came into effect from 1st April 2015. The core activities and objectives remained unaltered.
- Previous charity number 1004055, wound up on the 31st March 2015 at a Special General Meeting of the Association of Carers
- 26th March 2015 staff, assets and Trustees all transferred to the new CIO.

Governance
- Trustees are invited and encouraged to attend relevant training sessions on their roles and responsibilities of being a Trustee
- Strategic decisions are made at Trustee meetings by majority vote
- Trustees are advised by the Charity Manager, or other experts as appropriate
- Trustees met monthly throughout 2022 -2023, via virtual platforms and in person.
- All meetings were minuted

Approved by order of the board of trustees on 26/9/2023 and signed on its behalf by:



Mr C A Whitehead - Trustee

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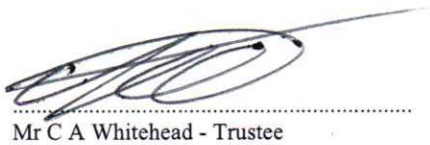


Mr C A Whitehead - Trustee

ASSOCIATION OF CARERS

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		**14,472**	**6,261**	**20,733**	30,522
Charitable activities					
Support of carers		**39,569**	**208,298**	**247,867**	232,437
Investment income	2	**1,354**	**-**	**1,354**	159
Total		**55,395**	**214,559**	**269,954**	263,118
EXPENDITURE ON					
Raising funds		**-**	**60**	**60**	-
Charitable activities					
Support of carers		**53,950**	**219,611**	**273,561**	190,453
Other		**-**	**355**	**355**	-
Total		**53,950**	**220,026**	**273,976**	190,453
NET INCOME/(EXPENDITURE)		**1,445**	**(5,467)**	**(4,022)**	72,665
Transfers between funds	10	**(3,014)**	**3,014**	**-**	-
Net movement in funds		**(1,569)**	**(2,453)**	**(4,022)**	72,665
RECONCILIATION OF FUNDS					
Total funds brought forward		**256,878**	**244,266**	**501,144**	428,479
TOTAL FUNDS CARRIED FORWARD		**255,309**	**241,813**	**497,122**	501,144

The notes form part of these financial statements

ASSOCIATION OF CARERS

STATEMENT OF FINANCIAL POSITION
31 MARCH 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	6	**710**	-
CURRENT ASSETS			
Debtors	7	**30,512**	25,949
Cash at bank and in hand		**471,014**	479,691
		501,526	505,640
CREDITORS			
Amounts falling due within one year	8	**(5,114)**	(4,496)
NET CURRENT ASSETS		**496,412**	501,144
TOTAL ASSETS LESS CURRENT LIABILITIES		**497,122**	501,144
NET ASSETS		**497,122**	501,144
FUNDS	10		
Unrestricted funds		**255,309**	256,878
Restricted funds		**241,813**	244,266
TOTAL FUNDS		**497,122**	501,144

The financial statements were approved by the Board of Trustees and authorised for issue on 21/9/2023 and were signed on its behalf by:

Mr C A Whitehead - 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

Fixed assets are recorded at cost and depreciated so as to write the cost off over their useful lives.

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.

VALUE ADDED TAX

Value Added Tax is not recoverable by the charity, and as such is included in the relevant costs in the Statement of Financial Activities.

continued...

2. INVESTMENT INCOME

	2023	2022
	£	£
Bank interest receivable	1,354	159

3. 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.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

4. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	211,431	154,310
	211,431	154,310

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

	2023	2022
Support of carers	9	7

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	30,284	238	30,522
Charitable activities			
Support of carers	(14,107)	246,544	232,437
Investment income	157	2	159
Total	16,334	246,784	263,118
EXPENDITURE ON			
Charitable activities			
Support of carers	3,096	187,357	190,453
NET INCOME	13,238	59,427	72,665

continued...

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	243,639	184,840	428,479
TOTAL FUNDS CARRIED FORWARD	256,877	244,267	501,144

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
Cost			
At 1 April 2022	**10,973**	**-**	**10,973**
Additions	**-**	**1,065**	**1,065**
At 31 March 2023	**10,973**	**1,065**	**12,038**
Depreciation			
At 1 April 2022	**10,973**	**-**	**10,973**
Charge for year	**-**	**355**	**355**
At 31 March 2023	**10,973**	**355**	**11,328**
Net book value			
At 31 March 2023	**-**	**710**	**710**
At 31 March 2022	-	-	-

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Other debtors	**10,332**	10,332
Prepayments and accrued income	**20,180**	15,617
	30,512	25,949

continued...

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Social security and other taxes	3,794	3,236
Accruals and deferred income	1,320	1,260
	5,114	4,496

9. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Fixed assets	-	710	710	-
Current assets	259,103	242,423	501,526	505,640
Current liabilities	(3,794)	(1,320)	(5,114)	(4,496)
	255,309	241,813	497,122	501,144

10. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	Transfers between funds	At 31.3.23
	£	£	£	£
Unrestricted funds				
General fund	249,378	1,445	(3,014)	247,809
Designated Fund - Lease	7,500	-	-	7,500
	256,878	1,445	(3,014)	255,309
Restricted funds				
Computer Help at Home	13,197	(2,931)	-	10,266
Talk and Support	30,519	(2,140)	-	28,379
Respite East Sussex	192,963	(3,641)	-	189,322
Carers Companions	7,587	6,259	-	13,846
Carers Cafe	-	(3,014)	3,014	-
	244,266	(5,467)	3,014	241,813
TOTAL FUNDS	501,144	(4,022)	-	497,122

continued...

10. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**55,395**	**(53,950)**	**1,445**
Restricted funds			
Computer Help at Home	**8,652**	**(11,583)**	**(2,931)**
Talk and Support	**6,206**	**(8,346)**	**(2,140)**
Respite East Sussex	**193,441**	**(197,082)**	**(3,641)**
Carers Companions	**6,259**	**-**	**6,259**
Carers Cafe	**1**	**(3,015)**	**(3,014)**
	214,559	**(220,026)**	**(5,467)**
TOTAL FUNDS	**269,954**	**(273,976)**	**(4,022)**

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	236,139	13,239	249,378
Designated Fund - Lease	7,500	-	7,500
	243,639	13,239	256,878
Restricted funds			
Computer Help at Home	9,591	3,606	13,197
Talk and Support	27,526	2,993	30,519
Respite East Sussex	140,298	52,665	192,963
Carers Companions	7,425	162	7,587
	184,840	59,426	244,266
TOTAL FUNDS	428,479	72,665	501,144

continued...

10. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	16,334	(3,095)	13,239
Restricted funds			
Computer Help at Home	11,715	(8,109)	3,606
Talk and Support	8,986	(5,993)	2,993
Respite East Sussex	225,844	(173,179)	52,665
Carers Companions	239	(77)	162
	246,784	(187,358)	59,426
TOTAL FUNDS	263,118	(190,453)	72,665

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	236,139	14,684	(3,014)	247,809
Designated Fund - Lease	7,500	-	-	7,500
	243,639	14,684	(3,014)	255,309
Restricted funds				
Computer Help at Home	9,591	675	-	10,266
Talk and Support	27,526	853	-	28,379
Respite East Sussex	140,298	49,024	-	189,322
Carers Companions	7,425	6,421	-	13,846
Carers Cafe	-	(3,014)	3,014	-
	184,840	53,959	3,014	241,813
TOTAL FUNDS	428,479	68,643	-	497,122

continued...

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	71,729	(57,045)	14,684
Restricted funds			
Computer Help at Home	20,367	(19,692)	675
Talk and Support	15,192	(14,339)	853
Respite East Sussex	419,285	(370,261)	49,024
Carers Companions	6,498	(77)	6,421
Carers Cafe	1	(3,015)	(3,014)
	461,343	(407,384)	53,959
TOTAL FUNDS	533,072	(464,429)	68,643

11. RELATED PARTY DISCLOSURES

There were no reportable related party transactions during the year.

