



Friendship at Home CIO



Trustees Annual Report 2022

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Trustee Board 2022

Chair	Ray Oxby
Vice Chair	Vacant
Treasurer	Vacant
Trustees	Michael Bateson
	Ann Maggs MBE
	Mick Swales
	Rob Walsh
	Kristine Green
	Kristina Parker

Staff

Operational Manager:	Lyse Stephenson
Development Manager:	Julie Rigby
Dementia Community	
Support Worker/Deputy Manager:	Amanda Sparkes
Older People's Support	
Worker:	Dawn Gibson
Member Coordinator :	Katy Cross
Volunteer Coordinator:	Emma Jayne-Cain
Dementia Aware	
Worker:	Clare Mills
Virtual & Social Club	
Coordinator:	Toni Herron
Friendship at Home	
Ambassador:	Julia Sethi
Administrator:	Lucy Hodge/Cheryl Brown/Mandy Lewis

The aim of our organisation is to help combat isolation and loneliness across NEL and to improve older people's quality of life.

Our Vision

- ▶ To be inspiring, innovative, and challenging
 - ▶ To be as self-sufficient as possible
 - ▶ To strive to be a beacon service in our field
- ▶ To encourage and promote the independence of older people in our community
- ▶ To provide a range of facilities for older people in the interests of social welfare with the object of improving their quality of life
- ▶ To provide services and activities for older people which enrich their lives

Our Mission Statement

To help combat and reduce isolation and loneliness of older people across North East Lincolnshire and the surrounding area, and to improve their quality of life, whilst retaining and encouraging their independence. We encourage older people to once more be vital features of community life as their contribution and presence are valued and encouraged.

Our Values

- ▶ Our staff, members and volunteers are paramount
 - ▶ We strive to provide excellence in all that we do
 - ▶ We will act with integrity always
 - ▶ We will stand up and challenge disrespectful behavior
- ▶ We will act as good role models by treating other people with dignity, respect, particularly those who are less able to stand up for themselves
- ▶ We will speak up about dignity to improve the way that our services are organised and delivered
 - ▶ We will influence and inform colleagues
- ▶ To listen and understand the views and experiences of all citizens

Our Activities

MONDAY BINGO CLUB

Bingo, hoy, raffles and quizzes

Carr Lane Social Club

Grimsby

1pm - 3pm

Entrance fees £2.50

Including refreshments

First Session FREE

MONDAY CULTURE CLUB

Drop in, signposting, tea and cake

Civic Centre

Pelham Road

Immingham

10am - 2pm

Entrance fees £2.50

Including Refreshments

First session FREE

MONDAY EXERCISE CLASS

Kurling

St. Andrew's Church

St. Peter's Avenue

Cleethorpes

10am - 11am

Entrance fees £2.50

TUESDAY MEMORY LANE CHOIR

The Annie Chapple Centre

Aspen Court

Cleethorpes

10am - 12pm

Entrance fees £2.50

Including refreshments

First session FREE

TUESDAY EXERCISE CLASS

Shibashi (Tai Chi)
Park Congregational Church
Grimsby
10am - 11am
Entrance fees £2.50
Including refreshments
First session FREE

TUESDAY SOCIAL CLUB

Speakers, quizzes and bingo
Carr Lane Social Club
Grimsby
1pm - 3pm
Entrance fees £2.50
Including refreshments
First session FREE

WEDNESDAY SPORTING MEMORIES

Reminiscence, speakers and activities
Youngs Lower Bar
Blundell Park
Cleethorpes
10am - 12pm
Entrance fees £2.50
Refreshments provided
First session FREE

WEDNESDAY SOCIAL CLUB

For those with memory concerns or low mood
Games and light hearted fun
The Annie Chapple Centre
Aspen Court
Cleethorpes
10am - 11.45am
Entrance fees £2.50
Including refreshments
First session FREE

THURSDAY SOCIAL CLUB

Speakers, quizzes and bingo
Carr Lane Social Club
Grimsby
10am - 12pm
Entrance fees £2.50
Including refreshments
First session FREE

C.S.T GROUP (COGNITIVE STIMULATION THERAPY)

A specialised group that includes concepts of cognitive stimulation therapy, designed to improve memory and cognitive functioning delivered in a fun, friendly session.
Park Congregational Church
Grimsby
10am - 12pm
Entrance fees £2.50
Including refreshments

***Please call the office to book a place**

FRIDAY CHAIR BASED EXERCISE

Chair Based Exercise
The Annie Chapple Centre
Cleethorpes
10am - 11am
Entrance fees £2.50
Including refreshments
First session FREE

If you would like to attend one of our groups, please call us on 01472 602500 to check availability. All social clubs run weekly, however please note some clubs do close in August.



Befriending and Supporting older people in North East Lincolnshire

"Advice has been a life changer, can't thank you enough." - Carer

"I love the tablet, it's my lifeline" – Member

"I've been volunteering for 5 years and I absolutely love it." - Volunteer

Monday	9.00am until 5.00pm
Tuesday	9.00 am until 5.00pm
Wednesday	9.00am until 5.00pm
Thursday	9.00am until 5.00pm
Friday	9.00am until 5.00pm



Friendship at Home

Address: 6-7 Aspen Court, Cleethorpes, DN35 0SJ

Phone: 01472 602500

Website: <http://www.friendshipathome.org.uk>

Follow us:

Facebook: @friendshipathome

Twitter: @FriendshipatHo1

Instagram: @friendshipathome

Services

Our major activities are to provide one-to-one befriending, provide advice, support, information, and physical and social activities. Friendship at Home CIO covers the whole of North East Lincolnshire and surrounding areas and provides support to a scheme set up in rural Caistor. We receive referrals from GP's, Care Workers, Social Services and Community Mental Health Services, as well as from friends, family and self-referrals.

