KINGSCARE LEAGUE OF FRIENDS

England & Wales · Charity number 1174450

Details

Status	Registered
Legal form	CIO
Registered	2017-08-31
Register	View on the Charity Commission register

Contact

Address	Kingsteignton Medical Practice Whiteway Road Kingsteignton Newton Abbot TQ12 3HN
Phone	01626817335
Email	office@kingscare.co.uk
Website	http://www.kingscare.co.uk

Activities

Objects: THE AIMS OF KINGSCARE SHALL BE TO PROMOTE ANY CHARITABLE PURPOSE FOR THE BENEFIT OF PERSONS REGISTERED AT KINGSTEIGNTON MEDICAL PRACTICE AND, IN ADDITION, TO PROVIDE SUPPORT FOR THOSE IN NEED WITHIN THE WIDER COMMUNITY. THIS INCLUDES THE PROTECTION AND PRESERVATION OF HEALTH, THE RELIEF OF THOSE IN NEED, SICKNESS AND DISTRESS AND THE PROVISION OF MEDICAL EQUIPMENT AND OTHER SERVICES NOT NORMALLY PROVIDED BY THE NATIONAL HEALTH OR OTHER STATUTORY AUTHORITIES.

Activities: KingsCare League of Friends is a Devon-based Charity, closely attached to Kingsteignton Medical Practice. With enormous help from dedicated volunteers, we deliver Patient Transport, Dementia & Carers Groups, social activities including Lunch Club, walking groups, befriending, operate a Charity Shop and deliver individually tailored wellbeing programmes.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty
- **Who:** Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

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Geography

- Devon

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£175,229	£304,158	-	-
2024-03-31	£311,083	£319,594	-	-
2023-03-31	£304,005	£342,283	-	-
2022-03-31	£176,194	£155,723	-	-
2021-03-31	£482,313	£330,416	-	-

Trustees

Name	Role	Appointed
David Rollason		2017-08-19
Miriam Perrin		2024-11-05
Nicola Marie Barker		2023-10-12
Rupert George Holliday		2017-11-27

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KINGSCARE LEAGUE OF FRIENDS

England & Wales - Charity number 1174450

Accounts

Charity registration number 1174450 (England and Wales)

KINGSCARE LEAGUE OF FRIENDS

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

KINGSCARE LEAGUE OF FRIENDS

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KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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) (issued in October 2019).

Objectives and activities

The charity's objects are to promote any charitable purpose for the benefit of persons registered at Kingsteignton Medical Practice and, in addition, to provide support for those in need within the wider community. This includes the protection and preservation of health, the relief of those in need, sickness and distress and the provision of medical equipment and other services not normally provided by the national health or other statutory authorities.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The achievements of the charity are outlined in the Chairman's report attached to these accounts.

Financial review

Income has decreased this year, totalling £175,229 compared with £311,083 for the 12 months to 31 March 2024.

Expenditure has also seen a decrease this year, totalling £304,158 compared with £319,594 for the 12 months to 31 March 2024.

The total value of the charity's funds has decreased from £376,448 at 1 April 2024 to £247,519 at 31 March 2025.

The trustees consider the charity's overall financial position to be satisfactory.

Reserves policy

During the year the Trustees have reviewed the reserves policy of the charity and have concluded designated funds should retain sufficient funds to fulfil the running cost requirements of the charity for a period of no less than six months. The Trustees consider that reserves held at this level will ensure that, in the event of a significant drop in funding, they will still be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

The designated funds available at the 31 March 2025 of £201,464 are the equivalent of approximately twelve months worth of unrestricted expenditure.

Investment Policy

There are no restrictions on the charity's powers to invest, and the Trustees have not adopted an ethical investment policy. An Investment Committee is appointed annually to manage the authorised investments. The overall investment policy is to invest in a low to medium risk portfolio which will maximise income whilst protecting capital. Meetings are held as and when required to review the performance of the portfolio.

Risk Management

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The charity is a charitable incorporated organisation and was registered with the Charities Commission on 10 July 2017 under the charity registration number 1174450 (England and Wales).

KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr D Rollason	
Mr R Holliday	
Dr W Farrah	(Resigned 2 September 2024)
Mrs N Barker	
Ms M Perrin	(Appointed 21 May 2024)
Mr J Patrick	(Appointed 21 May 2024)

The Board of trustees regularly discusses the recruitment of new trustees for their experience, empathy and knowledge of the Trustees, and to keep the skills and composition of the trustees body as a whole and succession planning under review. New trustees may be sought by open advertisement or through dialogues with other institutions with similar objects.

The trustees report was approved by the Board of Trustees.

Rupert Holliday

Rupert Holliday (Aug 29, 2025 11:51:16 GMT+1)

Mr R Holliday

Trustee

Date: 29/08/2025

KINGSCARE LEAGUE OF FRIENDS

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF KINGSCARE LEAGUE OF FRIENDS

I report on the financial statements of the charity for the year ended 31 March 2025, which are set out on pages 4 to 18.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

(i) examine the financial statements under section 145 of the 2011 Act;

(ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

(iii) to state whether particular matters have come to my attention.

Basis of independent examiner's report

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In connection with my examination, no other matter except that referred to in the previous paragraph has come to my attention:

(a) which gives me reasonable cause to believe that in any material respect the requirements:

  (i) to keep accounting records in accordance with section 130 of the 2011 Act; and

  (ii) to prepare financial statements which accord with the accounting records and comply with the accounting requirements of the 2011 Act;

  have not been met or

(b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Mrs L Lulek FCA CTA
Darnells Chartered Accountants
Quay House
Quay Road
Newton Abbot
Devon
TQ12 2BU

Dated: .....

KINGSCARE LEAGUE OF FRIENDS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:							
Donations and legacies	**3**	14,669	94,507	109,176	116,790	118,898	235,688
Charitable activities	**4**	45,290	-	45,290	51,593	-	51,593
Other trading activities	**5**	18,117	-	18,117	20,374	-	20,374
Investments	**6**	2,646	-	2,646	3,428	-	3,428
Total income		80,722	94,507	175,229	192,185	118,898	311,083
Expenditure on:							
Charitable activities	**7**	198,020	97,110	295,130	168,920	142,551	311,471
Other expenditure	**11**	9,028	-	9,028	8,123	-	8,123
Total expenditure		207,048	97,110	304,158	177,043	142,551	319,594
Net gains/(losses) on investments	**12**	-	-	-	(92)	-	(92)
Net expenditure and movement in funds		(126,326)	(2,603)	(128,929)	15,050	(23,653)	(8,603)
Reconciliation of funds:							
Fund balances at 1 April 2024		371,869	4,579	376,448	356,819	28,232	385,051
Fund balances at 31 March 2025		245,543	1,976	247,519	371,869	4,579	376,448