ASSOCIATION OF CARERS

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations received (including Gift Aid Tax refunded)	**15,648**	26,382
Legacies	**5,085**	4,140
	20,733	30,522
Investment income		
Bank interest receivable	**1,354**	159
Charitable activities		
Fundraising events	**790**	135
Other income	**2,316**	1,175
Grants	**244,761**	231,127
	247,867	232,437
Total incoming resources	**269,954**	263,118
EXPENDITURE		
Charitable activities		
Wages	**211,431**	154,310
Staff travel and training	**16,052**	6,820
Publicity and promotions	**-**	85
Volunteer travel and training	**17,937**	6,246
Other professional fees	**495**	1,822
	245,915	169,283
Other		
Depreciation of tangible fixed assets	**355**	-
Support costs		
Finance		
Bank charges	**93**	90
Other		
Insurance	**1,560**	1,304
Telephone	**2,635**	2,344
Carried forward	**4,195**	3,648

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
Other		
Brought forward	**4,195**	3,648
Postage and stationery	**2,786**	2,923
Rent and rates	**9,159**	8,047
IT and computing	**7,478**	3,471
Repairs and renewals	**1,300**	167
	24,918	18,256
Governance costs		
Sundries	**395**	101
Bookkeeping	**615**	758
Legal and professional	**305**	645
Independent examiner's fees	**1,380**	1,320
	2,695	2,824
Total resources expended	**273,976**	190,453
Net (expenditure)/income	**(4,022)**	72,665

ASSOCIATION OF CARERS

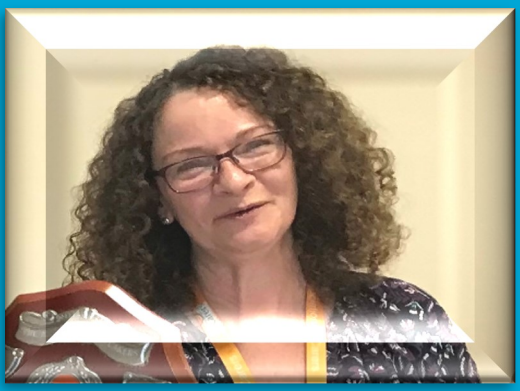
England & Wales - Charity number 1159551

Accounts

association of carers

MAKING A DIFFERENCE TO CARERS' LIVES

Annual Review 2021-2022



Registered charity 1159551

Who We Help

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. The carer does not need to live with the person and the help that they give does not have to include personal care; it might be emotional support, or more practical help.

In 2021 – 2022 the Association of Carers provided in excess of 14,000 hours of support for carers in East Sussex through our core services such as Respite, cover for health care appointments, telephone support and tele-counselling and the Computer Help At Home service. In addition to this we have facilitated Lunches, Carers Cafés, a tablet loan service and an immeasurable amount of direct support in person or over the phone by the office staff.

Carers can refer themselves for support, or be referred by friends, family or professionals.

The charity receives funding from East Sussex County Council (ESCC) to provide respite support to carers across East Sussex until September 2023. Computer Help at Home & Carers Wellbeing and Lunch clubs are funded until April 2023. This funding is managed by Care for the Carers.
Due the Covid 19 pandemic restrictions only ending in March 2022, the charity have been unable to hold their usual fundraising activities. Only a few events were able to run including a quiz in Seaford and the Winter Market in Hastings.

association of carers
MAKING A DIFFERENCE TO CARERS' LIVES

Aims Of The Charity

The aims of the charity are:

- Developing and expanding our services in line with what carers tell us they need to feel supported & able to continue in their caring role
- Promoting the needs and challenges of unpaid carers throughout East Sussex
- Encouraging & developing volunteers & staff via on-going training, support & supervision
- Maintaining a high organisational profile and raising the profile of carers within the local community
- Seeking funds from new stakeholders and retaining the support and integrity of our core funders to ensure the longevity of our services

Acting Chair's Statement

This year the charity has provided thousands of hours of invaluable support to carers throughout East Sussex. This would not have been possible without the exceptional support offered by our volunteers. Our sincere thanks go out to each and every one; we highly appreciate it.

Unfortunately, the Covid 19 pandemic continued into 2021/22, affecting service delivery and staff working arrangements until March 2022. Very much aware of the impact of lockdown on the carers we support, staff offered a regular supportive telephone call to all carers who had their face-to-face services stopped. Every member of our staff team offered these calls until May 2021.

To enable volunteers to re commence face to face visits, all volunteers were issued with PPE to prevent the spread of infections.

Services began to return to normal and carers were once again able to access support. At the time of writing this report, all services are back to normal, and our volunteers are once again enjoying the full benefits of group training sessions.

Since 2020 the charity has had to adapt and learn different methods of working. Some of these methods have remained, such as the Zoom activities and virtual meets. We are also pleased to say that Carers Cafes and Lunch Clubs are back running and are proving to be more successful than ever before.

Clive Whitehead (ACCA)

Our Services

Respite & Befriending

Carers providing substantial levels of care can sometimes find it difficult to leave the person they look after. This can lead to carers experiencing high levels of stress and social isolation, which can impact on their own health and wellbeing.

Our respite and befriending service supports carers by providing a suitably trained and checked volunteer who will go into the carer's home for around 3 hours, giving carers the opportunity to have some time to themselves.

Visits mostly happen on the same day at the same time. Carers may choose to spend time in a variety of ways such as shopping, having a rest, enjoying a hobby, or meeting a friend for lunch. By receiving regular respite, carers are able to look forward to their break and plan what to do with the time.

The service is also able to benefit the person with care and support needs, finding them a volunteer who has similar interests, to assist the process of building long-term befriending relationships.

During 2021-2022 in excess of 12938 hours of respite support were provided.

Carers Respite Emergency Support Scheme

Also known as ‘CRESS’, this is a 24 hour a day / 7 day a week service to support carers in an emergency. This service is provided by Adult Social Care, and the Association of Carers assists carers to complete these emergency plans. The charity supported 10 carers to complete these forms throughout this period.

Respite for Healthcare Appointments

Carers sometimes neglect their own wellbeing due to looking after the person they care for. This can have a long-term impact on both their physical and emotional wellbeing, and means they may wait until their health reaches crisis point before they seek help. This could result in their symptoms becoming worse and then taking longer to recover.

The charity supported carers throughout 2021 - 2022 by providing cover for separate health care appointments, amounting to 34 hours of respite. This number is lower than usual due to the disruption in health services as a result of the Covid 19 pandemic.

Carers' Wellbeing Service (Talk & Support)

This service provides carers across East Sussex with the opportunity to access telephone support, support to identify and plan residential respite (SCIPRR) and telephone counselling provided by our partners, Counselling Plus. Carers are supported with a weekly telephone call of around 30 minutes for 6 months, or longer if necessary.

Some carers may find it difficult to talk to family and friends about their caring role and the service provides carers with a listening ear and the opportunity to discuss their caring role in confidence, as well as signposting them to additional support if necessary.

The service can also support carers during a time of loss. This might be because the person they looked after has died or because they have moved into permanent care.

59 carers received the service during 2021 – 2022, equating to 460hrs of support.
4 carers were supported to plan a residential break, equating to 12 hours of support.
6 carers were referred to professional counselling and received 60 hours of support.
11 carers received volunteer counsellor led sessions, equating to 106 hours of support.

Computer Help at Home (CHAH)

This service supports carers to learn to use their own computer or digital device in ways that support their caring role, helping them to have more time to themselves and reducing isolation. Carers can benefit from the service by learning to shop or bank online, to purchase equipment, such as printers or tablets, finding out information regarding their caring role and reducing social isolation by learning to use email and/or social media.

It can also help them improve their well-being by accessing GP appointments online. Carers are supported by a trained volunteer for up to 6 weeks in their own home and on their own equipment. 62 carers received the service throughout the year, with 124 hours of support during 2021-2022. This figure is lower than usual due to the disruption with face-to-face services as the pandemic continued into 2022.

Carers Lunch Club

These are funded by East Sussex County Council. The clubs are for carers who would like to get out and meet other carers, to share experiences and increase their support network. Carers and the adult person they care for are invited to have a meal, or just enjoy a drink and a chat in a supportive environment.

Carers Lunch Club (Continued)

The monthly Lunch Club meets on a variety of days and locations in Rye area and at the Bo Peep Pub in St Leonards on a Monday.
Due to the Pandemic, all lunches were put on hold until March 2022. It was wonderful to see so many people at this first meal and see the attendees once more enjoying each other's company.