1-1 Befriending

Many of our members have their own volunteer 'Befriender'. These are one of our volunteers who visits them regularly, in their own home, providing quality time, on a one-to-one basis, and often a much-needed lifeline, to many of whom may be isolated and very lonely. Our aim is to help increase their confidence, self-esteem, and social skills. Several of our members who are befriended say this service has "changed their lives" in a very positive way and made their lives worth living again. It is recognised that loneliness can lead to depression and in turn, lack of confidence, low self-esteem and the withdrawal from social groups and activities.

Dementia Service

We offer a befriending service for older people with mild to moderate memory impairments such as early onset dementia and related conditions. For those who do not have many visitors, a regular visitor who can offer stimulating conversation can be very beneficial, and many members enjoy reminiscing about old times with their befriender. All volunteer befrienders attend training courses to ensure they develop a good understanding of dementia and other related or similar conditions. Our St Hugh's project also offers advice and information to those or the families of those living with dementia.

Telephone Befriending

For those who would prefer a telephone call - in addition to, or instead of a home visitor - we offer a Telephone Befriending Service. Members receive a regular phone call from a volunteer, who can lead a friendly wear, offer reassurance or simply be there for a long chat. Many people that are isolated find that just having someone checking in and seeing how they are really boosts their mood.

Domestic help

Our volunteers can help with chores around the home such as light cleaning (dusting, vacuuming etc.), washing, drying, ironing and folding clothes. Also, light meal preparation and cooking as well as dog walking, safety prompts, assistance with reading utility bills and mail and accompaniment to appointments (hospital, dental, hairdressing etc.). Our volunteers can assist with low level maintenance and general upkeep of gardens, carrying out tasks such as weeding, lawn mowing and general tidying.

Online Activities

NEW - We offer a range of online social and exercise activities, such as, an online choir, bingo sessions and Shibashi. They have proved especially popular during 2020 as people have not been able to attend their regular sessions. We hope to continue and expand these for subsequent years to compliment our existing services.

Friendship Clubs

These weekly social clubs are held in central locations through the NEL, for people aged 60 plus, and offer access to information, advice, support and social activities. The key function of the clubs is to give members somewhere to meet where they feel safe and valued, and also gives them the opportunity to meet new people. Many members have formed solid friendships and now meet up not only at the clubs, but outside of them as well. Being a member of a club ensures that older people know they will leave their homes once per week, that someone is expecting them and most importantly that there are people who care. Clubs offer activities such as quizzes, chair-based exercise, new age Kurling, interesting and informative speakers, day trips as well as bingo. We also promote healthy living through various exercise classes, advice, information on healthy eating and ensure social activities are provided to promote independence, motivation, stimulation, and mental health wellbeing. All club members also have access to day trips throughout the year.

Exercise Classes

We offer various exercise classes with a view to keeping our members active and healthy. These include our new age Kurling which is very popular, with teams often taking part in competitions organised by our local Older People's Collaborative. Also, Shibashi class is a gentle method of Tai Chi, and is very simple to learn. The class is very calming and can help to reduce stress and improve both co-ordination and balance. We also offer a chair based exercise class which provides low-intensity exercise with the motivation of a group, but from the comfort of a chair. During 2019, we introduced a new dance class and gentle exercise for people with dementia.



2022 CHAIR'S REPORT

Following a turbulent year in 2020 with Covid, I am pleased to Report how the team have all responded well to getting all our services returned to some normality and indeed, with more (hybrid) enhancements to offer too!

The home visits and group activities had to cease during lockdown, which left many isolated, unsupported, and bereft of much needed social contact. They have now resumed with hybrid activities offered as a norm, as well as the traditional face to face services and activities.

We were again very fortunate in receiving a number of supporting grants from successful bids submitted and the generous donations continued from many loyal donors. Particular thanks to the Local Authority-NELC- who supported us with Covid grants and also with funding for our Over 75 Project. Sector Support NEL also gave us assistance with monies through their Social Isolation Funding.

The National Lottery-to whom we are incredibly grateful – continued to give us assistance with Covid Grant monies, (before our main Core Funding Application (at Stage Two) was determined), to underpin salary and cost base. Indeed, during the year, we were finally granted the £106,000 pounds Core Funding (over two years), which will give us all a platform to sustain the organisation in the short term.

Thanks also to St Hugh's Hospital for continually putting funding into our organisation, for another two years, to support our local Dementia work for clients and their carers.

I would also particularly like to thank Lyse and Julie for again, being a rock for me; ever committed and caring and totally dedicated to compassionately serve the needs of our members. They have both worked tirelessly, (as have the staff), to bring in the moneys, manage the service and then deliver them successfully and sensitively. All this amidst a hugely challenging environment. Well done team! You have been, and remain, simply amazing! Thanks too to Mandy Sparks for stepping up into the role of Deputy to Lyse. I'm sure her energy and zest will galvanise us further going forward.

Membership of the Board of Trustees has remained fairly consistent. Whilst we still lack an experienced accountant as a Trustee, we have nevertheless retained our diverse, experienced, cohesive and committed Board of Trustees. I would like to thank all our Board Members for their patronage, support and hard work too. We are fortunate to have a wide range of thoroughly professional Trustees who are actively involved in setting the vision and overseeing and scrutinising of the charity's work and finances. They provide a range of support across our activities, including advocacy and promotions recruitment of staff, business continuity, policy development, and risk and impact assessments and overview.

Finally, once again, I want to reflect upon and re-emphasise the success of Friendship at Home. The reason we can function efficiently and effectively, is primarily due to the superb support of our cadre of volunteers who provide all our face-to-face befriending, provide support and arrange and assist in fundraising events. Volunteers are our life blood; sitting at the very heart of our service. Without your passion, dedication and enthusiasm, we would not be considered the Befriending 'charity of choice' here in North East Lincolnshire. It is important not to lose

sight of the fact that it is our collective activities that plays a major part in redressing the terrible reality, that for older people, social isolation and extreme loneliness has a major impact on health and well-being. If this is not effectively dealt with, it results in costly and debilitating medical interventions, early admission or re-admission to hospital and care facilities. Our 'Social Return on Investment' remains second to none in the community and voluntary sector. This is something we should all be proud of.

