

SHIREMOOR HEALTH ADVICE RESOURCE PROJECT

England & Wales · Charity number 1165819

Details

Other names SHIREMOOR HEALTH ADVICE RESEARCH PROJECT, SHARP

Status Registered

Legal form CIO

Registered 2016-03-01

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

Contact

Address 60 Park Lane
Shiremoor
Newcastle Upon Tyne
NE27 0TL

Phone 01912530116

Email sharpr4us@gmail.com

Activities

Objects: THE OBJECTS OF THE CIO IS:THE PROMOTION OF ANY CHARITABLE PURPOSE FOR THE BENEFIT OF THE COMMUNITY OF NORTH TYNESIDE BY THE ADVANCEMENT OF EDUCATION, THE PROTECTION OF HEALTH AND THE RELIEF OF POVERTY, SICKNESS AND DISTRESS.

Activities: To provision of Advice sessions, drop in, AA, Socials for those isolated in the community. Store n Go where items are stored for those homeless. or are evicted. A group of parents who plan family activities organize event and raise funds. Open Mon - Saturday 10 30 til 12 30. Run entirely by volunteers from the community on behalf of the community. Health advice sessions.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Accommodation/housing
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- North Tyneside

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£7,162	£6,604	-	-
2023-09-30	£16,942	£16,372	-	-
2022-09-30	£5,962	£6,290	-	-
2021-09-30	£8,870	£8,810	-	-
2020-09-30	£22,500	£19,552	-	-

Trustees

Name	Role	Appointed
AINSLEY REA	Chair	2016-06-06
Annette Wind		2016-01-10
JOHN JAMES HODGSON BA HONS		2016-06-06
MARGARET REYNOLDS		2016-06-06
SUSAN PARR		2016-06-06

SHIREMOOR HEALTH ADVICE RESOURCE PROJECT

England & Wales - Charity number 1165819

Accounts

INCOME

FUNDRAISING	2162
Events	1600
Donations	2400

RW MANN 1000

TOTAL 7162

EXPENDITURE

Rent	600
Utilities	3100
volunteer expense	1100
repairs	1200
insurance	380
training	224

TOTAL 6604

ASSETS

cash	350
kitchen	7200
café	7200
lock up	3000
equipment	3400

TOTAL 21150

contingency 2000

SHIREMOOR HEALTH RESOURCE PROJECT S.H.A.R.P
Financial Report - Page 1
1ST OCTOBER 2023-----30TH SEPTEMBER 2024
Charity no. 1165819

332+7162-6604 890 left with

accounts prepared by margaret reynolds and olwn hawksford

internal auditor Thomas nolan
21 richmond grove NE29 7QZ

SHIREMOOR HEALTH ADVICE RESOURCE PROJECT

England & Wales - Charity number 1165819

Accounts

Shiremoor Health Advice Resource Project

Financial Report - Page 1

From 1st October 2022 To 30th September 2023

Charity no. 1165819

REPORT FROM COMMITTEE. 1ST OCTOBER 2022 TO 30TH SEPTEMBER 2023

During the year we have had major repairs completed, the kitchen was transferred to the former admin room, a cafe was provided and this took 5months to complete. We installed and fitted the cafe area whilst also upgrading the kitchen Facilities.

During this time the building was closed but did remain open on some evening and weekends to continue with some of our services.

- Monthly Socials**
- Food Hampers**
- Craft Group**
- Advice Session**
- Fund Raising**
- Christmas Dinner**
- August Garden Party**
- Policy Training**
- Money Advice**

We Would like To Thank

- Tecaz**
- RW MANN**
- Awards For All**
- All volunteers and support workers including VODA, NTFD & North Tyneside Council**

Remembering Those We Lost

- Ray Dunn
- Margaret White
- Claire Docherty
- and all of our other friends who have passed away during the year

Business Plan For 2023 to 2024

The former kitchen is to be converted into a well-being room for different sessions

- Hairdressing
- Chiropodist
- Beauty
- Therapy sessions identified by residents

Garden Area:

Plans have been drawn up for the garden area;

- Allotment – hoping to grow our own produce to help with Healthy Eating
- Sitting Area for Quite Time guided by mental health professionals
- Memorial garden for anyone suffering of a loss from a loved one, with the help from a local artist to create different methods of keeping memories alive

We will continue with our very popular Monthly socials, Thursday Breakfast & craft group and Christmas Dinners.