Carers Community Workers (CCW's)

During the covid pandemic, the charity lost some of their vital volunteer base. ESCC were able to provide Association of Carers with additional funding to employ 2 full time workers who were able to undertake the Respite role. 1 worker was recruited in October 2021 and after a few failed recruitment drives, the other commenced their role in February 2022.

The 2 staff can visit 2-3 different families each day and have an alternating 2-week rota. The feedback for this service has been fantastic. AOC are now able to visit many more families in areas where volunteer recruitment has been historically difficult or visit families where the person with support needs may be reluctant to have a volunteer. Once a permanent volunteer is found then the CCW can be re-matched with another family.

Carers Café

We successfully re-launched carers cafes in Peacehaven and Hellingly in February 2022 following on from the original Peacehaven pilot project which closed in 2020 due to the Pandemic. A dedicated staff member now runs two sessions each month. The Peacehaven café is held on the first Tuesday of every month and the Hellingly café on the second Tuesday of the month. Carers can attend with the person they care for and partake in activities such as chair yoga and arts & crafts. Carers can speak to peers who are in similar situations and not have to worry about obtaining respite for them to attend. If required and suitable the carer can leave their loved one with staff and volunteers and take some time to themselves.

Christmas Lunch Celebrations

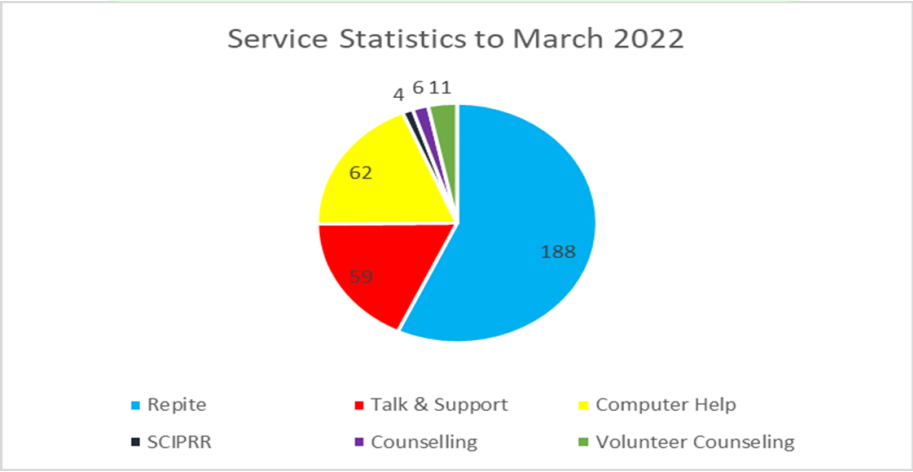
We hosted our 2021 Christmas lunches in Uckfield, Eastbourne and Hastings. It was lovely to bring Carers, their loves ones and volunteers together to say a much deserved thank you for everything they do. As carers were still being cautious about the risk of covid infections, the events were not as well attended as usual. Due to the Covid 19 pandemic and businesses having taken a big hit, it was felt that a raffle with donated prizes would not be held. Instead, all attendees were given raffle tickets and a few names drawn at each meal who won prizes such as bottles of wine and chocolates. The charity would like to offer sincere thanks to the Chalk Cliff Trust and Forshaw trust who sponsored the lunches.

Quality & Partnership

Last year, the Charity referred 42 Carers on to other voluntary bodies, including Adult Social Care, Fire Service, Care for the Carers, British Red Cross, Age Concern Eastbourne, Age UK Sussex, and DISC. The charity works closely with other agencies so that Carers can get the support they need.

Throughout the year, staff attend meetings and networking events to ensure they are aware of what other organisations are offering to support carers and the person they care for. This also gives opportunities to share knowledge & information with other voluntary sector organisations and the CCGs, such as Carers Networks, the Safeguarding Board (CCSAN) and Volunteer Coordinator's Forums.

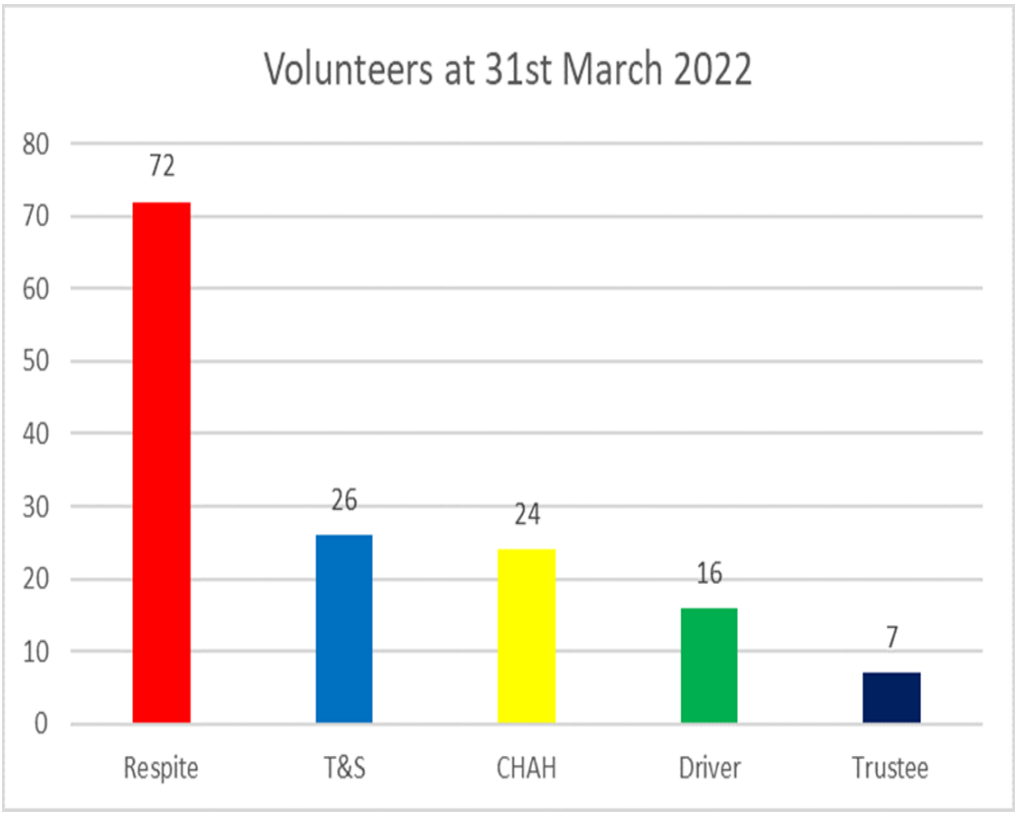
The charity carries out regular reviews of their services, and these are used to monitor satisfaction with the service, monitor what carers' needs are, and assess whether our services are meeting these needs.



Our Volunteers

At the end of March 2022 the Charity had 145 active volunteers in a variety of roles, including:

- 72 Respite and Befriending volunteers
- 26 Talk and Support volunteers
- 24 Computer Help at Home volunteers
- 16 Driving volunteers
- 7 Trustee volunteers



The charity supports its volunteers by:

- Giving them opportunities to learn new skills by providing free, relevant training.
- Giving them opportunities to meet like-minded people and build new networks.
- Allowing them the opportunity to make a useful contribution to their community following retirement or when seeking work, or when they feel they wish to give back to the local community. Many of our volunteers have been a carer themselves.

The charity respects and values its volunteers by holding “thank you” lunches every year. At these lunches, volunteers were presented with long service awards and certificates. Unfortunately, due to Covid restrictions their lunches were put on hold. Staff recognised volunteer achievements by sending thank you’s by email, through the newsletter, and certificates were sent in the post.

The charity could not provide its services without the amazing volunteers who give their time for free to help unpaid carers. We hope they realise what a difference they make.

Staff Training & Development

In addition to an induction to the volunteer roles, the charity offers a variety of training and support sessions to volunteers throughout the year, in a variety of locations throughout East Sussex. These include Basic First Aid, Dementia Awareness, Signposting, Safeguarding, Active Listening Skills, Bereavement Training and more.