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

KINGSCARE LEAGUE OF FRIENDS

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	**14**		18,695		23,849
Current assets					
Debtors	**15**	2,952		2,396	
Cash at bank and in hand		238,124		362,142	
		241,076		364,538	
Creditors: amounts falling due within one year	**16**	(12,252)		(11,939)	
Net current assets			228,824		352,599
Total assets less current liabilities			247,519		376,448
Income funds					
Restricted funds	**19**		1,976		4,579
Unrestricted funds					
Designated funds	**20**	201,464		259,796	
General unrestricted funds		44,079		112,073	
			245,543		371,869
			247,519		376,448

The financial statements were approved by the Trustees on 29/08/2025

Rupert Holliday

Rupert Holliday (Aug 29, 2025 11:51:16 GMT+1)

Mr R Holliday
Trustee

1 Accounting policies

Charity information

Kingscare League of Friends is a charitable incorporated organisation, set up by an Order of the Charity Commissioners on 10 July 2017 and is a registered charity with the number 1174450 (England and Wales).

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charities Act 2011 and the 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Kingscare League of Friends meets the definition of a public benefit entity under FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business.

1 Accounting policies **(Continued)**

1.5 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 settlement will be required, and
- the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis.

All expenses, including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	20% Straight Line
Motor vehicles	10% Straight Line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 ‘Basic Financial Instruments’ and Section 12 ‘Other Financial Instruments Issues’ of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

1 Accounting policies **(Continued)**

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2025	2025	2025	2024	2024	2024
	£	£	£	£	£	£
Donations and gifts	10,474	-	10,474	16,460	-	16,460
Grants receivable	1,693	94,507	96,200	97,245	118,898	216,143
Membership fees	2,502	-	2,502	3,085	-	3,085
	14,669	94,507	109,176	116,790	118,898	235,688
Grants receivable for core activities						
Other	1,693	94,507	96,200	97,245	118,898	216,143
	1,693	94,507	96,200	97,245	118,898	216,143

4 Charitable activities

	Patients transport	Catering	Exercise	Projects	Newton Abbot Groups	Dementia Support	Benefits Advice	Memory Cafe	Allotment	Befrie-nding	Chorus	Creative writing	Other	Total 2025	Total 2024
	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£
Sales within charitable activities	16,992	4,855	10,252	8,044	3,466	1,523	570	2,073	24	35	3,078	670	11	45,290	51,593
Unrestricted funds	16,992	4,855	10,252	8,044	3,466	1,523	570	2,073	24	35	3,078	670	11	45,290	
For the year ended 31 March 2024															
Unrestricted funds	18,808	3,993	7,769	9,315	1,791	-	574	3,589	186	-	2,315	553	436		51,593

5 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	4,425	5,587
Shop income	13,692	14,787
Other trading activities	18,117	20,374

6 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	2,646	3,428

7 Charitable activities

	2025	2024
	£	£
Staff costs	227,533	234,124
Depreciation and impairment	5,154	7,262
Minibus and mobility vehicle	8,721	7,580
Patients transport	4,083	2,931
Catering	-	92
Exercise	19,007	21,654
Establishment costs	15,537	26,473
Donations	5,060	7,294
Newton Abbot groups	5,412	340
Legal and professional fees	2,665	2,314
Training	75	85
Bank Charges	571	576
Fundraising events	843	724
Other charitable expenditure	469	22
	295,130	311,471
	295,130	311,471
Analysis by fund		
Unrestricted funds	198,020	
Restricted funds	97,110	
	295,130	
For the year ended 31 March 2024		
Unrestricted funds		168,920
Restricted funds		142,551
		311,471

8 Support costs

	Governance costs	**2025**	Governance costs	2024
	£	**£**	£	£
Accountancy	1,135	1,135	1,140	1,140
Legal and professional	1,530	1,530	1,174	1,174
	2,665	2,665	2,314	2,314
Analysed between				
Charitable activities	2,665	2,665	2,314	2,314

Accountancy consists of payments to the independent examiner of £1,140 (2024: £1,140).

9 Trustees

During the year Trustees received reimbursement of charity expenses incurred personally to the sum of £272. (2024: £1,487).

During the year the trustees donated funds without conditions totalling £Nil (2024: £1,473) and paid memberships totalling £Nil (2025: £Nil).

10 Employees

Number of employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Manager	1	1
Deputy manager	-	1
Transport co-ordinator	2	2
Mental health support worker	1	2
Hospital discharge and carer support worker	1	-
Health and well being co-ordinators	3	3
Dementia support workers	4	4
Fundraiser and Project manager	1	1
	13	14

Employment costs	2025 £	2024 £
Wages and salaries	214,651	223,536
Other pension costs	12,882	10,588
	227,533	234,124

There were no employees who received total employee benefits (excluding employer pension costs) of more than £60,000.

There were no employees whose annual remuneration was £60,000 or more.

11 Other

	2025 £	2024 £
The Hub Shop expenses	9,028	8,123
	9,028	8,123

12 Net gains/(losses) on investments

	Total	Unrestricted funds
	2025	2024
	£	£
Gain/(loss) on sale of investments	-	(92)

13 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

14 Tangible fixed assets

	Fixtures and fittings	Motor vehicles	Total
	£	**£**	**£**
Cost			
At 1 April 2024	7,415	120,121	127,536
At 31 March 2025	7,415	120,121	127,536
Depreciation and impairment			
At 1 April 2024	7,415	96,272	103,687
Depreciation charged in the year	-	5,154	5,154
At 31 March 2025	7,415	101,426	108,841
Carrying amount			
At 31 March 2025	-	18,695	18,695
At 31 March 2024	-	23,849	23,849

15 Debtors

	2025	2024
Amounts falling due within one year:	**£**	**£**
Prepayments and accrued income	2,952	2,396

16 Creditors: amounts falling due within one year

	Notes	2025 £	2024 £
Other taxation and social security		5,506	4,544
Deferred income	17	3,601	3,791
Accruals		3,145	3,604
		12,252	11,939

17 Deferred income

	2025 £	2024 £
Other deferred income	3,601	3,791
Current liabilities	3,601	3,791
	3,601	3,791

18 Retirement benefit schemes

Defined contribution schemes	2025 £	2024 £
Charge to profit or loss in respect of defined contribution schemes	12,882	10,588

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

19 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

		Movement in funds		
	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Balance at 31 March 2025 £
Mini Bus	1,502	-	(1,502)	-
Mini Bus 2	3,077	-	(1,101)	1,976
CVS Projects	-	92,290	(92,290)	-
Devon CC - Dementia Support	-	2,217	(2,217)	-