Which is why it is my, and the Trustees, ambition for us to be seen as a Mainstream provider of efficient and effective care and support in our older community; especially by our local authority and other statutory bodies which commission social care services. Our aim is to receive core funding, on a sustainable basis, from these bodies so that we aren't constantly looking over our shoulders for cash, expending disproportionate amounts of time and energy 'chasing down' ever reducing pots of grant monies and constantly worried whether our charity can survive beyond the next year, when funding streams cease. Our service is widespread, valued, needed, dependable and of high quality - and needs recognising and resourcing as such by the powers that be.

It is important to have the surety of continuing, fantastic support of our willing volunteers, underpinned by our committed and professional members of staff. We have always been a charity that has been prepared to adapt to changing circumstances and the needs of clients – an approach likely to be crucial for sustaining our long-term future.

Partnership working will also be key to our long-term success. Whilst our long-standing engagement with the housing provider "Abbeyfield", with their offer on the table for most of the year of a large sum of money to support us going forward, they sadly weren't able to commit at the 11th hour and their offer was pulled by them after much time and effort had been put into due diligence and assurance. Lyse deserves credit for her commitment to this engagement, which ultimately proved unsuccessful. We have however now established a unique 'Later Life Partnership' (LLP) for our area, on the back of close working and alignment with Carelink and Age UK locally. We are now

developing our presence with the greater use of the social media forums- Twitter, Instagram, LinkedIn and Facebook- to maximise our reach and raise and broaden our profile and impact further afield.

Also, the development of a joint App, and the procurement and loan out of our Tablets, helps reach another audience that needs our support to address their particular niche of social isolation and assistance in their homes.

On behalf of fellow Trustees, I wish to record my sincere thanks to all Members, Volunteers and Staff for all your hard work and support during 2021. I commend this Annual Report to you and look forward to your continued involvement and commitment in the current year. I am honoured to be your Chair.

Thank you for making this a great and treasured organisation.

RAY OXBY - CHAIR

OPERATIONAL AND DEVELOPMENT

MANAGER'S REPORT

I'm delighted to present to you Friendship at Home's (FaH's) Operational and Development Manager's report in the tentative aftermath of Covid and its impact. Although restrictions have lifted to some capacity, to enable us to move into some form of recovery mode, it is a slow process to gain a full and safe operational service for the vulnerable client group we serve. Despite the challenges of the Covid situation, it has been a positive year for FaH, supporting older people and families and facilitating new volunteers to join us in this new and creative provision. Although our external environment is continually and constantly changing, as well as the economic climate we find ourselves in, we continue to experience an ever-increasing demand for our services. This is coupled with a growing ageing population and the call on overwhelmed health and social care services, both locally and nationally. FaH's achievements of 2021 provide us with a solid foundation to move into 2022; truly reflecting the hard work, passion and vision of our staff team, our network of associates and our Board. As always, none of the work we do would be possible without the

support of our funders and donators, whom we thank dearly.

As demonstrated throughout this report we have fulfilled the main objectives set for 2021:

- To reduce social isolation and loneliness.
- To improve health and wellbeing.
- To improve quality of life.
- To support older people in maintaining their independence.
- To grow and strengthen our charity and its services through an innovative approach which meets the needs of older people and the communities in which we work.
- To work in partnership with all sectors to continuously improve the quality and efficiency of our services, to become outstanding and a beacon service.
- To retain, reward, strengthen, motivate and support a high-quality workforce.

We are now adequately equipped to put on hold and reinstate home visits and social activities, in line with current guidance. We adapt our activities to ensure that none of

our older people feel alone, frightened and disconnected from their community, e.g. with regular wellbeing calls, which, during the thick of the crisis, FaH was making 650 on a weekly basis. These have provided reassurance and social interaction for them and kept those vital networks alive. Our digital connection project has been very successful in the sense of demonstratable impact. We are also very proud to be providing a blueprint for the project nationally. We continue to be at the forefront of support and cohesion, as the Covid situation reduced the visibility of vulnerable adults, as their usual support structures have been removed or reduced. We have been recognised locally by many local agencies as positively enhancing mental wellbeing.

Social Work Student

We were delighted to welcome and support another social work student this year. Some of you may have seen Peter whilst he spent his social work placement with us during September to December. Peter was quite popular with our members whom he worked with, and he will be sadly missed, especially by the new Thursday CST group where he attended weekly sessions. We would all like to wish him all the best for his future studies and thank him for all the work he did. It was great to be able to offer this opportunity and we will continue to work

with Lincoln University in the future so you may see more students here at Friendship at Home soon.

Reintegration

It would be fair to say that this Covid pandemic has had a huge impact on us all, but especially for those who are at higher risk. While many of us were eager to see restrictions lift, for some of our older people this was daunting. Covid is something we are all going to have to come to learn to live with, but many people have been left with Covid anxiety and are displaying threat avoidance, (among many other behaviours), and that is having a serious impact on their mental health.

Friendship at Home has been working hard to reintegrate our members back into the social world, where they can begin to enjoy life again. The reintegration scheme has been successful in supporting and encouraging many of our older people back to doing things they love including shopping, social clubs or just going for a walk.

"I lost my husband during Covid and it made me really scared to go out again, it's been a long process but you've helped me



*get back out and about again, I
now enjoy weekly social clubs and
am slowly building my life back
up.” ~ Member*

It is comments like these that really make the reintegration scheme so worthwhile, and it has been crucial to ensure we offer support and go at a pace that each individual is comfortable with.

Celebrations

As many of you are aware, we hoped and planned our popular Christmas party this



year but

unfortunately had to cancel it, as Covid cases rapidly increased in NEL. We were very disappointed about this, but keeping our members safe has always been, and always will be, our priority. However, we made sure all our social club members had their own little celebration with each other.

We promise to make sure our next celebration will be bigger and better than ever! Fingers crossed, we can join the nation's celebrations and hold a special

event for our Queen's Jubilee, this will be the first time we have held a celebration during a weekend and we hope you can all join us. More news to follow!