Shiremoor Health Advice Resource Project
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From 1st October 2022 To 30th September 2023
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Shiremoor Health Advice Resource Project
Financial Report - Page 1
From 1st October 2022 To 30th September 2023
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Business Plan For 2023-2024

Upgrade of Building:

Kitchen - original kitchen so small that it was not fit for purpose for catering for social events.

Cafe - open up larger kitchen area so it is open plan to large room

Support From: - Tecaz
- Local Residents
- Gary & Co.

Plans:

- 1) Move New Kitchen to room 2, open plan with large room to create cafe type area.
- 2) Work on Plans For Former kitchen Area

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with some of our services.

upgrading the kitchen utilities.

SHIREMOOR HEALTH ADVICE RESOURCE PROJECT

England & Wales - Charity number 1165819

Accounts



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Shiremoor
Newcastle upon Tyne
NE27 0TL

Telephone 0191
2530116
Charity No. 1165819

Shiremoor Health Advice Resource Project

ANNUAL REPORT
1st October 2021 To
30th September 2022

Shiremoor Health Advice Resource Project - SHARP



Annual Report to Committee and Members 17th May 2023

This has been a very difficult time for many residents as a result of covid and lockdown. We saw an increase in requests from many residents who were suffering from loneliness, isolation, and depression.

Shiremoor community is made up through a mixture of tenure, with family homes, single persons' homes and one of the highest number of properties in the borough for older people living independently. Transport is of importance for all services, shops, Council Customer Services are some miles away in North Shields or Whitley Bay. SHARP charity is based in the Park Lane area of the Valley Ward of North Tyneside Local Authority.

The school system in place is the three tier system i.e., Primary, Middle and High schools whereas the majority of North Tyneside operates the two-tier system. T

More recently the cost-of-living crisis and in particular the rise in fuel costst caused much distress for people. Their contact with us is often out of hours evening and weekend when the statutory agencies are not available.

A gentleman in his mid-80's lives alone in a family house. He had not been seen for a few days so on the Saturday tea time we decided to call and check that he was OK, When we arrived at his home the curtains were drawn, lights on and music. playing. There was no sign of Mr D. We contacted his neighbour and as *she held his key she was able to enter his home. We found Mr D on the Kitchen floor where we believed him to have been since the previous evening.* An ambulance was called and we made him comfortable, He was barely alive. He had been ironing his clothes for his weekly visit to the local club when he tripped and had lain for 24hrs. The ambulance took four hours to reach him. We stayed with him and kept him safe. He recovered enough to be sent home a few weeks later.

Volunteers provide;

- A telephone service every morning.
- Help with hospital appointments when no transport is available.
- Lifts for hairdressing and doctor appointments.
- Fish and chips to 36 residents and keep them in touch with the outside world.
- A delivery food in hampers to 20 local residents every Thursday.
- Use of a phone, internet, computer and Drop-in.

When lockdown was lifted, we continued providing social events, meals, activities and drop – in every morning.

The demand for our Advice service every Monday morning increased but, during the lockdown we lost our advice worker John Wood. John was a local man with CAB training. He was well known and respected by everyone. During his time with SHARP he assisted claimants in recovering over £2 million in unclaimed benefits. His sudden, untimely death left a huge void in the delivery of the vital Advice Service in particular the free Appeals service.

John will be deeply missed by his daughter and all of his family and friends.

Roy, our 90 year old friend who sat at the bus stop to wave to who ever appeared, sadly he died during the lockdown. We will miss him and his jokes that he shared with us every day.

We have continued with our established work through our Store 'n' go project, drop-in sessions, health self -help groups and Parents Actively Planning group. We are supporting the new work with our craft group and the proposed mind group.

On the last Thursday of each month, we host a meal and entertainment. Those who regularly attend include a lady who is registered blind. Claire W one of our

younger volunteers, collects her from an adjacent bungalow and looks after her needs e.g., enlarging a bingo card so that she can participate.

Drop -in

A daily drop-in is hosted Monday to Saturday .

Many local residents and some not so local call in for a free cuppa and a chat with friends in a warm friendly environment

We make available a daily newspaper, board games. Indoor bowls and much more. We have Riley, who is a carer for his housebound wife. Riley moved here from Yorkshire when he retired. He calls in most days for a cuppa and a chat. Pat in her wheelchair, opens up most mornings, maintains the register of attendees and bakes cakes. Susan assists Pat with the housekeeping. Both Susan and Pat live in the adjacent bungalows and are key holders.