20 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024 £	Incoming resources £	Resources expended £	Gains and losses £	At 31 March 2025 £
6 month expenditure reserve	159,796	-	(8,332)	-	151,464
Vehicle replacement reserve	40,000	-	-	-	40,000
Vehicle repair reserve	5,000	-	-	-	5,000
Equipment replacement reserve	5,000	-	-	-	5,000
Projects	50,000	-	(50,000)	-	-
General funds	112,073	80,722	(148,716)	-	44,079
	371,869	80,722	(207,048)	-	245,543

Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	Gains and losses £	At 31 March 2024 £
6 month expenditure reserve	171,113	(11,317)	-	-	159,796
Vehicle replacement reserve	70,000	-	(30,000)	-	40,000
Vehicle repair reserve	5,000	-	-	-	5,000
Equipment replacement reserve	5,000	-	-	-	5,000
Projects	50,000	-	-	-	50,000
CAF Portfolio reserve	2,194	-	(2,194)	-	-
General funds	53,512	203,502	(144,849)	(92)	112,073
	356,819	192,185	(177,043)	(92)	371,869

21 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 March 2025:			
Tangible assets	18,029	666	18,695
Current assets/(liabilities)	227,514	1,310	228,824
	245,543	1,976	247,519

21 Analysis of net assets between funds **(Continued)**

	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£
At 31 March 2024:			
Tangible assets	21,186	2,663	23,849
Current assets/(liabilities)	350,683	1,916	352,599
	371,869	4,579	376,448

22 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2025	2024
	£	£
Total Remuneration	33,860	57,262

2025 Final Accounts for Signature - Kingscare League of Friends

Final Audit Report 2025-08-29

Created:	2025-08-29
By:	Emilie Feaver (emilie.feaver@darnells.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAAMCptWuSop5LdPJlOBp6NlD-8GfNwZryt

"2025 Final Accounts for Signature - Kingscare League of Friends" History

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KINGSCARE LEAGUE OF FRIENDS

England & Wales - Charity number 1174450

Accounts

Annual Report and Accounts 2024

KingsCare
help when it matters

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Trustee Statement

The Trustees have worked to ensure that the activities of KingsCare League of Friends are always governed by the Aim of the charity which is, with the help of volunteers, to improve the quality of life of those in need within the wider community. All Trustees give their time on a voluntary basis and none have claimed any recompense for any action associated with their role of Trustee during the year.

The Trustees who were reappointed at the AGM were:

Mr Phil Millichap – Chair

Mr Graham Wickham – Vice-Chair

Mr Rupert Holliday – Treasurer

Dr Mark Clarvis

Mr Nicholas Biggs

Mr David Rollason

Dr William Farrar

Mr Keith Smith

Mr Kingsley Matthews

Mrs Jackie Bennett

Mr Peter Stevens

Mrs Nicola Barker joined the Board in November 2023.

Under the direction of the Trustees we have worked throughout the year to ensure that the Key Activity Indicators are reviewed and updated at regular intervals.

Mr Peter Stevens resigned from the Board in November 2023, Mr Philip Millichap, Dr Mark Clarvis, Mr Keith Smith and Mrs Jackie Bennett in January 2024 and Mr Nicholas Biggs in March 2024. Mrs Nicola Barker was appointed Interim Chair.

Chair's Report

It is incredibly humbling to read the myriad reports from the KingsCare Team which showcase their tremendous work throughout this past year. At a time of uncertainty and underfunding within the Voluntary Sector, the KingsCare team have kept their focus on doing what they all do so brilliantly – supporting the people of Newton Abbot in their everyday lives. From new projects, such as the partnership with Stover, to the Memory Cafés and various drop ins: Walks for Wellbeing and Mental Health and the vital Home from Hospital (to name but a few) - the vibrant programme of activities have been well attended throughout the year.

Much of this success is down to the amazing army of Volunteers who give time, experience and themselves to both the Team and the clients. Without these wonderful people KingCare would be in a far different situation – for which we owe them our heartfelt gratitude.

Of course, special mention must go to Maggie Bonnell and David Clifford who managed KingsCare to keep it relevant, viable and thriving as it navigated very choppy waters this last year. In April we said a fond farewell to David as he left to enjoy a well-earned retirement. This gracious and knowledgeable man will be much missed by the Board, Team and Volunteers.

Maggie remains at the centre of operations and has negotiated a challenging year balancing decreasing budgets with the needs and expectations of this beloved service. With her passion and drive, Maggie has kept KingsCare, where is must remain, at the very heart of the local community.

Having joined the Board of Trustees in the Autumn of 2023, there was little indication that later events would lead to several longstanding members deciding to step away which resulted in those remaining taking the helm and gradually steering the Charity and Board to a more comfortable position. This would not have been possible without the quiet diligence and incredible dedication of Rupert Holliday (Treasurer) and Dave Rollason (Secretary/Vice Chair). Thanks also to Kingsley Matthews and Nick Biggs for their support and guidance and to those members who gave service, many over long years to KingsCare – we thank you very much.

It is a privilege to be a small part of the extraordinary organisation and as Interim Chair I have much appreciated the personal and professional support of fellow Trustees and Managers of KingsCare. Thank you all.

Nicola Barker
Interim Chair

Manager's Report

The year 2023-24 was a very different year to its predecessor. By the start of 2024 we had lost several staff members and trustees and started a process of adjustment which, due to uncertainties around future funding and the role of the Voluntary Sector in general (not just KingsCare) in the changing world of primary care and the pressure on NHS budgets, will take time to settle. Grant funding is tighter than ever due to the impact of the Cost of Living crisis and, as we are fortunate in having built up some reserves, more difficult for us to justify the allocation of grant money to us when there are many similar groups keen to run equally valuable projects which have little or no reserves at all. Challenging times.

It was not all doom and gloom, however, as there was one large grant that we were awarded and that was from the National Lottery. It enabled us to do a great deal of work around helping clients to come through the Cost of Living crisis by providing benefits advice, running a weekly Warm Hub throughout the winter and being able to give much needed advice on a wide range of issues. This was a substantial grant and Sarah Lakey's greatest achievement during her tenure as our Fundraising Manager.

As you read through the various reports that follow, you will see how hard my amazing staff and volunteers have worked and what an impressive impact their work has had on the vulnerable and socially isolated people we exist to support. There are 7 Appendices, one for each of our main services which give a visual report on those areas written about in detail below.

During the year we fulfilled a long held ambition and gradually printed a range of leaflets to cover basic information on the services that we provide. This was only made possible by a tremendous amount of work by the talented Peter Stevens who did it all as a volunteer. Each one needed much consultation with the staff who head up the various services and the final one, concerning Gifts and Legacies, was put together through a team lead by Jackie Bennett. We were greatly saddened when both resigned their roles as trustees though, fortunately, Peter is still available to help us with future projects requiring a degree of graphic design. Most annoyingly we were required to change our telephone number in January when the surgery went over to a digital phone system so we need to change the number on every leaflet before handing them out! There were far too many printed to justify reprinting with the new number.