Later Life Partnership

We are incredibly pleased to announce that 2021 saw us join forces with two other fantastic agencies, AgeUK and Carelink. Together we are called the Later Life Partnership NEL and aim to provide a more holistic approach to ensuring our older people are safe, remain independent, have information and choices to improve their wellbeing and to prevent loneliness and isolation. Covid restrictions that many places still have in situ has prevented us from promoting this partnership as much as we would have liked. However, we have all worked together to successfully launch this great partnership. We will go from strength to strength in our mutual aims of improving the lives of older people in North East Lincolnshire.

Befriending Demand and Volunteers

This has been a difficult year that has seen an unprecedented demand for our popular befriending service. The team have worked hard to keep up with the referrals into FaH and are assessing members on a daily basis.

We would like to announce that Dawn Charlton has now entered the golden age of retirement and we would like to wish her a very happy and healthy retirement. Dawn spent many happy years as volunteer and member co-ordinator. Many of you would have had the pleasure of working with Dawn as she used to recruit and train volunteers, as well as assess members, and match them with volunteers. Dawn will be sadly missed by all staff, members and volunteers at FaH, but she has promised she will always be around to help FaH as much as she can. You can still see Dawn on a Tuesday, where she is now organiser of our popular Tuesday Social Club at Carr Lane Social Club. With such a high demand for the befriending service, when Dawn retired, we decided to separate the role into two separate, specialist roles and warmly welcomed two new members of staff; Katy Cross, joined us as Member Co-ordinator and Emma Cain, as Volunteer Co-ordinator. I am sure, (if you have not already), will get to meet them very soon.

Digital Inclusion

The pandemic has changed the world that we knew and the way we do things; since Coronavirus started, the general public, businesses and most of the public sector have increasingly turned to digital technology to change the way we work,

maintain social contact and access services. This increasing change has affected our older population, as they are becoming more excluded from doing essential things such as; shopping, banking and booking a GP appointment. An AgeUK study (Briefing Paper Digital inclusion and older people – how have things changed in a Covid-19 world?, 2021), found that those aged 75+, more than two out of five (42%), have never accessed the internet. The study also found that the main reasons this group was not accessing the internet were causes such as; lack of IT skills and trust within the internet world itself.

Our Digital Inclusion project has enabled Friendship at Home to provide a tablet, internet access and one to one personalised support to over 100 of our members. While not all of these have been successful, for many varying reasons, we are proud to report that we have made a huge difference for many of our members accessing this service and the project continues to grow.

Thanks to the FaH tablet I have been able to see my grandchildren for the very first time, they live abroad so we have never met but at least we can see each other now. I also love joining the groups and talking to others on it" - Member

We have launched the new Later Life Partnership app in conjunction with Carelink and AgeUK and this has been very successful, as our members now have access to all our original features; as well as many others from all three amazing agencies. The app, named 'Be-Friend', has also included some new security features to protect our users and makes it more user friendly for our valuable information section, also for our virtual activities.

We have just received 12 Months funding to continue providing this valuable service to ensure our older people are not digitally excluded in a world that continues to advance digitally.

**LYSE STEPHENSON AND JULIE RIGBY
– OPERATIONAL AND DEVELOPMENT
MANAGERS.**

COMMUNITY LINK WORKER

What I do

I have been the Community Link Worker since September 2021 and work in conjunction with our Volunteer Link Worker. I was previously a Support Worker for the British Red Cross and had a lot of contacts in other services and moving

forward I have built on these relationships so that they are now aware I work for Friendship at Home and what they can expect from me in my new role.

My role is to deal with the flow of referrals, which come from other services and individuals themselves. I will arrange a meeting and will assess our members and find the relevant support for them; whether that will be the support we can offer in befriending, groups, or helping to build confidence. The experience I have enables me to assist members with suitable information and signposting for further support. This year has been difficult for many and has knocked the confidence of many of our members. We continued, where we were able, to keep in touch, meet people in their gardens and, though many were initially reluctant, we have gradually returned to meeting face to face. Our members' confidence is building with this as time goes on.

Promotions

I have been promoting our services since I started. I have attended the Older People's Advice Day; speaking to and advising members of the public and maintaining connections with other services. I did promotional events at Supermarkets, Freshney Place, The Market Hall, and the Cinema. I have liaised with GP's and

dropped off leaflets and posters at hairdressers, Post Offices and group dwellings. I also was present at an Integrated Care Event, at Centre 4, and had active discussions with the other services that attended. I will continue with this throughout the next year.

Older People's Forum

I have arranged three Older People's



Forums this year to help communicate the views of individuals, community groups and statutory services. I spoke to people in Grimsby, Cleethorpes and Immingham; collected people's opinions on local services and support, and what they felt needed to be improved upon. I have gained feedback for these. Issues such as; transport, access to buses, the state of paths and roads was discussed. Something that presented itself several times was getting to see a GP and how difficult it is even gaining access, on the telephone, to speak to someone.

Some of these people are living in areas that were first built for those over 50, with access to communal groups and to give a

sense of community. Many people were concerned about certain individuals that were now moving into these areas and are feeling that their once safe environment, is threatened. I found from speaking to everyone, that they seem keen to air their views and to provide me with feedback, feeling that it is a good thing to have a voice about decisions that may affect you.

I will continue with these in the new year to gather this information and will collate the information and feedback to the council and other statutory services what the general feeling from older people in the area is. I shall continue to build on what we learn and hope to gain some positive outcomes.

Befriending

As our face to face has become available again, and volunteers have gradually returned to home visits, members are becoming more comfortable with this. Myself, and my colleague (the Volunteer Link Worker), are continuing to match volunteers and members and build good connections. We strive to find out as much about people as we can and to gain knowledge of their likes and interests so that we can make suitable matches. There has been a lot of positive pairings. The feedback has been great, and we move into the New Year with a hopeful outlook

that this will continue. We will now be able to offer short-term 'confidence buddies', which can help people who have maybe felt isolated or alone, and perhaps this has been compounded by the pandemic. These buddies can support people for a short time to build confidence and to hopefully get people feeling able to get out and about, be around people and maybe attend groups or meet with friends.