At the end of March 2022, the charity had 6 office staff members working a total of 185 hours per week. 2 roles remained vacant equating to 52.5 hours per week. The 2 CCW's work a total of 74 hours per week in the community.

Staff members are supported through regular supervision and annual appraisals. They have access to a wide range of training, including Equality and Diversity Training, Making Every Contact Count, Dealing with Stress, Understanding Dementia, Parkinson's Awareness, East Sussex in Figures, Dying, Death and Bereavement training, First Aid, Fire Safety, Safeguarding, Lone Working, Health & Safety, Signposting training and more.

PR & Fundraising

Due to Covid restrictions, the usual timetable of events was somewhat reduced.

Fundraising events during 2021/2022 included:

- Santander instore collection
- Quiz night at Seaford golf club
- Winter Market held at the Stade Hastings
- Online quiz

The charity also received income from numerous other donors, fundraising initiatives and events, including:

- Hastings Direct
- Foreshore Trust
- Park Lane Group
- Sussex Community Foundation
- St Leonards Rotary Club
- Hastings Winkle Club
- Eastbourne Lottery
- Homity
- Chalk Cliff Trust, Kings Church - Hastings
- Ninfield Carnival Fund

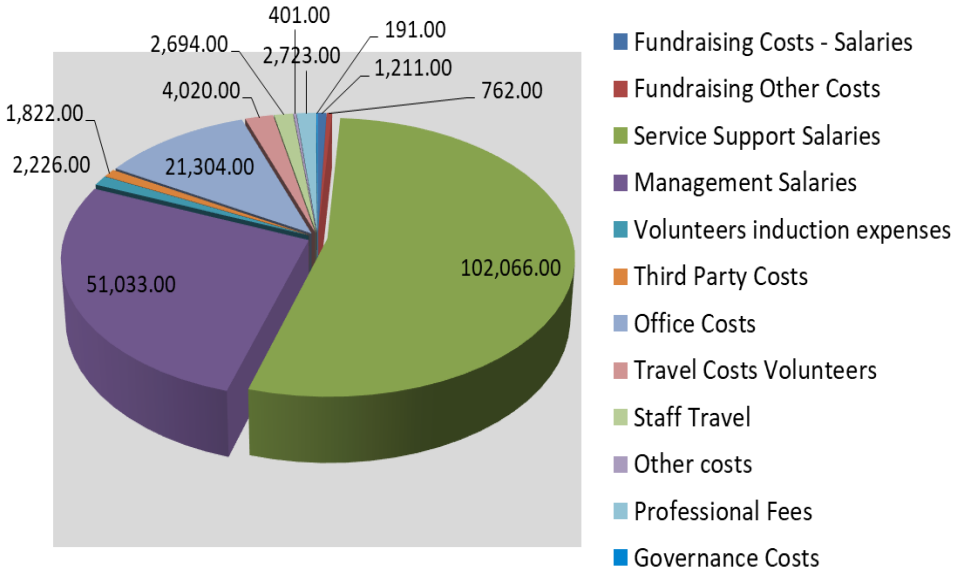
We would like to thank those individuals who provide a regular payment made via direct debit and to all carers and their loved ones who have remembered the charity through legacy gifts.

Treasurer's Report

In summary, the association's balance sheet shows an improvement on last year, with the total balance seeing an increase in the reserves of £72,665. This year, the total is £501,144, compared to 2021 where the total was £428,479. You will see from this that over the last 2 years, the charity has managed to increase it surpluses by £133,889. The surpluses have increased as a percentage in the last 2 years by 36.5%.

I have summarised the income received for the year which totalled £263,118 on a pie chart.

The Expenditure of the Association has been split and is shown on the pie charts.



Income

The majority of the income, £218,530, was received from East Sussex County Council's grants for the Respite, Computer Help at Home and the new CCW service.

Other substantial income that was received in the year:

- Legacy- £4,140
- Donations and Grants- £23,696
- Computer Help at Home- £11,715
- Talk and Support-£8,988
- Other Income- £5,037

The income is £30,226 higher than the previous year, due to the fact we were able to offer the new CCW service which was funded by East Sussex CC. There was no income received for supper clubs due to this being put on hold during the pandemic.

The income for 2022/23 from ESCC will be consistent with the funding provided in this year. The CCW funding will continue into 2022/23. The Carers cafes are now up and running and will be funded by the underspend in this years funding from East Sussex County Council.

Expenditure

The total costs incurred by the association in the year were £190,453.

This is an increase of £18,783 from last year and will be mainly due to the increase in staffing costs of £13,604, and the recruitment of staff for the new service. Travel costs have also risen this year, due to changes put in place to allow some face-to-face sittings etc.

There were some savings in the year, mainly database costs as this moved to a maintenance arrangement with most of the development now completed.

The remainder of the expense headings remained reasonably consistent with last year. The major expenses were staff costs at £154,310, this has been split between service, fundraising and management costs.

Expenditure (Continued)

The board of trustees have acknowledged that during this year the issues around Covid have restricted the services that were available and that these services will be expected to return to normal service as soon as guidelines allow. The new CCW service has commenced as the initial feedback is that this will be a successful addition to the services the charity offers.

The accounts for the charity show that it has a very sound footings allowing for the continuation of the services that are currently being provided. We will be working closely with the ESCC and Care for the Carers over the next 18 months to ensure that all funding levels are maintained where possible.

Clive Whitehead (ACCA)

Our Trustees

Trustees have overall legal responsibility for the charity. They must ensure that:

- The charity pursues its objectives or purposes, as set out in its governing document
- The assets (including funds, investments and property) of the charity are protected and used exclusively to pursue its purposes
- The charity complies with the law and its governing documents
- The charity remains solvent and is not exposed to undue risk

Trustees give their time for free. At the time of writing this report the charity currently has seven Trustees, they are:

- **Clive Whitehead,** Acting Chair and Treasurer
- **Toni Paine,** Trustee
- **Luke Apps,** Trustee and Volunteer
- **John Piper,** Trustee and Volunteer
- **Linda Witten,** Trustee
- **Roger Service,** Trustee and Volunteer
- **Andy Thomas,** Trustee

The Trustees hope to fully welcome

- **Gillian Scollay,** onto the board by the end of the year

If you are interested in finding out more about becoming a Trustee, then please contact us!

Membership

If you would like to be able to vote at the charity's AGM and have a say in who is elected, you need to become a member of the Association of Carers. Membership is FREE, and you'll also receive updates about fundraising initiatives and changes to the way it delivers services.

If you would like a membership form, then call the office, or download the form from our website.

The charity wants to continue to build a strong membership of people who care about what it does and want to have a say in the way the organisation is run and would love to have you on board.

Looking Forward

The charity offers free services to carers and will continue to do so.

The charity will continue to develop high-quality services that can be delivered safely and are in line with what carers say they need. The charity will remain aware of competition and ensure it offers good value for money.

The charity will seek to recruit more Trustees to support the charity moving forward.

To enable the charity to be able to continue to offer full support, it will ensure it:

- has a fundraising strategy with less reliance on statutory funding in the next 5 years
- maintains a good relationship with current funders
- targets new sources of funding during 2022/2023, including identifying legacies and sponsorship opportunities

The charity will continue to be a source of motivation to its volunteers and will focus efforts on the substantial recruitment of volunteers, especially in the more rural areas of the county. It will also aim to recruit ambassador and fundraising volunteers who have a true passion and understanding for the work that the charity does and are able to promote it to others.

A Final Thank You

The charity would not exist without the many people who tirelessly care for someone they love, without pay and often with limited support.

Thank you to anyone who is providing, or has in the past provided, unpaid care to someone who would not have been able to manage without this help.

Thank You!

association of carers

MAKING A DIFFERENCE TO CARERS' LIVES

Registered Charity 1159551

Get in touch!