We organise a variety of activities in Kingsteignton, some weekly, some monthly. The numbers attending the two monthly get togethers, **Lunch Club** and **Tea & Chat,** grew throughout the year. The **Monday walking group**, led by volunteer, Graham Warren, continued to attract those who love a short walk but couldn't manage the longer

ones organised by the Wellbeing team. **Tai chi** and the **KingsCare Chorus** continued to thrive and grow.

The King's Coronation gave us an excellent excuse to have a tea party to celebrate the occasion and thank our wonderful volunteers.

Sarah Lakey worked exceedingly hard to put on a super cream tea in the marquee that Kingsteignton Town Council had erected for their celebrations.

Kingsteignton Ram Fair was also very supportive again this year and it was a great pleasure to join with the many local groups who are invited each year to the AGM to share the profits from this popular spring event.

In June some of the Kinsteignton Medical Practice staff put themselves through a hot and gruelling walk down the Templar Way and raised £100 for KingsCare.

In July the Classic Car Show took place on Oakford Lawn, organised by Jamie Theobald who chose KingsCare to be the charity to support on the day.

In August, Kingsteignton Athletic Football Club organised their annual RamsFest and chose #doitfordeaks as one of the local charities to support at the event.

In December, the Beavers invited some of our clients to collect Christmas hampers whilst enjoying a cup of tea and listening to the children singing carols.

Yet again, the support of the people of Kingsteignton for their patient support group has been outstanding.

Maggie Bonnell
Manager

Newton Abbot Report

We were consistently able to run three weekly groups (Mondays, Tuesdays and Thursdays) throughout the year. This was only possible because of the dedication and commitment of our amazing team of volunteers and, of course, our patrons who supported us, often braving the elements to do so. These groups were all characterised by their friendliness and welcoming nature. As they are all 'drop in' groups, we never know who may come along and it was lovely to see new comers welcomed and quickly integrated into the activities on offer.

Monday Exercise Group

David Jenkin once again ran this group on behalf of KingsCare. Each session was tailored to the needs of the participating individuals involving both sitting and standing movements helping to build strength and flexibility.

Drop in Games and Table Tennis - Monday and Thursday

Often our busiest groups, especially Monday's sessions, possibly due to the preceding weekend often being seen as a time of loneliness.

The usual games were provided, often two groups of Scrabblers present, a large group playing dominoes (as many as 8 players in a single game), a group playing Rummy Cub and of course the table tennis players, (growing in number) and often playing doubles with much merriment and a jovial competitive edge!

Craft and Games – Tuesdays

A group for companionship, craft and chat.

Participants enjoyed playing games and crafting in equal measures, this group was ideal over the year for those seeking a calmer ambiance than that available on other mornings. Several regulars with sensory issues found this group a safe haven to relax and enjoy their crafting.

Monthly groups

Memory Café – *See page 20*

Dementia Carers Support Group

– *See page 21*

Mental Health Carers Support Group

Briony took on this group part way through the year following the retirement of her colleague Maggie Cleverly. Once again Carers gained knowledge and support from each other as well as from knowledgeable invited guest speakers. – *See page*

Time for You Carers Support Group

Volunteer organiser Pat Clark did a marvellous job in keeping this group running, fulfilling a vital support role for the attendees. She organised regular speakers for the group and provided a space where mutual support and the sharing of knowledge could take place.

Minibus Outings

Once again monthly trips were held to a wide range of places including Knightshayes Court National Trust (Tiverton), Stoke Gabriel Mill Pond and Café, Otter Nurseries, Tavistock Pannier Market, Fisherman's Cot (Bickleigh), a Mystery trip ending up at Sidmouth and a marvellous Christmas Carvery courtesy of the Hare and Hounds at Torquay.

Special thanks to Wendy Burt for organising and the volunteer drivers (you know who you are!)

The volunteers attached to the Avenue Church groups are a truly dedicated group and I would like to thank them all, once again, for their efforts.

David Clifford
Assistant Manager

NB This is the last report that David Clifford wrote for his beloved Newton Abbot groups. As he retired in April 2024, a full tribute will be made to him in next year's Annual Report.

Maggie Bonnell
Manager

Table showing number of sessions and Attendances Newton Abbot Groups April 1st 2023– March 31st 2024

Activity	Sessions	Client Attendances	Duration of activity - hours	Volunteer attendances
Monday Drop in	48	733	96	329
Craft and Coffee	49	703	98	231
Thursday Drop in	50	672	100	245
Exercise	49	332	49	NA
Mini bus	12	97	70	25
Time for you	12	114	24	40
Memory Cafe	24	385	45	138
Dementia Carer Support	12	111	19	12
Mental Health carer support	10	29	6	NA
Writing Group	28	140	40	NA

Mental Health

We had an exciting start to the year with a fundraising 'Fire Walk' event which was kindly hosted by the Rotary Club of Newton Abbot. Eight of us pushed through our nerves and walked over hot coals to raise money for #doitfordeaks . What an empowering night and lots of fun! A huge thank you to Yola Hodge, James Ewing, Anna Haridi, Christa Edgella, Nestor Fergusson, Luke Bates and Darrin Hewings for all your effort!

In the summer months #doitfordeaks decided to support a national suicide prevention initiative by organising our own 'Baton of Hope' walk. We walked from Kingsteignton to Newton Abbot and joined a Mental Health fayre at the Courtenay Centre, giving out cards and raising awareness along the way.

We are also extremely grateful for the community support we have had this year to enable this service to keep running. Our local Kingsteignton Co-op chose our Mental Health Service for their Community Matters project, and once again Kingsteignton Athletic Football Club helped raise money through their RamsFest summer event. Kingsteignton's Mayor, Councillor Ron Peart, chose this service to be the beneficiary of his Mayor's charity for the second year running. THANK YOU ALL!

We have continued to be busy one-to-one mental health support to those in our community, mostly struggling with issues of anxiety, depression and stress caused by life events. The need for this support continues to be high and we try hard to provide a service that helps people get back on their feet when life feels overwhelming.

Our little **community garden** thrived this year and we have a lovely small group of regulars who meet each Wednesday and spend time nattering and putting the world to rights. A standard session involves lots of pottering around and asking questions such as 'how did this courgette get so big in a week?!' We had tomatoes coming out of our ears, and any surplus veg was promptly delivered to one of our community larders. A huge thank you must go again to Darrin Hewings and his colleagues at Sibelco. They have continued to volunteer their time and labour to turn this allotment into a usable space. We are also

extremely grateful to Father Mark Smith and the Kingsteignton Feoffees who continue to be pleased to see us on this little bit of their land.