Also, we shall be providing 'digital buddies'; who will be able to assist with navigating technology and providing help and support. Many people find it bewildering and feel it is too late to learn, so this will provide an avenue for learning new skills. All these things are continuing to add to the essential support and vital service that we offer our members.

'I really look forward to the visits, and enjoy them, we have a lot to talk about'

'You've been very good to me, its lovely to know someone cares'

'We get on very well and I am really enjoying getting to know her'

'You are a great service, I couldn't forget you, you have boosted my confidence'

Case Study

Mr Y was feeling very low, having no family and only attending a small group once a week. However, through this group, he met

one of our volunteers who supported him and referred him to us. I visited the gentleman and had a lively discussion about his interest in history and music and also talked about providing him with a tablet, from ourselves, to access information and virtual groups. After initially being a little reticent, the gentleman agreed and this is being provided for him. Also, we discussed a befriender, (which the gentleman was also interested in), with me providing telephone support in the interim. He has now been in touch several times to inform us that our input has boosted his confidence no end and he now feels able to contact people he hasn't seen for some time. He is now back playing, and teaching bridge and an old friend is going to be taking him out for lunch regularly.

KATY CROSS – COMMUNITY LINK WORKER

Volunteer **Coordinator**

Introduction



As we finish off another year of uncertainty and having to adapt our service at short notice with the ever-changing COVID rules, we have yet again come out stronger and supported more members than ever. The Member and Volunteer Coordinator role has now been split into two and this has given me the time to concentrate on our volunteers and provide them with the extra support and guidance, as well as more time for recruitment and awareness events.

I have been updating our current volunteer's details and those volunteers, who are unable to volunteer now, have been taken off the list. Some volunteers have been rematched with a new member and I have also set up volunteers to help at various social clubs in the last quarter. Volunteer reviews will now take place 6 monthly rather than annually, and in some cases more often, to allow me to keep a more supportive presence. A new and up to date email list has been compiled and I am now regularly using this myself to update and inform all volunteers of new projects and of upcoming meetings etc.

I have built a good relationship with many of our volunteers and continue to get to know them personally and develop the befriending service alongside them. I held a Volunteers meeting in the last quarter, and, going forward, these will now be 8

weekly instead of quarterly. There will often be informative speakers joining us to ensure the meetings are interesting and of benefit to our volunteers. Allister came in December to talk about the tablets and how they benefit our members. Our next meeting will be attended by Karl at VANEL, who will be talking about Friends against Scams. This is in the hope that I may be able to tempt a volunteer to become a "Friends against Scams" champion for us and pass this knowledge on to our members.

I have designed a new induction for new volunteers as a Power-point presentation. This now covers areas such as communication skills, boundaries and managing endings. As this is provided as a Power-point presentation, if needed, the training can be done via Zoom. One of my volunteers commented after her induction training: -

"I really enjoyed that. It's opened my eyes to a few things"

Some new volunteers are hesitant about visiting face to face at the present time and have therefore been set up as telephone befrienders, with a view to meeting face to face as they become more comfortable with the idea of going into someone's home.

This feedback is from a new volunteer after visiting a member who was initially very unsure and apprehensive about the meeting.

“She was much more chirpy to see me yesterday! The time didn’t seem to bother her and she was saying how much she loves our chats and me visiting which was lovely! I was there for an hour yesterday and we couldn’t stop chatting bless her. I’m really enjoying it and I think she is too. Thankyou”

New Volunteer Roles commencing 2022

I have set up 2 new Volunteer roles commencing January 2022:

- **Confidence Buddy** - Short Term for 6-8 weeks. Looking to support someone who has lost confidence since covid with things like, walking to the local shops, going to the Dr’s, seeing a friend, visiting Freshney Place, going out for a coffee and cake and visiting one of our social clubs. This can include one off support such as; taking Members to one of our clubs, until they feel confident enough to use Dial a Ride, for example.

- **Digital Buddy** - The role of the Digital Buddy is to help a member to do things like the following: search the internet, access our app and virtual clubs, set up an email account, complete on-line forms, look up a timetable to get public transport etc. These volunteers will be people who are patient and can sit with elderly people or digitally excluded individuals helping them to navigate around our Tablet etc. This will be a great support to our IT lead in their work with members. Once the IT Leader is in place, we can build on developing this role in detail.

Member to Member Scheme

The Member Link Worker and I have also now started up a new scheme called the “Member to Member” scheme. This scheme is where we would match up 2 previously assessed members, who we think would benefit from each other’s company through telephone befriending. This is commencing in January with members who have signed up already.

Promotions

I have been busy attending stands at various venues and have attended networking events and talks. Centre’s such as West Marsh Community Centre have very kindly helped us promote volunteering

opportunities recently, as well as other organisations within our sector that have agreed to promote us to their members through their social media streams and newsletters. I have attended stands at Sainsburys, Asda's and Morrisons, Top Town Market, Freshney Place and Cleethorpes Leisure Centre. We have had a great response from various Facebook posts and especially the advert on the Facebook Jobs and Community Help section. We are promoting on 'Indeed' now, as a rolling advert, as well as regular Facebook posts about Volunteering with us and the benefits.

Corporate Volunteering

~~Towards the end of December, I started to~~ contact various local businesses to promote the benefits of Corporate Volunteering. This has been a struggle, as I've found many people are working from home presently and so I have not always been able to contact the people by phone.

I have however been able to email and send information through. I'm hoping that things will improve into new year, as people's focus comes away from the unease and uncertainty of the Covid situation.

Future Volunteer Training Courses

As the priority for me has been to promote and recruit volunteers urgently for our ever-growing member list, I have put the development of more in-depth Volunteer training courses on hold until January 2022. I will then look to incorporate these training sessions initially into volunteer meetings and alongside induction training. There are promotional events planned already for 2022 at new venues, and an award/presentation evening will be arranged for the middle of the year. I look forward to updating you in the next report.