Thursday the regular team of Ann H, Olwyn, Claire D, Afshan and Maureen B keep the craft group, going and Margaret R supports the volunteers with admin and financial management. We welcomed Marilyn as a new volunteer. Marilyn recently moved into the new houses directly opposite SHARP. She has offered to deal with SHARP membership.

Parents Actively Planning group

Parents and grandparents meet every Friday to organise events for their children during the school holidays. This year they organised trips to local places where entry was free. Amongst the places, they visited were Saltwell Park, South Shields Park and Beach, Whitley Bay and Northumberland Park. They raised funding for the Metro fares and provided a packed lunch. They raised enough funds to send eight families for a short break Sandy Bay to caravan Park.

The group was instrumental in organising a joint Family Christmas Party with Shiremoor Adventure Playground. This was attended by over 250 family members on the coldest day of the year. Volunteer. Ainsley took the part of Santa and Richard Young looked after the bonfire while Jane his wife sorted the Carols. It was held at the Adventure Playground. Keeks, the manager and volunteers from the Adventure Playground worked hard at welcoming the crowd and feeding them all. A good day was had by all.

A.A.

A.A. meet every Tuesday evening in a warm environment. They come in through the back entrance. Help themselves to refreshments, hold their meeting and then leave. Even during the Christmas holiday, they attend their meetings.

Craft Group

Claire Docherty, Afshan Ulla, Maureen Black and others amaze us with their skills, creative crafts. They have shown us how to make porgy mats Christmas decorations place mats with photos on, ceramics, knitting, dressmaking and and have drawn plans for the garden,

Store'n'go project

We provide furniture and household goods for people who are in need. During the year we have helped 6 homeless people settle into homes. We raise a small income from this project.

We help those who are in dire straits so sometimes they can't afford anything and other times they repay us by volunteering.

We help manage income and expenditure of a few people who can't manage their finances mainly because they do not get sufficient income to pay for all of their essentials that they need. We pay their rent. Council Tax, TV license, Utilities and they get the remainder to manage the other bills. This has been operating for eight years and those who we help still have a Home. without our help they would most certainly be homeless. We work with North Tyneside Homes and homeless section. Adult Social Care Team have been very helpful.

Volunteers

We have 26 volunteers who provide support each day. They range in age gender, experience and backgrounds. We make available training and involve them in the running of SHARP. This year we have concentrated on the Confidentiality, Complaints and Compliance policies which have been up dated and agreed.

Every Tuesday Alan collects un sold food from Greggs and the next day we hold a coffee morning when we distribute food parcels to those in need.

With a Garden Party on our back green.

Future Plans

Apart from R W Mann Trust we have received no external income during these challenging times we have provided all our services free because of the uptake we are left with little time to fundraise.

We have lost a number of good friends. Neighbours and family members during the lockdown and we are proposing to remember them through our garden Project.

The demand for the social events has led us to limit the number of those who we can admit. We have asked TECAZ to give us a quote to upgrade our existing Kitchen. We have applied to Awards for All for a grant to carry out this work.

In July 2022 we received the sad news of the death of Claire Docherty who was an inspiration to us all. Claire had been ill for some time but worked for us until just before she died. Claire was a former teacher until she made a career change to accountancy. Her creative skills and teaching background was an ideal combination to work closely with our local artist in working with children and parents. Claire was instrumental in securing the container for our 'Store 'n' Go 'project. Our new kitchen will be named after Claire.

The former kitchen we propose to turn into a Wellbeing room.

We will transform the garden into an area for residents to enjoy with a sitting area, a garden with vegetables and salads growing and a corner for quiet moments.

If we are approved a grant from Awards for All to provide the kitchen and café area. RW Mann have provided the new cooker the Units were from TECAZ, a local business.

During the year tAinsley Rea, the Chair of the charity and John Hodgson, The Treasurer have been unable to carry out their duties .they did not reply to mail from the Charity Commission so this caused the lateness of our report.

WE look forward to a year of growth by providing an extended service to the community.

Thank you to everyone who helped in any way during the year.