Another exciting project has seen us move groups up to **Stover Country Park**. We now have a contract with Stover which has enabled us to run regular HOPE courses and Anxiety Cafés in a private outdoor space. This has enhanced these courses greatly. Many people who attend do not leave the house often and are isolated due to anxiety and depression. Not only do they benefit from the group, but also from spending time in nature which is therapeutic in itself. Feedback has been really positive and we look forward to being able to continue this work, rain or shine! We have also gained a fantastic volunteer, Kyle Wright who now co-facilitates the Anxiety Café with me. Kyle started by attending the Anxiety Café and receiving one-to-one support, and has now reached a point where he is able to give back to others, really understanding what they are going through.

We continue to support and offer advice and guidance to **Mental Health Carers** through our monthly peer support group. This is a small but welcoming group of people who understand how difficult caring for a loved one can be.

And finally, it was a very sad end to the year when our Mental Health Worker, Maggie Cleverley, left us to retire. She will be greatly missed and we wish her the very best in her next chapter in life, wherever that takes her!

We would also like to say a heartfelt thank you to Ashley Lamb, who has volunteered many hours of her time as a Human Givens Therapist to those in need in our community. Ashley also very kindly organised a brilliant team day for KingsCare where we had the opportunity to spend the day at Buckfast Abbey learning all about bees. We all thoroughly enjoyed it and felt very relaxed on our return. A great way to relax and focus on our own wellbeing for the day! She is currently taking a break to work on setting up her own private practice, and we wish her the best of luck and highly recommend her!

Let's see what 2024 brings!

Briony Enright
Mental Health Lead
See Appendix 1

Wellbeing Report

When you're alone and life is making you lonely

Just call KingsCare

When you got troubles and life seems unfair

Just call KingsCare

Just pick up the phone and never feel alone

Just call KingsCare

It can make your life brighter and happiness less harder

Just call KingCcare

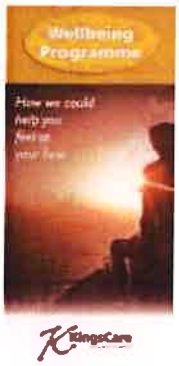
With lots of great people who are always there

They are happy to see you and really care

Just call KingsCare... KingCare

Written by Colin Moore who attended an Anxiety Café, HOPE, the Wellbeing Programme and has now become a volunteer at KingsCare

The Wellbeing Team has continued to provide an excellent and varied service to the local community. We have received approximately 350 referrals and continue to work face-to-face with people both at home and out in the community.



We sadly had to say goodbye to Sue Chapman at Christmas but welcomed a new member of staff to our team, Donald MacInnes, who works closely with Trish Taylor making a very experienced wellbeing team.

We continue to attend the CVS Wellbeing Meeting. This enables us to connect with the other wellbeing teams in the area and to discuss successes and challenges. The main topic for discussion has been funding for the programme and we hope to know more by October 2024.

We have continued to promote and distribute our wellbeing leaflets and posters and participated in a Wellbeing Day at Newton Abbot Library. This enabled up to meet with other services, networking, signposting and meeting members of the general public.

We have also had numerous referrals for befriending and for benefits highlighting the increased need from people feeling isolated, lonely and wanting one-to-one support and help with the cost of living crisis and managing their finances.

We have noticed how much the cost of living has affected many of our clients and have applied for help by applying to the 'Cost of Living Grant' to help with:

1. Providing food vouchers to help with supporting a family whose husband was receiving chemotherapy and struggling to afford their rent

2. A lady who fell and broke her back who needed a new mattress

3. Applied for many food vouchers including Tesco and Asda

Wellbeing Case Study by Trish Taylor - Wellbeing Co-ordinator

My initial phone conversation with JT started with him stating that they did not need any support at the moment, but I could visit them if I wanted. On my first visit I ascertained that their neighbour was still willing and able to continue with their weekly shop. We discussed social isolation, but they both explained that they had some wonderful friends and neighbours and did not feel that isolation was an issue for them. Through discussion I also ascertained that JT was not in receipt of any benefits and he agreed to me applying for AA on his behalf. This would be useful to help pay for their cleaner and any other support they might require in the future.

AA was awarded at the higher rate. During my subsequent visits it became apparent that they were both finding things more difficult due to their very poor mobility. JT had had a couple of falls and admissions to hospital, so I therefore suggested that they think about having personal alarms. These were then ordered and sent through the post and I set about connecting the alarm system to their landline. We discussed perhaps having some handrails etc around the home and they agreed to me requesting an OT assessment. This was done and they now have handrails around the home, ramps and a new shower room fitted. The next request that they had was to purchase a new phone system for them as they had one old phone that sat at the bottom of the stairs which meant that one of them had to get from their lounge chair to the phone to answer a call. This was proving to be more and more difficult and by the time they got there, quite often, the caller would have hung up. I purchased a new 4 way BT phone system, installed it for them and connected their personal alarm system to it. A phone was fitted next to both lounge chairs, in the bedroom and one in the kitchen. On one visit it became clear that JT was struggling with his meds as he had boxes scattered around the table and on the floor. I asked if he needed help with his meds and he agreed that he did. I contacted the community pharmacy team and

after a visit from them, JT's meds were put into blister packs making it so much easier for him.

Interventions:

1. Applied for AA - higher rate awarded
2. Requested OT assessment – handrails, ramps and shower room fitted
3. Personal alarm system – purchased and fitted
4. New BT 4 way phone system – purchased and fitted
5. Referral to Community Pharmacy Team – meds in blister packs
6. Signposted to Wiltshire Farm Foods – bought and made life easier
7. Requested Care Assessment – in progress

We are now patiently anticipating whether the funding will continue to support the Wellbeing Programme and we wait, with fingers crossed, that we will be able to continue to provide this fundamental service to the local community.

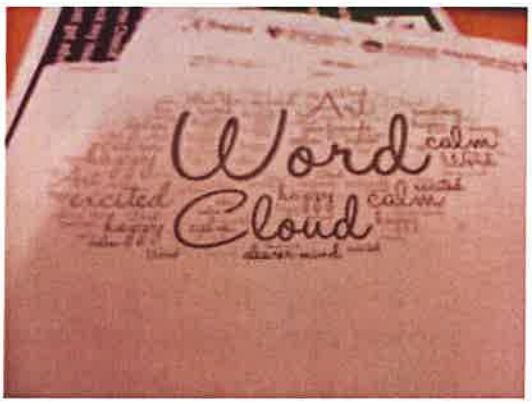
"Having the time to listen to me and helping me through my troubles has been a life line. Thank You..."

"You have really, really made a difference to my life. I have tried all sorts of medication, therapies and it was here all the time.... Making the changes myself and have the support of all of you!"