01424 722309

info@associationofcarers.org.uk

Association of Carers
Jackson Hall, Portland Place
Hastings, East Sussex, TN34 1QN

Like us on facebook!
facebook.com/AssociationofCarers

Follow us on twitter!
@AssocOfCarers

This is what one carer said about their volunteer:

"She gives me something to look forward to, its so great to have someone like this to give me extra freedom, I feel secure for the first time in ages"

ASSOCIATION OF CARERS

England & Wales - Charity number 1159551

Accounts

REGISTERED CHARITY NUMBER: 1159551

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

FOR

ASSOCIATION OF CARERS

Acuity Professional Partnership LLP
Unit 2.02
High Weald House
Glovers End
Bexhill
East Sussex
TN39 5ES

ASSOCIATION OF CARERS

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FOR THE YEAR ENDED 31 MARCH 2021

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ASSOCIATION OF CARERS

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2021

Registered Charity number	1159551
Principal address	Jackson Hall Portland Place Hastings East Sussex TN34 1QN
Trustees	C Whitehead C Raeburn (Resigned 06/04/2020) J Holmwood (Resigned 06/04/2020) C Radford T J Paine R Service (Appointed 07/04/2020)
Independent Examiners	Acuity Professional Partnership LLP Chartered Accountants & Tax Advisers Unit 2.02 High Weald House Glovers End Bexhill East Sussex TN39 5ES
Bankers	Barclays Bank PLC Queens Road Hastings East Sussex

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

Objectives and aims

When reviewing the charity's aims and objectives and in planning our future activities it refers to the guidance contained in the Charity Commission's general guidance on public benefit.
The objects of the CIO are:

• To improve the conditions of life amongst the people of East Sussex, who are caring, or who have cared for, a person or persons in need at home.
• To improve the conditions of life for the person or persons who are being cared for by the Carer.
• For the purpose of promoting the welfare of carers and the people they care for, who are in need of help and support within their homes.
• To relieve, assist, encourage and promote carers in their caring role and support the people they care for "in furtherance of the said objects"
• To advance education concerning caring amongst carers and the public in the area of East Sussex.

The aims of the Charity are:

• Developing and expanding our services in line with what carers tell us they need to feel supported and able to continue in their caring role
• Promoting the needs and challenges of unpaid carers throughout East Sussex
• Encouraging and developing our volunteers and staff through on-going training, support and supervision
• Maintaining a high organisational profile and raising the profile of carers within the local community
• Continuously seeking funding from new stakeholders and retaining the support and integrity of our core funders to ensure the longevity of our services

During 2020-2021 the Charity provided volunteer-led support services for unpaid carers living within East Sussex.

ACHIEVEMENT AND PERFORMANCE

Who does the Association of Carers support?

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. The carer does not need to be living with the person and the help that they give does not have to include personal care, it might be emotional support or more practical help. They may be caring for a partner, family member, friend or relative who is ill, frail, disabled or has mental health or substance misuse problems.
The person they look after, help or support might:

- be an older person
- have a physical disability
- have a long term health condition
- live with a mental health condition
- have substance misuse issues, or;
- have a learning disability and/or autism.

Carers can refer themselves to the charity or be referred to the Association of Carers by other professionals.
Carers who are referred to the Association of Carers services and who are assessed as a high priority are contacted within 7 days and have an initial meeting to assess them for our services within 28 days.

COVID 19 Pandemic

March 2020 saw the COVID 19 pandemic impacting on all our lives. For the first time in the history of the charity in late March we were required by law to suspend all face to face services, including Respite & Befriending and Computer Help at Home.

Charity staff began working from home, which mostly still continues.

Supporting carers through COVID 19

Very much aware of the impact of lockdown on the carers we support, we began offering a regular supportive telephone call to all our carers who were previously receiving a face to face service. Every member of our staff team offered the calls to carers. These calls continue to be provided.

During 2020/2021 staff at the charity provided over 1200 calls to carers.

While volunteers have been unable to provide a visiting service to carers, they also have been telephone calling, and in some cases video calling, carers to provide support. These calls are in addition to our Talk & Support service.

During 2020/2021 volunteers have provided in excess of 1000 calls - some via video calling.

Volunteer-led telephone counselling - In addition to our funded telephone counselling service, during 2020 we were able to recruit several trainee counsellors who kindly agreed to volunteer for the charity to support carers throughout these difficult times. We have recruited 7 trainee counsellors. We have offered counselling to 53 beneficiaries, for a total of 106 hours counselling support.

Funded Telephone Counselling Service - 6 carers supported with 6hrs each of counselling support.

Signposting - during 2020/2021 we signposted over 40 carers to suitable organisations/support groups and Adult Social Care.

Newsletter

Following the COVID 19 lockdown in Spring 2020, we decided to keep in contact with carers and volunteers by producing a regular newsletter, which could be distributed by email or post. Since May 2020 12 editions of the newsletter have been sent. Feedback has been very positive.

'Interesting read thank you. The piece on keeping in contact via FaceTime was very interesting. Along with doctors' appointments on the phone, zoom meetings etc. the future could look very different, but will be reliant on folk having the IT and knowledge (and confidence, willingness), to operate / give it a go. I worry for our older generation being left behind in our fast changing world. Looking forward to the new normal rolling out'.

'Thank you for the lovely newsletter, it is an interesting read. Wishing you all a happy Christmas and thank you for all you have done during the COVID situation.'

'Thank you for all of your support and we have especially enjoyed reading your newsletter.'

Our Services
Respite with Befriending

Carers providing support can sometimes find it difficult to leave the person they look after. This can lead to carers experiencing high levels of stress and social isolation, which can impact on their own health and wellbeing.

The respite and befriending service supports carers by providing a suitably trained and checked volunteer who will go into the carers' home for around 3 hours, giving carers the opportunity to have some time to themselves. Visits mostly happen on the same day at the same time. Carers may choose to spend time in a variety of ways such as shopping, having a rest, enjoying a hobby, or meeting a friend for lunch. By receiving regular respite, carers are able to look forward to their break and plan what to do with the time.

The service is also able to benefit the person with care and support needs, finding them a volunteer who has similar interests, to assist the process of building long-term befriending relationships.

Sadly in March 2020 all face to face services were suspended due to COVID 19.

Garden Visits

From August 2020 we were able to deliver some garden visits. This enabled the carer and the person they care for to engage with a volunteer in an outside space. Risk assessments were written to support this initiative and PPE was provided to volunteers.
The garden visits ended during October, due to a second rise in cases of COVID 19 and changes in weather meant that sitting outside was no longer an option.
Some volunteers also offered to do Covid safe shopping for carers who were shielding.
During Summer 2020 - over 180 garden visits took place. We provided our volunteers with face masks, gloves and hand gel in addition to providing guidance and risk assessments.

CRESS Referrals

Carers Respite Emergency Support Scheme (CRESS) is a 24 hour a day and 7 day a week service to support carers in an emergency provided by Adult Social Care. The charity assists carers to complete these emergency plans. The charity supported 10 carers to complete these forms throughout this period.

Online Yoga

As part of our online/virtual activities for carers, we were fortunate to receive funding from Foreshore Trust to provide virtual activities. One such activity is yoga.
Sessions were provided by a fully qualified yoga instructor, who designed gentle classes accessible for all.

Since June 2020 we have provided 26 online yoga sessions for carers and those they care for.
Over 26 hours of support.

Feedback has been positive.

'I have really enjoyed the yoga and it has really helped my fibromyalgia. The chair stretches are just as good as the standing ones - thank you.'

'I would like to continue with the yoga, I have found it helpful & relaxing at this difficult time.'

'I just wanted to let you know how useful I have found the zoom yoga. I managed to do 4 out of the 6 sessions. I realised that was the only hour in the week which was ME time as my husband's demands have been so great of late. So thank you very much for arranging it and I do hope we can continue as a group yoga carers session in future.'

Art Packs

Over this time we have built good relationships with the Towner Art Gallery in Eastbourne and the Drawing Life group. Both organisations kindly donated art materials for our and those they care for to use.

We have sent out 24 art packs to carers and those they care for during the year.

'Thank you so much for the sketch book. My husband so enjoyed colouring at the carers café and it was good for him to have something to do. We look forward to the resuming of services.'