**EMMA CAIN - VOLUNTEER
COORDINATOR**

SOCIAL CLUBS AND ACTIVITIES

During the first few months of 2021 we

continued to develop the virtual clubs and activities, as we were still under

Government restrictions due to the pandemic,

and unable to hold our usual clubs in person. Due to the unprecedented



circumstances and in response to the needs of our members at this difficult time, we took the decision to continue our virtual groups all throughout the Christmas and New Year period. This therefore enabled vital, continued social engagement during a time when our members were more isolated than ever due to lockdown. This was met with a unanimous positive response and our members reported feeling '*extremely thankful*' and '*less lonely at Christmas*' due to this.

We held in total 10 different virtual clubs and activities throughout the week. We brought some of our usual in-person groups into the virtual domain, such as: - Bingo sessions, Memory Lane Choir, Shibashi and Chair Based Exercise. We also created new ones such as Friendship & Fun, Talk @ 2 and Spin the Wheel Game. We also provided IT Support sessions to help members to navigate their way through the Digital world and address issues they encountered, which in turn helped to build their confidence. This gave members such a boost that they were soon able to trouble shoot and solve IT problems for themselves; something which they were previously unable to do. Easter saw us organise another special virtual event for members and volunteers alike - The Easter Eggstravaganza! - with Live Music entertainment, bingo, quizzes, fun and

games. We also had an Easter raffle which our members were very happy to purchase tickets for as they said it was their way to show thanks and appreciation for our continued support throughout lockdown.

"It has been a lifeline for me. Thank you for everything"

"It's opened up a whole new world to me"

"We look forward to this group all week."

"I feel like I have a friend right there in the room with me when I 'm on Zoom with the groups"

"It's nice to see a real person and be able to talk to someone"

Alongside our virtual groups, FaH developed its own unique App, which provides the user with a variety of content that is updated weekly to suit a wide variety of tastes such as:

- Daily exercise activities.
- Movie Matinees.
- Documentaries.
- Reminiscence videos.
- Useful information.
- Links to other organizations.
- Virtual tours.
- Sleep Stories.
- Chill Out Zone.

- Audio Books.
- Direct Links to our Live virtual groups.

"I love the friends and laughter we have in the virtual bingo and games"

"Watching the old movies is good and it takes me back to my younger years"

"I'm glad the virtual exercise is still going because I can't get out and I would miss it"

"I have enjoyed listening to the audio books available on the FAH App"

TONI HERRON - SOCIAL CLUB & VIRTUAL ACTIVITIES COORDINATOR

DEMENTIA AND COMMUNITY SUPPORT WORKER REPORT

Mandy and Clare are pleased to announce that it has been yet another successful year for the St Hugh's project. With all the support from our great staff team, the project continues to get regular referrals; on average around 10 a month. We are proud to say that we are offering ongoing advice, support and information to 181 members and their carers/families. This

number keeps on growing with our great reputation.

People with dementia can have sudden change of circumstances, so we ensure all our members are contacted at least once every three months. Having 181 members means there are approximately 60 reviews per month, so these alone keep us incredibly busy. We continue to get great feedback from members and other professionals including:

"You always explain things in ways that I understand, I wish everyone did that. It's so confusing with so many different people trying to help and knowing who does what" ~ Member

"We always hear from our patients how valued you are and it's great that we have you to support us" ~ Professional

This year the project has evolved slightly with the delivery of three social clubs. Initially Mandy and Clare were both worried that this would impact on the quality of our much valued one to one session. Instead, we have found that we are still able to do this on a much more regular basis, with our members at the social clubs. Delivering the social clubs has also afforded us the opportunity to carry out regular reviews and build strong working relationships with our members and their family members.

Tuesday Choir

The year started with virtual sessions due to lockdown restrictions. Although this was



thoroughly enjoyed by many members, it was great to welcome Joan back as our choir orchestrator and all our members back to the Annie Chapple in August. The session quickly returned to full capacity and is still growing! We have had a room layout change and was able to create another 8-10 spaces, but we are almost at full capacity again, with approximately 25 attendees each week. If this continues to grow, we are considering a venue change, as we know how valuable music is, especially to people with dementia. The choir enjoyed two public performances just before Christmas, one was held at Freshney Place Shopping Centre and the other at our Thursday club lead by Toni, both events went very well and was enjoyed by all, even the local policing team joined in for a sing along!

Wednesday Social

Clare was incredibly pleased to relaunch our popular Wednesday morning social groups, designed especially for people with memory problems. This creates a warm, friendly, and safe place where people with dementia, (and sometimes their carers too), can come together and enjoy some much-needed social interaction. The group continues to be enjoyed by all attendees; Clare ensures the activities are person centred to meet the individuals who attend and there are around 8 attendees weekly, but we hope this number will grow as the reputation grows. Activities are planned to each member's interest and aims to generate reminiscence, fun and laughter. Clare uses activities such as pictures to stimulate memory, quizzes to stimulate the brain and regularly includes some physical activities such as chair-based exercise, mini golf etc.

Thursday CST

In August, Mandy was elated to finally launch the much-anticipated Cognitive Stimulation Therapy group (CST). This group is designed to incorporate concepts from cognitive stimulation therapy, which aims to improve memory and cognition. Compelling evidence suggests that these sessions, (where Group members take part in meaningful and stimulating

activities), help maintain memory and mental functioning. Many of our members expressed an interest in the group and we were very eager to provide this wonderful opportunity. We now have 10 – 12 attendees each week: the ideal number for the aims of the session. Each week provides stimulating mental and physical activities based on a different theme. Members have enjoyed the Autumn and Winter festive sessions, including Halloween, Harvest festival, Christmas, and New Year around the World. We were also delighted to be able to celebrate Christmas this year for our St Hugh's members by bringing the groups together for a party where festive entertainment and light refreshments were enjoyed by all.