"I want to volunteer with KingsCare because I am so thankful for what you have done for me and I want to make a difference too!"

HOPE

The Wellbeing Team have continued to run the HOPE Programme Courses in the Avenue Church in Newton Abbot: below is an example of how the clients felt before and after a HOPE programme.



"I never thought I would be able to talk so freely about how I truly feel and how alone and scared I have felt about my situation.' Attending this course has helped me to make very small changes to my life but WOW what a difference it has made to my life. Thank you!"

Wellbeing Walks

The Wellbeing Walks have grown from strength to strength. We have 15 regular walkers and have recently trained 2 new walk leaders to assist

We have completed approximately 50 walks this year visiting the local area including: Stover Country Park, Decoy Country Park, Hackney Marshes and Teigngrace.

We now have a waiting list of walkers who would like to join us. We are lucky enough to have two experienced volunteers who have made the walks so inclusive and welcoming to others.

In June last year we attended Walk Leader Training at Forde House – this was a refresher training course for KingsCare staff.

Two of us, with a volunteer walk leader, attended a Spring time walk leader lunch at Forde House, Newton Abbot. We were asked to talk about the unique situation we provide accepting referrals from GP surgeries and helping people to access the Wellbeing Walks.

We have seen positive success with many individuals from our walking group including individuals having the confidence to return back to work, making healthy friendship groups, signing up as volunteers with KingsCare and returning after heart surgery to regain his fitness.

'The walk has helped me realise the importance of gratitude. I am so thankful for having the ability to walk and meet my friends every Tuesday. I 'get to' walk with my friends and smile.'

'I would not be able to do this on my own but belonging to a group means I will do it!'

'This is a lifeline for me.....I have made friends.....I feel safe and it is something I really enjoy!'

...'I don't have a direct email for Sharon but please pass on to her how much I enjoyed the walk on Tuesday, such a wonderful group of people.' Trustee

Sharon Venning, Wellbeing Lead
Trish Taylor and Don MacInnes, Wellbeing Coordinators
See Appendix 3

Home from Hospital

It has been a busy time for the KingsCare Home from Hospital service. We have received approximately 250 referrals from Torbay Hospital, Newton Abbot Hospital, and from patients' family members and friends. We continue to work face-to-face with people both at home and within the community to support them with various needs to allow them to settle back in at home. This also takes pressure off the hospitals needing support with getting patients discharged with things that they cannot do themselves.

We continue to attend weekly Multiple Disciplinary Team meetings at Newton Abbot Hospital and have met with various patients on the wards to discuss how we can support them.

The requirements of the referrals have been varied and the impact of the Cost of Living crisis has been noticed with the referrals becoming more complicated, often including support with managing finances and gaining grants. Numerous applications have been made to the Household Support Fund administered by Teignbridge CVS to help with:

- Providing food vouchers to help with supporting numerous people who have lost their source of income and could not afford food
- Paying for a taxi for a lady who needed to have weekly appointments at the hospital for physiotherapy and had no means of getting there
- Applying for several food vouchers for Tesco, Sainsburys and ASDA

Home from Hospital Case Study

I was asked to talk to a patient on the ward who had had a stroke leaving her unable to return to work. As she had been in hospital for several months to be rehabilitated, this meant that her rent and several bills had not been paid causing her to be in arrears. Due to her losing her income, she would not be able to pay off these arrears nor afford her bills. This stress caused her to feel very low in mood and anxious.

I met with D on the ward, and we had a long chat about her situation. I discussed with her about the different benefits which she may have been entitled to and we used a benefit calculator. This came back with several benefits, so I assisted D in applying for these. We discussed a referral to Step Change who could help her to set up payment plans to start paying off the arrears and to talk with the services on her behalf, so she did not have this stress on top of her change in circumstances.

I met with D weekly, and we had a catch up to see how she was. It was very warming seeing her progress over the months. D discussed needing to carry on returning to the hospital weekly when she is discharged for physiotherapy. However, due to her change in mobility, D would not be able to use public transport and could not afford a taxi.

Intervention:

- Referred to Step Change for support with arrears
- Applied for vouchers to fund weekly taxis so she could attend physiotherapy weekly
- Applied for vouchers to pay for food shopping and toiletries
- D got enhanced rate PIP, ESA, and is having support with her housing costs until she can work again

Quotes from Home from Hospital clients

D.S: *"I would like to tell you the story of how KingsCare have helped me immensely for which I will be eternally grateful. I was working full time up until January 2024, I have done so since I was a teenager. In February 2024 I had a stroke which completely changed my life. It caused me to be disabled completely down the left-hand side, I went to Newton Abbot Hospital in March 2024. I found the idea of going home very daunting, but KingCare came to the rescue. I had no money for food or anything as I could not work. KingsCare very kindly organised some food parcels, shopping vouchers, and they funded my taxis so I could get the treatment I need. They also helped me to get on top of my debt. I cannot thank them enough, the stress of*

coming home after a massive stroke and the changes this caused is unbelievable but with their support, I was able to return home knowing I had help."

L.O-P: *"Thank you so much for all your understanding and kindness, no words can express my appreciation for taking me to my appointment today as well as your support."*

Welfare Benefits Service

The Welfare Benefits service has been increasingly busy this year with frequent referrals from our Home from Hospital service, self-referrals, organisations such as housing, and through family members or friends. This home-based service has continued to thrive due to the hard work and kindness of our dedicated benefits volunteers, who have supported with around 288 referrals in total with one volunteer spending around 100 hours on PIP applications alone!

Welfare Benefits Service Case Study

Over the year we have seen many successes, with people now accessing the benefits to which they were unaware that they were entitled. This service has also helped change the lives of many people as the volunteers give people confidence. For example, one client who was referred to us was unable to work; he needed support when attending appointments and rarely went out. Due to the hard work and dedication of one volunteer who has worked one-to-one with this gentleman for several years, he now attends appointments on his own, has started his own business, attends regular groups where his talents shine, and has even travelled several hundred miles on his own to pick up his own car. Seeing the difference from the start to now is incredible.

Quotes from our Welfare Benefits Clients

J.H: *"I cannot thank you enough for your kindness. Because of your help I am now able to afford to have my cleaner help me twice a week. It is nice to know that I have some money now for emergencies. Thank you."*

J.C: *"I have been awarded my Blue Badge! Now I can park closer to the shops which will make shopping much easier. Thank you."*

T.D: *"Hi Shannon, just to say thank you for the information. You are extremely kind and it is much appreciated."*

The end of 2023 saw the need for support rise as people needed assistance with their increasing energy bills. This increase saw a lot of people struggling to afford other essentials such as food and toiletries. To try and support people with the cost of their heating we applied for funding to run a warm space from October 2023, right

through to Spring 2024. We were kindly allowed to use a room in Kingsteignton Town Hall. This was a weekly warm space where people could attend for free and have a hot drink and socialise with others. Those who attended participated in a range of activities ranging from singing to card games and board games. They also enjoyed the various cakes and treats.