Margaret Reynolds 17th May 2023

**Shiremoor Health Advice Resource Project
Financial Report – Page 1
From 1st October 2021 to 30th September 2022**

Income	£
Fundraising	642
Events	600
Donations	4200
Store'n'go	320
Hire of rooms	200
Total	5962

Expenditure	
Rent	600
Utilities	2200
Repairs	600
Insurance	740
Drop in	1010
Admin	720
Training	<u>420</u>
Total	<u>6290</u>

**Shiremoor Health Advice Resource Project
Financial Report - Page 2
2021 / 2022 year**

	£
B/F 1st October 2021	3012
2021/2022 Income	5962
Sub Total	8974
2021//2022 Expenditure	<u>6290</u>
C/F 30th September 2022	<u>2684</u>

Assets at 30th September 2022

Co-op Bank	2684
Container. Furniture	3270
IT Equipment	2300
Stationery	685
Fixture and fittings	<u>2160</u>
Total	<u>11099</u>

Liabilities	£
Utilities	210
Printing	<u>162</u>
Total	<u>372</u>

**These accounts have been prepared by Margaret Reynolds Treasurer
Checked by Olwyn Hawksford Assistant Treasurer
Internal Audit carried out on 2 May 2023 by Annette Wind**

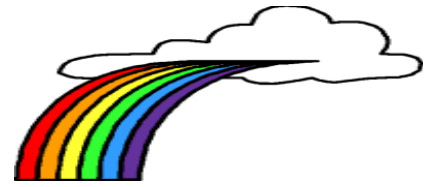
Charity No 1165819

SHIREMOOR HEALTH ADVICE RESOURCE PROJECT

England & Wales - Charity number 1165819

Accounts

Shiremoor Health Advice Resource Project



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Shiremoor Health Advice Resource Project

SHARP

Annual Report
&
Accounts

1st October 2020 to 30^h September 2021

Registration Number 1165819

SHARP

Shiremoor Health Advice Resource Project



Meeting

Annual General

7 the May 2021

11am at 60 Park Lane

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4. Report	Chairperson's
5 Activity Groups	Reports from
6 &7	Accounts
8. Volunteers	Election of Trustees &
9.	Plans for premises

Shiremoor Health Advice Resource Project

May 7th 2021

AGENDA

1. Welcome / Quorum
2. Apologies
3. Minutes of Last AGM
4. Chair's Report Attached
5. Financial Report Attached
6. Future plans Attached
7. Election of Trustees & Volunteers
8. Close of Meeting

Shiremoor Health Advice Resource Project



Annual General Meeting 20 20 – 2021 Chair's Report

We thought that last year was extremely challenging but this year was even more difficult for residents. The continuation of the lock down, the food parcels fell on the shoulders of our volunteers. The demand for advice, help with transport, household furniture, clothes and financial help increased. We realised how much we missed John Wood, our advice worker who died suddenly. We were able to assist over 220 residents with DWP benefits, blue badge applications, housing matters and many other needs. Our home redelivery of food parcel extended to 52 homes. This service was funded from donations and personal gifts. During the financial year we received no grants as money was short everywhere. Pat, our fundraiser, organised and took part in a sponsored event in her wheel chair, from North Shields ferry to St Mary's Island. This will become an annual event. Shiremoor is about 4 miles from Meadow Well and many of their residents were re located to Shiremoor without the support that was available to them in Meadow Well. We provide clothes, household goods, furniture, books, bedding and kitchen utensils. Volunteers have visited 36 residents regularly and signposted them to the appropriate service for further help. from North Tyneside Council services via our elected Members. We look forward to normality returning in the next few years when our plans to extend our services and the upgrading of our kitchen can start - just need the finances.

I would like to sincerely thank all of our Volunteers and friends who have worked tirelessly to keep our services operating.

Ainsley Rae

Shiremoor Health Advice Resource Project



Annual General Meeting 20 20 - 2021

Reports from Activity Groups

Membership Fees

We are proposing to introduce a membership fee of £10 which is due by 1st October each year. Each member will be given a number and a card. The £10 can be made by instalments.

As a member they will be able to attend meetings, have a discount on refreshments and the Ost of events, they will also be eligible to join the savers group

PAP Group

Parents Actively Planning Group look at how they can entertain their children and grandchildren during the school holiday, without causing financial

Hardship, using public transport they have spent days at Swalwell Park, South Shields they raise their own funds and hope soon to pay a fee to SHARP.

Crafts Group

With the support of a local artist Maureen Black, the arts and crafts groups attracted a number of people taking part, we have 2 sessions per. week, Thursday and Saturday morning for Juniors. week Maureen has drawn up the plans for Front and back garden, these plans will include local resident in mosaic sessions.

Drop In

We host a warm Welcome drop - in each day 10am to 1pm. Our premises has two Bus stops outside and those waiting for transport often call in for warmth or to use the toilet. we offer a

cuppa or use of phone. We have a core group of residents who attend each day for company, warmth or activity.