"I think this club is great, it's the only day I get out of the house, and we always have a laugh"

Dementia Awareness

St Hugh's have been working closely with the Wellbeing Service, promoting work for the LLP, and raising awareness of dementia on Freeman St Market. The Wellbeing Service use the community room at the back of the market and, although this is open to the public, we found there is less footfall than at the front of the market, where we normally have a barrow stand. We would like to reach

further and try a different location, but Covid is still causing many restrictions, so we hope these will ease as we move into Spring. We have delivered two personalised dementia advice and information sessions, one for new members of staff and volunteers and another for the general public. These sessions aim to break down the stigma attached to dementia and raises an awareness and understanding of those experiencing dementia and their carers/families. We have had a great attendance and would like to encourage a bigger uptake on a regular basis.

"I could have listened to so much more information – great session. Very informative"

"I feel so much better informed and will seek further info on how I can support others. Thank you for sharing your experiences"

Future Plans

- We are currently planning some intergenerational work with Children, as part of Global Intergenerational Week in April, and we are working to build a good relationship with a local school so we can hopefully have some activities at Wednesday club and

the choir, to make this a regular occurrence.

- Plan a daily activity throughout the week of Dementia Action Week in May and include the social groups.
- Seek new locations to raise awareness of dementia.
- Now our choir members are feeling more confident and sound fantastic, we would like to organise a recording of them on to disk, so they can show their friends and family how good they really are, this may also generate some funds for FaH.
- We would like to organise a day trip for the St Hugh's members, we hope to run a trip somewhere local like a garden centre then, if that goes well, we hope to visit Hull city of life museum in the summer months.

Case Study

Mr M has vascular dementia and lives with his wife. Mr M is aware of his difficulties and because he knows that he is forgetful and repeats himself, he became socially withdrawn because he was embarrassed. Mrs M did not feel she could leave Mr M in the house alone as she feels he is not safe

and because Mr M refused to go to social occasions, they both became socially isolated. Mrs M said that she was very lonely and afraid of what the future holds, as she has heard all the negativities of dementia. We visited the couple for a couple of weeks and were able to work through all their worries and concerns and helped them understand that it is possible to still live well with dementia if all the right support is in place. We worked with Mr M to break down the stigma and encouraged him to attend our CST sessions with his wife. They both now attend weekly and look forward to it as the stimulation has made a significant difference; Mrs M's confidence has grown in providing care and Mr M feels less embarrassed to socialise. In early January this year, they both enjoyed their first holiday abroad in a few years, Winter holidays were always something they have enjoyed prior to diagnosis, and they now know that the diagnosis does not have to change the things they enjoy doing together.

**AMANDA SPARKES - DEMENTIA
COMMUNITY SUPPORT WORKER**



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Friendship at Home

**On accounts for the year
ended**

December 2021

**Charity no
(if any)**

1160062

Set out on pages

(remember to include the page numbers of additional sheets)

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

16/05/2022

Name: Andrew Smith FCCA

Relevant professional qualification(s) or body (if any): Chartered Certified Accountant
Association of Chartered Certified Accountants

Address: A G Smith & Co
Unit 8, Laceby Business Park, Laceby, Grimsby, North East Lincs,
DN37 7DP

Section B

Disclosure

Only complete if the examiner needs to highlight material problems.



Charity Name	No (if any)
Friendship At Home	1160062

Receipts and payments accounts

CC16a

For the period from	1st January 2021	To	31st December 2021
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Section A Receipts and payments

Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £

A1 Receipts

OPERATIONAL INCOME	10,058	-		10,058	7,914
BIG LOTTERY FUNDING	-	53,157		53,157	103,238
LOTTERY BRIDGING FUNDING	-	-		-	29,533
CAF	-	-		-	39,426
ST HUGHS FUNDING	-	35,192		35,192	34,602
OTHER FUNDING AND GRANTS	90,978	10,937		101,915	83,150
OTHER INCOME	1,223	-		1,223	3,087
DONATIONS RECEIVED	5,554	-		5,554	5,603

Sub total	107,814	99,285	-	207,099	306,553
A2 Asset and investment sales, etc.	-	-	-	-	-
Total receipts	107,814	99,285	-	207,099	306,553

A3 Payments

OPERATIONAL EXPENSES	2,473	-		2,473	13,675
BIG LOTTERY EXPENSES	-	100,422		100,422	100,148
LOTTERY BRIDGING EXPENSES	-	6,632		6,632	21,250
CAF	34,565	-		34,565	3,943
ST HUGHS EXPENSES	-	38,045		38,045	27,641
OTHER FUNDING AND GRANTS	27,296	2,941		30,236	5,659
OTHER EXPENSES	-	-		-	-
RESERVES AND FUND RAISING	27,885	3,056		30,940	14,294
Sub total	92,219	151,094	-	243,313	186,610

A4 Asset and investment purchases, etc.

Total payments

-	-	-	-	-
92,219	151,094	-	243,313	186,610

<i>Net of receipts/(payments)</i>	15,595	- 51,809	-	- 36,214	119,943
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end				270,730	150,787
<i>Cash funds this year end</i>	15,595	- 51,809	-	234,516	270,730

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestrict ed funds	Restricted funds	Endowm ent funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	<i>Total cash funds</i>	-	-	-
	(agree balances with receipts and payments account(s))	Agreemen t Error	Agreement Error	OK
		Unrestrict ed funds	Restricted funds	Endowm ent funds

B2 Other monetary assets

Details	to nearest £	to nearest £	to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	

Signed by one or two trustees on
behalf of all the trustees

<div></div> <div></div>	<div></div> <div></div>	<div>-</div> <div>-</div>	<div></div> <div></div>
Signature	Print Name		Date of approval
<div></div> <div></div>	<div></div> <div></div>		<div></div> <div></div>

FUNDRAISING

Friendship at Home has a fundraising Policy which has been produced with the current National Codes of practice in mind and conforms to recognised standards as advised by the

INSTITUTE OF FUNDRAISING

www.institute-of-fundraising.org.uk/home/

FUNDRAISING STANDARDS BOARD

www.frsb.org.uk/

CHARITY COMMISSION

Charity fundraising a guide to trustee duties

www.gov.uk/government/uploads/system/uploads/attachment_data/file/549287/CC20.pdf

One of the key points of our Policy is that we aim to protect the public, including vulnerable people, from unreasonably intrusive or persistent fundraising approaches, and undue pressure to donate.