There was always a member of staff present each week to provide information on energy or benefits if needed. I had recently gained a Level 3 Award in Energy Awareness by National Energy Action following an on-line course which focussed on a range of issues around understanding energy bills, damp and heating problems, even how to set a central heating timer. We ran a total of 24 Warm Hubs in this time and supported around 150 people. We hope to continue running a warm space where funding allows.

We have continued to promote and distribute our leaflets and have participated in 2 Cost of Living events organised by Teignbridge CVS. This has enabled us to meet network with other services, to signpost and meet members of the public.

Shannon Didlick
Home from Hospital and Welfare Benefits Lead
See Appendix 4

Sarah Lakey
We took Sarah on in 2022 to raise funds for the Sorting Office. When we had to shelve the project due to the current economic climate, we were able to redeploy her to raise funds for other projects. And she did an excellent job. She talked to primary schools about Dementia and they held non uniform days which have raised funds for our Dementia work.

She has also raised funds from the National Grid, the Elm Grant Trust, SWW, Newton Abbot Town Council, Newton Abbot Hospital League of Friends, Exeter Chiefs, ASDA, Sport England, the Veronica Awdry Charitable Trust, the Benefact Group and more. Some of these funds were quite substantial, others smaller but all of them are helping us to maintain current projects and to plan new initiatives.

Once the Sorting Office project folded we needed to redeploy her for some of the time for which she was employed. For a long time the Health & Social Care managers based at Sherborne House had been asking for a Voluntary Sector representative to be based there for 20 hours a week to facilitate referrals between us all. Sue Wroe, Chief Executive at Teignbridge CVS found some funding and Sarah took up the role. Unfortunately she enjoyed working at Sherborne House so much that she applied for a job there as a Social Care Assessor and left us!

Sherborne House

Unfortunately the funding for the project was only for 12months but, during that time, much was achieved; a strong relationship was built up between the Voluntary Sector and the Newton Abbot Health and Social Care Team with an average of 16 referrals being made each month. The VCSE Connector role is not just about KingsCare. Referrals are also made to Volunteering in Health in Teignmouth, Totnes Caring, the Moorland Community Care group and others.

Sarah left us at Christmas and there was time left to bring someone else in to continue her work at Sherborne House, so we employed Tara Hales in this role.

"I started the role in March 2024, initially shadowing colleagues at KingsCare, then moving to Sherborne House to work alongside the Adult Social Care Team and NHS teams based there.

There has been a lot of training involved with the Devon County Council mandatory systems, including Carefirst, their main client information system. I have settled in well with the team there, forging strong working relationships and communicating regularly via the various routes the teams use.

I attend the District Nurses Team meeting (which are held daily) as often as I can and share important updates with the entire team. Attending these meetings increases referrals from the community nurses as my presence reminds them of the Voluntary Service support that's available.

I have regular meetings with Teignbridge CVS and keep updated with their pilots, sharing with the wider Sherborne House Team. I've attended meetings both in person and via Teams to build and strengthen working relationships."

Although the funding hasn't been renewed for a second year, we have kept Tara's role going for a few hours a week because it would be a waste not to! These are some of the comments that the staff at Sherborne House have said in support of the project.

"We have loved having Sarah and now Tara in the team, it really helps with understanding the Voluntary Sector."

"I can't believe how easy it is to access funds to pay for a deep clean to improve the living conditions of my patient."

"It's great having you here to find out other ways we can help people without spending money!"

"Having Tara in the same office with us ensures we are always thinking about what the Voluntary Sector can offer the individuals we are supporting."

"Tara is an amazing Voluntary Sector link, not only for us but for the Intermediate Care Team and nurses who work on the same floor as us."

Dementia Service

It has been a busy time for the KingsCare Dementia service. Referrals of people living with dementia and dementia Carers have remained steady and we continue to offer one to one wellbeing interventions and signposting for these clients. A range of group-based interventions run by the service remain popular with many seeing an increase in attendance.

The four Memory Cafes facilitated by KingsCare continue to thrive, with the most recently established, Kingsteignton Memory Café going from strength to strength. The Kingsteignton Café was set up in November 2022 in response to the Newton Abbot Café becoming oversubscribed. Both Cafés now have between 15 and 20 people attending each month. This has meant that the Memory Cafés are being offered to a wider range of people in Newton Abbot, whilst maintaining the intimacy of the Memory Café experience.

Over the year the various Memory Cafés have offered a range of activities ranging from pancake tossing to card making. They have also enjoyed, amongst other activities, visits from singers, musicians, outside speakers and a therapy dog.

The Memory Cafés continue to enjoy the support of a large and dedicated pool of volunteers, and we currently are in the enviable position of having a waiting list of volunteers who would like to offer their support.

"The only way I can describe it is - I felt like there was this sinkhole and I could be doing whatever and this sinkhole would appear. I felt that I couldn't take another step for fear of falling into it. Since I have been attending the Kingsteignton Memory Cafe, I feel that I have a way of building a bridge over that chasm to help me avoid falling into it. This is where KingsCare has really helped me. You are like a breath of fresh air

and you really cheer me up. With your support and encouragement, I'm in a much better place. L.W."

"I wanted to write to you to let you know how much my Mum enjoys coming to the Memory Cafe, she loves hearing St Michael's School choir sing and the other musical entertainment where she gets up and dances! It is one of the few chances she gets to socialise. We also thoroughly enjoy the discussions as well as the tea and cakes. Many thanks to you and all the volunteers for your warm welcome, help and support. K.T."

Regarding support and training for our Café volunteers, we continue to offer regular formal meet-ups over the year at which Café planning and training is undertaken and these sessions have been well received.

Dementia Carers can, once each month, attend a support group and bring along the person they care for who can join an activity session in a separate room. This allows Carers the chance to access training provided by Devon Carers, or to have the freedom to discuss their concerns with valuable face-to-face peer support.

Following a referral, Carers are offered a one-to-one visit in their homes where they are offered support, advice and information around issues including, Power of Attorney, Attendance Allowance, Council Tax reduction, the Herbert Protocol, local dementia centres, pendant alarms, the Independent Living Centre and guidance about how to join Devon Carers.

In December, 26 Carers along with the person they care for enjoyed a delicious Christmas lunch at a local Golf Club. Following the meal, this quote was received from a Carer who has been looking after her husband since his diagnosis over five years ago, 'It is lovely to join a group of people who understand what I'm going through. We wouldn't have gone out anywhere like this together, so thank you for inviting us'.