Shiremoor Health Advice Resource Project



Shiremoor Health Advice Resource Project

Financial Report for period 1st October 2020
to 30th September 2021

£

INCOME

Fundraising	2800
Events	670
Donations	5160
Store 'n' go	240
TOTAL	8870

EXPENDITURE

Advice Sessions	420
Utilities	2210
Rent	600
Internet / Phone	1210
Insurance	1920
Volunteers' expenses	146
Repairs	620
Cleaning	160
Stationery	440
Project Work	1020
Drop-in	<u>564</u>
TOTAL	<u>9310</u>

B/f 1/10/2020	3452
Income 20/21	<u>8870</u>
Sub total	12,322
Expenses 20/21	<u>9,310</u>
Bal C/f 30/9/2021	3,012

Shiremoor Health Advice Resource Project



FINANCIAL REPORT PAGE 2

Balance Sheet

	Assets	£
Cash	230	
Bank	2,782	
Container	3,480	
Equipment	2,680	
Prepayments	786	
Computers / programmes		3,720
Total Assets	13,678	
Liabilities		
Insurance		874
Repairs	1,300	
Total Liabilities		2,174

Margaret Reynolds
Pat Rimmer

Acting Treasurers

11st September 2021

Shiremoor Health Advice Resource Project



Election of Trustees

Margaret Reynolds

Treasurer

Pat Rimmer

Assistant Treasurer

Alan Percy

Complaints Officer

Maureen Black

Development

Proposed Olwyn Hawksford

Seconded Ann Hunt

Volunteers

Marilyn McBride

Michele Ruddy

Susan Kelly

Olwyn Hawkesford

Ann Hunt

Valerie Watson

Claire Wark

All Trustees and volunteers will attend training session on policies and procedures for SHARP before taking on their roles.

SHIREMPPR HEALTH ADVICE RESOUC E PROJECT]] SHARP

We have survived a very difficult period of time, no core funding, lock down, high demand for services and storms which caused severe damage.

We have lost some of our key volunteers and clients.

It is now time to look forward to the future and our services to the Community.

A new estate has been completed across the road to us and we have met a few of the residents..

Shiremoor is a rural area that is dependant on public transport for essential services. We are situated at the heart of the estate with two bus stops outside.

Having listened to residents during the lock down and since at our Warm Welcome drop in , we are looking to up grade our building to offer more activities for the elderly and disabled. Over the next couple of years we will be completely renovating the inside and outside, It will happen in stages.

We will be dependant on gifts, donations, grants and good will to complete the programme.

So far we have been overwhelmed with offers of help from qualified businesses.

- Stage 1 Move kitchen to a larger room
- Stage 2 Provide Café area
- Stage 3. Provide Wellbeing services in old Kitchen
- Stage 4 Provide Toilet facilities for disabled
- Stage 5 Back garden plans
- Stage 6 Decorate all rooms.

We have started stage one and we hope to have an open day in July for residents and finders to see work so far and view the plans for the next stages.

Thank you

Margaret Reynolds

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SHIREMOOR HEALTH ADVICE RESOURCE PROJECT

England & Wales - Charity number 1165819

Accounts



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order, and seven volunteers, with cars, turn up at 6.30pm. They each do an identified round for delivery.

It has been very successful.

This project will finish at the end of March and as we hope to hold on to the last Thursday of April this will be the last delivery. However if that is allowed by government then we will continue with the fish and chips.

Every Sunday we have a young couple who have started making Sunday Roasts. Large for £5 and small for £3.50. They have been cooking and delivering for 4 weeks as a trial and the orders have increased by 400%. We order 10 roasts for residents and we deliver them. I think that the couple will be setting up a business, having got the evidence for the need of the service in the area.

- **Premises**

The premises have been closed to the public during the Lock Down. Volunteers have been answering the phone, decorating the premises, and responding to requests for help. The housing development across the site of the former site of the Beaumont Pub has started. On the 5th of March, developments were happening outside our building which we knew nothing about. I arrived to open up – the bus could not stop at the bus stop outside SHARP. I got off at the next bus stop outside of the SPAR. I walked back to the building, where I was denied access to our premises because it was closed. Eventually I gained access some 30 minutes later.

We have decorated 2 rooms for admin and advice and we are in the process of providing a room for use by those who want to meet in confidence or just sit quietly.

The garden is in need of some TLC.

We hope to be able to open soon when we look forward to meeting you.

We are proposing to hold our AGM on Friday 21st May at 11am. We are further proposing to have an 'Open Day' after the AGM and invite all members and guests to the event.



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