Our Policy is overseen daily by our Operational Manager and strategically by the Board of Trustees. It is also regularly reviewed.

We have not employed any commercial participators/professional fundraisers in the reporting period.

Our approach to fundraising is governed by our needs and guidelines determined in the Policy and is monitored and regularly reviewed by the Trustee Board.

Friendship at Home

Address:

6-7 Aspen Court, Cleethorpes, DN35 0SJ

Phone:

01472 602500

Website:

www.friendshipathome.org.uk

Follow us:

Facebook - @friendshipathome

Twitter - @FriendshipatHo1

Instagram - @friendshipathome



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Friendship at Home

**On accounts for the year
ended**

December 2021

**Charity no
(if any)** 1160062

Set out on pages

(remember to include the page numbers of additional sheets)

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

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1. which gives me reasonable cause to believe that in, any material respect, the requirements:
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 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date: 16/05/2022

Name:

Andrew Smith FCCA

**Relevant professional
qualification(s) or body
(if any):**

Chartered Certified Accountant
Association of Chartered Certified Accountants

Address:	A G Smith & Co
	Unit 8, Laceby Business Park, Laceby, Grimsby, North East Lincs,
	DN37 7DP

Section B**Disclosure**

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.



Charity Name Friendship At Home	No (if any) 1160062
---	-------------------------------

Receipts and payments accounts

CC16a

For the period from	1st January 2021	To	31st December 2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
OPERATIONAL INCOME	10,058	-		10,058	7,914
BIG LOTTERY FUNDING	-	53,157		53,157	103,238
LOTTERY BRIDGING FUNDING	-	-		-	29,533
CAF	-	-		-	39,426
ST HUGHS FUNDING	-	35,192		35,192	34,602
OTHER FUNDING AND GRANTS	90,978	10,937		101,915	83,150
OTHER INCOME	1,223	-		1,223	3,087
DONATIONS RECEIVED	5,554	-		5,554	5,603
Sub total	107,814	99,285	-	207,099	306,553
A2 Asset and investment sales, etc.	-	-	-	-	-
Total receipts	107,814	99,285	-	207,099	306,553
A3 Payments					
OPERATIONAL EXPENSES	2,473	-		2,473	13,675
BIG LOTTERY EXPENSES	-	100,422		100,422	100,148
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A6 Cash funds last year end				270,730	150,787
Cash funds this year end	15,595	- 51,809	-	234,516	270,730

Section B Statement of assets and liabilities at the end of the period

Categories

Details

Unrestricted
funds
to nearest £

Restricted funds
to nearest £

Endowment
funds
to nearest £

B1 Cash funds

-
-
-
-

-
-
-
-

-
-
-
-

Total cash funds

(agree balances with receipts and payments account(s))

-

-

-

Unrestricted
funds
to nearest £

Restricted funds
to nearest £

Endowment
funds
to nearest £

Details

-
-
-
-
-
-

-
-
-
-
-
-

-
-
-
-
-
-

B2 Other monetary assets

Details

Fund to which
asset belongs

Cost (optional)

Current value
(optional)

B3 Investment assets

-
-
-
-
-
-

-
-
-
-
-
-

Details

Fund to which
asset belongs

Cost (optional)

Current value
(optional)

B4 Assets retained for the charity's own use

-
-
-
-
-
-
-
-
-

-
-
-
-
-
-
-
-
-

Details

Fund to which
liability relates

Amount due
(optional)

When due
(optional)

B5 Liabilities

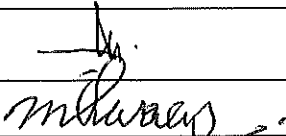
-
-
-
-
-
-

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of
approval



RAYMOND J. OXBRY
M. OXBRY

18/5/22
19.05.22



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Friendship at Home

On accounts for the year
ended

December 2021

Charity no
(if any) 1160062

Set out on pages

(remember to include the page numbers of additional sheets)

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responsibilities of
trustees and examiner

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Signed:

Date: 16/05/2022

Name:

Andrew Smith FCCA

Relevant professional
qualification(s) or body
(if any):

Chartered Certified Accountant
Association of Chartered Certified Accountants

Address:	A G Smith & Co
	Unit 8, Laceby Business Park, Laceby, Grimsby, North East Lincs,
	DN37 7DP

Section B**Disclosure**

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Give here brief details of any items that the examiner wishes to disclose.



Charity Name Friendship At Home	No (if any) 1160062
---	-------------------------------

Receipts and payments accounts

CC16a

For the period from	1st January 2021	To	31st December 2021
---------------------	------------------	----	--------------------

Section A Receipts and payments

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A2 Asset and investment sales, etc.	-	-	-	-	-
Total receipts	107,814	99,285	-	207,099	306,553
A3 Payments					
OPERATIONAL EXPENSES	2,473	-		2,473	13,675
BIG LOTTERY EXPENSES	-	100,422		100,422	100,148
LOTTERY BRIDGING EXPENSES	-	6,632		6,632	21,250
CAF	34,565	-		34,565	3,943
ST HUGHS EXPENSES	-	38,045		38,045	27,641
OTHER FUNDING AND GRANTS	27,296	2,941		30,236	5,659
OTHER EXPENSES	-	-		-	-
RESERVES AND FUND RAISING	27,885	3,056		30,940	14,294
Sub total	92,219	151,094	-	243,313	186,610
A4 Asset and investment purchases, etc.	-	-	-	-	-
Total payments	92,219	151,094	-	243,313	186,610
Net of receipts/(payments)	15,595	- 51,809	-	- 36,214	119,943
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end				270,730	150,787
Cash funds this year end	15,595	- 51,809	-	234,516	270,730

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))			

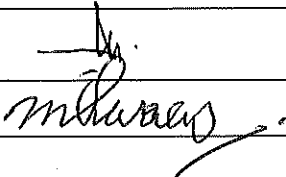
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	RAYMOND J. OXBRY	18/5/22
	M. OSWALD	19.05.22