Virtual Activities Week 2021

In March 2021 we hosted a virtual activities week. We were able to hold a series of workshops/events during the week, such as:

Coffee and chat
Relaxation
Yoga taster
History of hat making
Creative writing
Knit and natter
Cookery
The artwork of Alex Sadlo

The feedback from the session was very positive:

'The various activities you have put on for us has been a Godsend during these difficult times and it's certainly a great help meeting up with the others. We very much appreciate the hard work that goes into these various events. Long may it continue.'

Lunch Clubs

These clubs are funded by East Sussex County Council.
The clubs are for carers who would like to get out and meet other carers, to share experiences and increase their support network.
Carers and the adult person they care for, are invited to have a meal, or just enjoy a drink and a chat in a supportive environment.
The monthly lunch Clubs usually meet on a variety of days and locations every month in the Rye area and at the Bo Peep Pub in St Leonards on a Monday.

Sadly, during 2020/21 we were unable to provide any face to face lunch clubs due to the COVID 19 pandemic.

Our regular group of lunch club attendees are now attending bingo and quiz sessions, all held on virtual platforms:

Quotes:

'Just a note to thank you for yesterday's bingo session. Not being a bingo player, I was a bit apprehensive, but I really enjoyed it! The group was very welcoming and I am looking forward to joining you again next time. I have not been able to join carers groups that do not include the cared for person, as K can't be left on his own for more than a few minutes. Zoom, therefore works well for me.'

'I would like to thank you for the amount of effort that you have put in to making these zoom events possible. I have enjoyed the escape for an hour or so from my responsibilities and to meet other people.'

Computer Help at Home

This service supports carers to learn to use their own computer or digital device in ways that support their caring role, helping them to have more time to themselves and reducing isolation. Carers can benefit from the service by learning to shop or bank on line, to purchase equipment, such as printers or tablets, finding out information in regard to their caring role and reducing social isolation by learning to use of email and/or social media and improve their well-being by accessing GP appointments on line. Normally, carers are supported by a trained volunteer for up to 6 weeks in their own home and on their own equipment. However, during 2020/2021 carers have been supported by telephone and virtually if appropriate.

Handbooks

To support our carers further, staff and volunteers have created computer help handbooks. These simple to use handbooks are designed to provide step by step instructions and tips for carers to use while learning their digital device.

Tablet Loan

During 2020 we were fortunate to receive funding from East Sussex County Council and Hastings Direct to purchase tablets. We are now able to provide a tablet to carers who have no access to a digital device. The service is on a 6 month loan basis. The tablet is delivered to the carer, along with the handbook and they can get support from our Computer Help volunteers to get started. When the 6 month loan period comes to an end, we will further support carers to access funding for their own tablet, via the carers personal budget.

Comments from carers include.
'I am so excited to receive this tablet as it will allow me to keep in touch with my son who lives in London. I am also pleased to see that AOC offers online Yoga sessions and would like to take part. Thank you so much for your support with this.'

Statistics at the end of March 2021 were:
34 carers received the service throughout the year, with 306 hours of support.

Carers Wellbeing Service (Talk and Support and Tele-counselling)

This service provides carers across East Sussex with the opportunity to access telephone support, support to identify and plan residential respite (SCIPRR), which are both volunteer led and telephone counselling provided by our partners Counselling Plus. Carers are supported with a weekly telephone call of around 30 minutes for 6 months, or longer if necessary.
Some carers may find it difficult to talk to family and friends about their caring role and the service provides carers with a listening ear and the opportunity to discuss their caring role in confidence, as well as signposting them to additional support if necessary.
The service can also support carers during a time of loss, whether this might be because the person they looked after has passed away or because they have moved into permanent care.

During the year, as face to face services were suspended, we offered carers the Talk & Support service in addition to other services. The take up on Talk & Support over the year has been substantial. Our yearly target is to support 80 carers with this service. As at end of March 2021 we had supported 137 carers. This has been possible due to a number of Respite volunteers kindly providing the Talk & Support service in the interim period.

Funded Telephone Counselling Service - 6 carers supported with 6hrs each of counselling support.

Comments from carers include:

'I really want to say how impressed I am with all that you are doing for me and how quickly you get things done! I usually expect to wait absolutely ages to hear back from other organisations but you've set me up with Talk and Support so quickly and the volunteer G is brilliant, and now with the counselling service too, it's really brilliant.'

'C has been brilliant calling me over this period - her calls helped me so much during this time. She was so kind and calm and we could talk about anything and everything. It has been so appreciated that you've been checking in with us.'

Statistics at the end of March 2021 were:
137 carers had received the service,
9 carers were supported to plan a residential Break, receiving over 60 hours of support
6 carers were referred to professional counselling receiving 60 hours of support
53 carers received volunteer counsellor led sessions - 106 hours of support

Carers Café

Following the successful launch of the carers café in Peacehaven, which took place in March 2020, we were unfortunately unable to hold any further sessions, due to COVID 19.

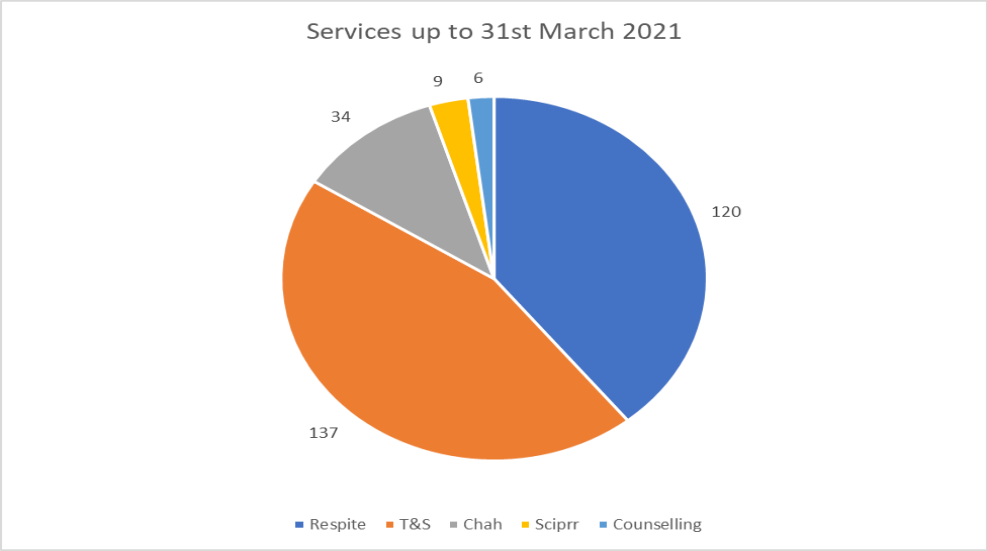
We supported carers who attended the launch session by telephone calls, virtual activities and regular newsletters.

Examples of virtual activities are:

Wellbeing sessions
Yoga sessions
Afternoon tea
Online activity week

We hope to resume the carers café during 2021.

Pie chart in regard to service statistics at the end of March 2021



Referrals to other agencies
During the year the charity referred 41 carers on to other voluntary bodies such as Adult Social Care, Fire service, Care for the Carers, British Red Cross, Age Concern Eastbourne, Age UK East Sussex, Benefits advice etc. The charity works closely with other agencies, so that carers are able to get the help and support they need.

Networking
Throughout the year the staff of the charity attend meetings and networking events to ensure they are aware of what other organisations are offering to support carers and the person they care for, it also gives us the opportunity to share knowledge and information with other voluntary sector organisations and the Clinical Commissioning Groups, such as; carers Network's, Safeguarding Board (CCSAN) and Volunteer Coordinator's Forums. This year all meetings and networking events have been carried out on virtual platforms.

Charity Shop update

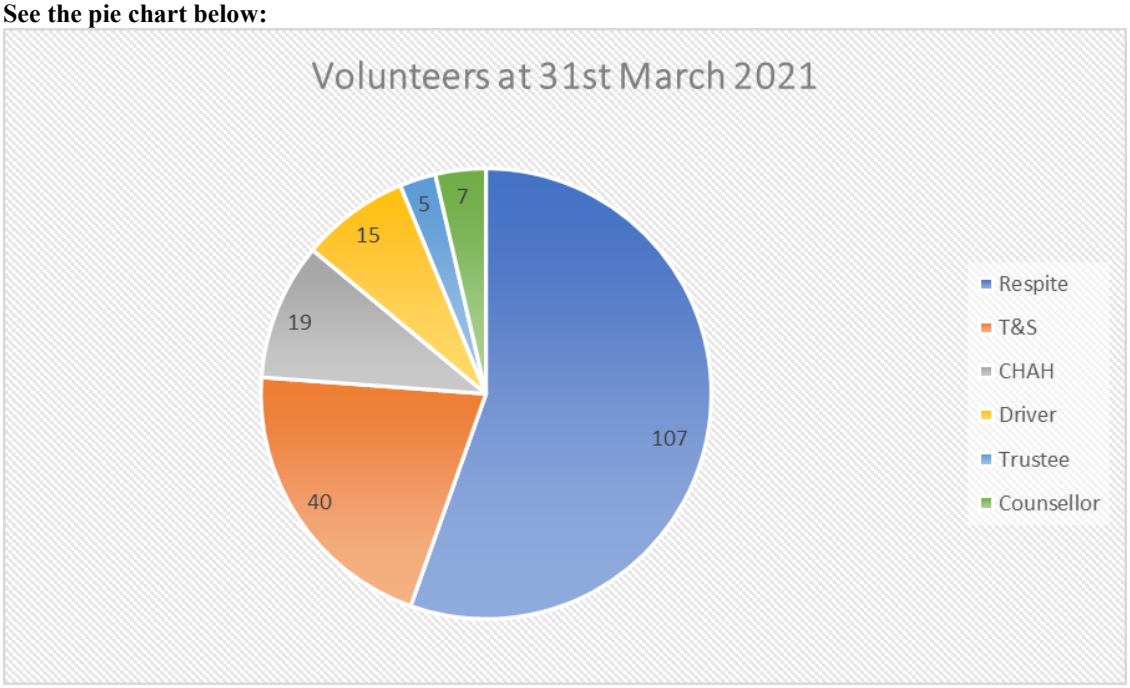
In March 2020 the Association of Carers charity shop was required to close by law due to the COVID 19 restrictions. The Board of Trustees took the difficult decision to close the charity shop permanently from November 2020. The charity shop was sadly not making enough profit to maintain the running costs and with the added issues surrounding COVID 19, it was felt that the time had come to close. We were able to open the shop for a few weeks during summer 2020, to sell as much stock as possible, supported by our dedicated team of charity shop volunteers. Our sincere thanks to all our staff and volunteers who helped with the running of the charity shop.

Funding

The charity receives funding from East Sussex County Council (ESCC) to provide the Respite service to carers across East Sussex until March 2022.
Small Grants Funding has been agreed and will continue to fund Computer Help at Home and Carers Wellbeing until April 2022. Funding for Lunch clubs has been set aside by ESCC and will be paid once we are able to safely hold lunch clubs once again.

Encouraging and developing our volunteers and staff through on-going training, support and supervision.

At the end of March 2021 we had 193 active volunteers in a variety of roles, including: Respite with befriending, Talk & Support, Trustee, Driver and Computer Help at Home, virtual roles and telephone counselling.
In March 2020 face to face services were put on hold and volunteers providing the respite service were asked to continue their support in the form of telephone or video calls. In July some volunteers agreed to make garden visits to their families, this proved to be successful to those carers who had outside space, these visits continued until October when the weather started to turn.
Many of the respite volunteers requested to support carers further by calling carers in the talk and support role, some volunteers taking on up to 4 calls per week.
At the start of the pandemic AOC successfully recruited new telephone counselling volunteers who were studying at level 2 or above standards. This service proved valuable to carers at a time of great need.
Talk and support volunteers were recruited from the University of Sussex who had to complete 50 hours volunteering for their courses. These volunteers were provided with both group and 1:1 supervision as and when required.
See the pie chart below:



Over the course of the year our usual volunteer training plan had to be put on hold due to Covid 19 pandemic. Volunteers were kept informed and connected via newsletters, emails, telephone calls and some in-house virtual meets. Volunteers were provided with East Sussex county councils learning portal link - where they could partake in various online learning that didn't require a video link and the safeguarding training was adapted to be an online learning experience. The bereavement and the signposting course were presented via Zoom and extremal training such as mental health awareness was shared amongst volunteers.
Recruitment proved successful for talk and support and a new volunteer counselling service. All volunteer interviews were held via the Zoom platform. The volunteer induction training was condensed to a few hours and all slides, policies and any other relevant training was sent to volunteers to read.
Recruitment for the talk and support and telephone counselling roles during the pandemic enabled volunteers to make a useful contribution to carers lives, at a time when they felt they wanted to support their local communities.
The charity respects and values its volunteers by holding 'thank you' lunches each year, unfortunately these could not be this year held due to the pandemic. Instead volunteers were sent a video message and a "thank you" via the newsletter. During volunteers week in June 2020 volunteers were sent their long service awards, along with certificates in the post with a covering note to say thank you.

Staffing

At the end of March 2021 the charity has 6 staff members working a total of 174.5 hours per week equating to 5.7 full time equivalent (FTE).
Staff members continued to be supported through regular supervision and annual appraisals and had access to a variety of training, including:

Maintaining a high organisational profile and raising the profile of carers within the local community
During 2020-21 the charity raised the profile of the Association of Carers

Throughout the year the staff of the charity attend meetings and networking events to promote the Association of Carers and ensure they are aware of what other organisations are offering to support carers and the person they care for. It also gives us the opportunity to share knowledge and information with other voluntary sector organisations and the Clinical Commissioning Groups, such as; carers network's, Safeguarding Board (CCSAN) and Volunteer Coordinator's Forums. This year all meetings and networking events have been carried out on virtual platforms.

We regularly use our social media accounts to post a variety of subject matter, keeping our community aware and updated in all that we do to support carers.

Continuously seeking funding from new stakeholders and retaining the support and integrity of our core funders to ensure the longevity of our services

The charity provides its funders with regular updates on the performance of each funding stream, to assess the specific outcomes, for example, numbers receiving the service, number of carers from minority groups who are being supported and carer satisfaction.
We have a bespoke database which enables us to collect this specific data and report to our funders.
We regularly review the services, by carrying out surveys to gauge carer satisfaction with the services being received and to assess if these are meeting their expectations.
Where we are not meeting targets and expectations, these will be looked at and addressed by the management team and trustees.

Securing future funding is an ongoing priority for the charity. During the year we have:

- Applied to other sources of funding for example small and large grants
- Received donations to the charity by means of one off donations, legacies or regular giving. The charity offers a free service to its carers and will continue to do so
- Held regular online events such as quizzes to raise additional funds

The charity is grateful to the following organisations who gave funds to the work of the charity throughout 2020/2021:

East Sussex County Council - Carers budget
East Sussex County Council Carers Small Grants
Hastings Direct
Foreshore Trust
Park Lane Group
Sussex Community Foundation
St Leonards Rotary Club
Hastings Winkle Club
Eastbourne Lottery

FINANCIAL REVIEW

Financial risk management objectives and policies

The Charity does not have a recognised quality management system in place, as a small charity it has not felt the need to have a certification.

The Charity however carries out the following:

• Review of risks. The Charity regularly assesses the major risks to which it is exposed and are satisfied that systems are in place to mitigate exposure to these risks. The immediate risks are highlighted on the business plan and there are actions in place to reduce these risks.
• A commitment to continuous improvement.
• Reserves Policy to ensure Business Continuity and continuation of service delivery for a period of at least six months.
• Systems in place to ensure we submit our accounts in line with Charity Commission rules.
• Regular review of all Policies/Procedures at least annually.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

The organisation is a registered charity Charitable Incorporated Organisation, (CIO) (no. 1159551).

Charity History

- Established on the 1st December 2014 and came into effect from 1st April 2015. The core activities and objectives remained unaltered.
- Previous charity number 1004055, wound up on the 31st March 2015 at a Special General Meeting of the Association of Carers
- 26th March 2015 staff, assets and Trustees all transferred to the new CIO.

Governance

- Trustees are invited and encouraged to attend relevant training sessions on their roles and responsibilities of being a trustee.
- Strategic decisions are made at Trustees meetings by majority vote.
- Trustees are advised by the Charity Manager, or other experts as appropriate.
- Trustees met monthly throughout 2020 -2021, via virtual platforms and the meetings were minuted.

Approved by order of the board of trustees on 31/7/2021 and signed on its behalf by:

.....
Mr C A Whitehead - Trustee

Independent examiner's report to the trustees of Association of Carers
I report to the charity trustees on my examination of the accounts of Association of Carers (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
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.

Deborah A Hargreaves
FCA
Acuity Professional Partnership LLP
Unit 2.02
High Weald House
Glovers End
Bexhill
East Sussex
TN39 5ES

Date: .....

ASSOCIATION OF CARERS

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		**18,054**	**7**	**18,061**	14,160
Charitable activities					
Support of carers		**2,140**	**212,289**	**214,429**	218,596
Investment income	2	**401**	**-**	**401**	1,012
Total		**20,595**	**212,296**	**232,891**	233,768
EXPENDITURE ON					
Raising funds		**-**	**73**	**73**	45
Charitable activities					
Support of carers		**2,101**	**169,493**	**171,594**	210,615
Total		**2,101**	**169,566**	**171,667**	210,660
NET INCOME		**18,494**	**42,730**	**61,224**	23,108
RECONCILIATION OF FUNDS					
Total funds brought forward		**225,145**	**142,110**	**367,255**	344,147
TOTAL FUNDS CARRIED FORWARD		**243,639**	**184,840**	**428,479**	367,255

The notes form part of these financial statements

ASSOCIATION OF CARERS

STATEMENT OF FINANCIAL POSITION
31 MARCH 2021

	Notes	2021 £	2020 £
CURRENT ASSETS			
Debtors	7	**35,748**	30,343
Cash at bank and in hand		**395,936**	340,533
		431,684	370,876
CREDITORS			
Amounts falling due within one year	8	**(3,205)**	(3,621)
NET CURRENT ASSETS		**428,479**	367,255
TOTAL ASSETS LESS CURRENT LIABILITIES		**428,479**	367,255
NET ASSETS		**428,479**	367,255
FUNDS	10		
Unrestricted funds		**243,639**	225,145
Restricted funds		**184,840**	142,110
TOTAL FUNDS		**428,479**	367,255

The financial statements were approved by the Board of Trustees and authorised for issue on 06/08/2021 and were signed on its behalf by:

.....
Mr C A Whitehead - 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

Fixed assets are recorded at cost and depreciated so as to write the cost off over their useful lives.

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.

VALUE ADDED TAX

Value Added Tax is not recoverable by the charity, and as such is included in the relevant costs in the Statement of Financial Activities.

2. INVESTMENT INCOME

	2021	2020
	£	£
Bank interest receivable	**401**	1,012

3. 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

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

4. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	**140,705**	158,134
	140,705	158,134

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

	2021	2020
Support of carers	**7**	11

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	14,171	(11)	14,160
Charitable activities			
Support of carers	10,304	208,292	218,596
Investment income	1,012	-	1,012
Total	25,487	208,281	233,768

continued...

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
EXPENDITURE ON			
Raising funds	45	-	45
Charitable activities			
Support of carers	3,938	206,677	210,615
Total	3,983	206,677	210,660
NET INCOME	21,504	1,604	23,108
RECONCILIATION OF FUNDS			
Total funds brought forward	203,641	140,506	344,147
TOTAL FUNDS CARRIED FORWARD	225,145	142,110	367,255

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
Cost	
At 1 April 2020 and 31 March 2021	**10,973**
Depreciation	
At 1 April 2020 and 31 March 2021	**10,973**
Net book value	
At 31 March 2021	-
At 31 March 2020	-

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Other debtors	**20,332**	14,927
Prepayments and accrued income	**15,416**	15,416
	35,748	30,343

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Social security and other taxes	**2,005**	2,421
Accruals and deferred income	**1,200**	1,200
	3,205	3,621

9. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds	Restricted funds	2021 Total funds	2020 Total funds
	£	£	£	£
Current assets	**246,844**	**184,840**	**431,684**	370,876
Current liabilities	**(3,205)**	**-**	**(3,205)**	(3,621)
	243,639	**184,840**	**428,479**	367,255

continued...

10. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	**217,645**	**18,494**	**236,139**
Designated Fund - Lease	**7,500**	**-**	**7,500**
	225,145	**18,494**	**243,639**
Restricted funds			
Computer Help at Home	**5,804**	**3,787**	**9,591**
Talk and Support	**25,288**	**2,238**	**27,526**
Respite East Sussex	**103,552**	**36,746**	**140,298**
Carers Companions	**7,466**	**(41)**	**7,425**
	142,110	**42,730**	**184,840**
TOTAL FUNDS	**367,255**	**61,224**	**428,479**

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**20,595**	**(2,101)**	**18,494**
Restricted funds			
Computer Help at Home	**16,438**	**(12,651)**	**3,787**
Talk and Support	**8,719**	**(6,481)**	**2,238**
Respite East Sussex	**187,138**	**(150,392)**	**36,746**
Carers Companions	**1**	**(42)**	**(41)**
	212,296	**(169,566)**	**42,730**
TOTAL FUNDS	**232,891**	**(171,667)**	**61,224**

continued...

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
General fund	196,141	21,504	217,645
Designated Fund - Lease	7,500	-	7,500
	203,641	21,504	225,145
Restricted funds			
Computer Help at Home	4,883	921	5,804
Talk and Support	22,883	2,405	25,288
Respite East Sussex	105,274	(1,722)	103,552
Carers Companions	7,466	-	7,466
	140,506	1,604	142,110
TOTAL FUNDS	344,147	23,108	367,255

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	25,487	(3,983)	21,504
Restricted funds			
Computer Help at Home	10,718	(9,797)	921
Talk and Support	10,357	(7,952)	2,405
Respite East Sussex	187,206	(188,928)	(1,722)
	208,281	(206,677)	1,604
TOTAL FUNDS	233,768	(210,660)	23,108

continued...

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	196,141	42,651	238,792
Designated Fund - Lease	7,500	-	7,500
	203,641	42,651	246,292
Restricted funds			
Computer Help at Home	4,883	4,708	9,591
Talk and Support	22,883	4,643	27,526
Respite East Sussex	105,274	32,371	137,645
Carers Companions	7,466	(41)	7,425
	140,506	41,681	182,187
TOTAL FUNDS	344,147	84,332	428,479

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	46,082	(3,431)	42,651
Restricted funds			
Computer Help at Home	27,156	(22,448)	4,708
Talk and Support	19,076	(14,433)	4,643
Respite East Sussex	374,344	(341,973)	32,371
Carers Companions	1	(42)	(41)
	420,577	(378,896)	41,681
TOTAL FUNDS	466,659	(382,327)	84,332

continued...

11. RELATED PARTY DISCLOSURES

There were no reportable related party transactions during the year.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations received (including Gift Aid Tax refunded)	**18,061**	14,160
Investment income		
Bank interest receivable	**401**	1,012
Charitable activities		
Fundraising events	**2,487**	5,922
Other income	**1,789**	2,762
Grants	**210,153**	209,912
	214,429	218,596
Total incoming resources	**232,891**	233,768
EXPENDITURE		
Raising donations and legacies		
Other costs	**73**	45
Charitable activities		
Wages	**140,705**	158,134
Staff travel and training	**703**	4,392
Publicity and promotions	**249**	1,284
Volunteer travel and training	**2,737**	19,771
Other professional fees	**1,039**	760
	145,433	184,341
Support costs		
Finance		
Bank charges	**59**	79

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021

	2021 £	2020 £
Other		
Insurance	**1,176**	1,054
Telephone	**2,528**	2,799
Postage and stationery	**2,458**	3,179
Rent and rates	**6,921**	7,323
IT and computing	**10,063**	6,774
Repairs and renewals	**243**	1,458
	23,389	22,587
Governance costs		
Sundries	**-**	595
Bookkeeping	**639**	764
Legal and professional	**874**	1,049
Independent examiner's fees	**1,200**	1,200
	2,713	3,608
Total resources expended	**171,667**	210,660
Net income	**61,224**	23,108