Carers looking after someone with dementia can find it difficult to engage in pastimes where they feel the person they care for may be judged. KingsCare activities, such as the games mornings and the Wellbeing Walks are ideal as they are inclusive, no matter what people's abilities are.

Case study

When I first visited E he was very isolated and unsure where to turn for help. We discussed and identified what the most important issues were for him and started to work through these concerns at his pace.

He told me that getting out to put money onto his gas and electric cards during the cold frosty days of winter concerned him as he worried about slipping and falling on ice. I arranged for him to set up direct debits with both of his Providers. This means he can now budget his bills throughout the year without the worry of having to pay out more money during the colder months.

To help improve his mental wellbeing E now goes on the weekly KingsCare bus trips and gets picked up in our minibus to attend both the monthly lunch club and tea & chat. E sometimes struggled to hear what people were saying to him, so I booked an appointment for him to see his GP who referred him for a hearing test, resulting in him getting hearing aids. This has greatly improved his quality of life as he feels he isn't missing out during conversations

We discussed him having a personal alarm as he had stumbled at home and was concerned that if he had a bad fall, he wouldn't be able to raise an alarm. I arranged for this to be delivered and set it up for him on his mobile phone.

I contacted the Teign Housing OT to arrange for them to visit to assess what Aids were needed. They supplied and fitted handrails both inside and outside the backdoor as well as fitting a lower shower stool.

Shopping, preparing and cooking meals were becoming an issue for E so we talked through different suppliers of ready/frozen meals. He now has a delivery every fortnight of a varied selection of frozen meals that he can heat in his microwave oven.

Jackie Milan

KingsCare has further hosted two meetings of the southern region of the Devon Memory Café Consortium at which coordinators and volunteers from local Cafés have networked, provided mutual support and shared practice ideas.

The Walking Group for people living with dementia continues to be popular. From the beginning of this year the group has visited Stover Country Park each month in addition to a monthly Kingsteignton walk. Participants have reported enjoying the Stover environment and the opportunities this offers in connecting to wildlife, particularly in the Spring and Summer months.

David Garland – Dementia Activities Coordinator
Jackie Milan- Dementia Carers Support Worker
See Appendix 2

Transport

Much as we loved the old London taxi we bought to help us through the pandemic, it was a bit 'gimmicky' and more difficult for our passengers to get in and out of than we thought. We did, however, need another wheelchair accessible vehicle so we sold the taxi and Sarah set about raising funds to replace it. We decided on a Ford Connect and found a second hand one that had been bought by AgeUk in Cornwall but barely used. Among the funders were the Exeter Chiefs and Newton Abbot Hospital League of Friends and we took delivery in June.

The transport service was very busy throughout the year as the NHS tried to catch up with the backlog of patients needing treatment following the pandemic. Unfortunately we became quite down on volunteers and it became very difficult to provide enough drivers to meet the demand.

Andy Gould joined us as out Transport Coordinator in 2021 and was a much valued member of our team. Sadly he decided to leave us in December 2023. Ian Whyte, whom Andy originally replaced, agreed to return to the role on a short term basis for which we are extremely grateful. It is a very demanding role with requests for transport or alterations to transport requests coming in constantly. It is, however, a very important part of our work as NHS-provided hospital transport is now very difficult to arrange and taxis are beyond the budget of many of our patients. A huge debt of gratitude goes to Andy for keeping the service afloat and to Ian for stepping into the breach at short notice.

Maggie Bonnell
Manager
See Appendix 7

Bus trips

It has been good to see the two minibuses being used on a regular basis throughout the year to transport people to activities such as swimming, HOPE courses, walking groups to various locations to walk, and to our monthly Lunch Club and Tea and Chat afternoons.

In addition, every Wednesday, throughout the year, we have taken approximately 18 people out in two minibuses to various locations. We have visited the Moors, seaside towns, market towns such as Tavistock, the theatre and garden centres, all of which prove very popular. The most popular being a short drive, followed by lunch in a local pub or cafe!

A huge thank you must go to the 2 Drivers and 2 Couriers who give up their time each week. Without these 4 wonderful volunteers, these trips would not be possible.

We have also facilitated Friday afternoon trips out for some of the residents of Ilford Park, the Polish Home in Liverton. Currently unable to sustain their own minibus, ours has been an absolute lifeline to the residents, many of whom are elderly and disabled and love the opportunity our minibus gives them to get out and about for the afternoon. We have 2 regular volunteer drivers for these trips to whom we are very grateful.

Thank you to you all!

Befriending

A befriending service is always top of the list of many of the referrals we receive. Unfortunately we have great difficulty in recruiting enough volunteers to take up the role of befriender. For various reasons most of those we do have retired over the year leaving us unable to offer this as a face-to-face service to new referrals for the time being. Instead we have volunteers, including myself, who have been ringing people throughout the year on a weekly basis for a chat. We have plans to try to revive it through a recruitment drive and a slightly different approach but have neither the time nor the funding to develop them at present. We would welcome any new volunteers who would like to become a befriender, a service so hugely valued by our clients.

Marilyn Brooks
Befriending and Minibus Co-ordinator

The Hub

Our amazing volunteers have worked very hard all year running our charity shop. The market for second hand clothes in particular is poor and the businesses that collect items that have not been sold in charity shops across the country are struggling to survive. It is all a real worry as we hate sending perfectly serviceable items to landfill.

Our most popular items are books and jigsaws which have maintained the interest of many who started doing them regularly during the pandemic.

We are, however, delighted to see that the overall profit from the Hub has increased by 22% over the previous year. A great tribute to our dedicated team of volunteers.

Swimming

We were able, yet again, to use the open air pool at Kingsteignton for a weekly supported swimming session from June to September. Although the numbers attending are low and very dependent on the weather, it is a much appreciated by those who do attend.

Creative Writing Group

Under the leadership of Sarah Hopkins, this wonderful group produced a second volume of work from their weekly sessions.

As I said in my introduction to the publication-

"I popped into this wonderful group one evening to ask the attendees for their thoughts on the sessions. No one hesitated as they told me how much the group means to them and what they got out of it. I think it was summed up in one person's words."

"Meeting regularly with people of like minds is good and stimulating."

No wonder they all bubble with enthusiasm.

Maggie Bonnell
Manager

KingsCare
help when it matters

Report produced by:

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Email: office@kingscare.co.uk
Facebook: facebook.com/KingsCareLOF

The Queen's Award for Voluntary Service

APPENDICES

Appendix 1: Number of people supported through KingsCare's Mental Health service 23/24

Appendix 2: Number of people supported through KingsCare's Dementia service 23/24

Appendix 3: Number of people supported through KingsCare's Wellbeing service 23/24

Appendix 4: Number of people supported through KingsCare's Home from Hospital service 23/24

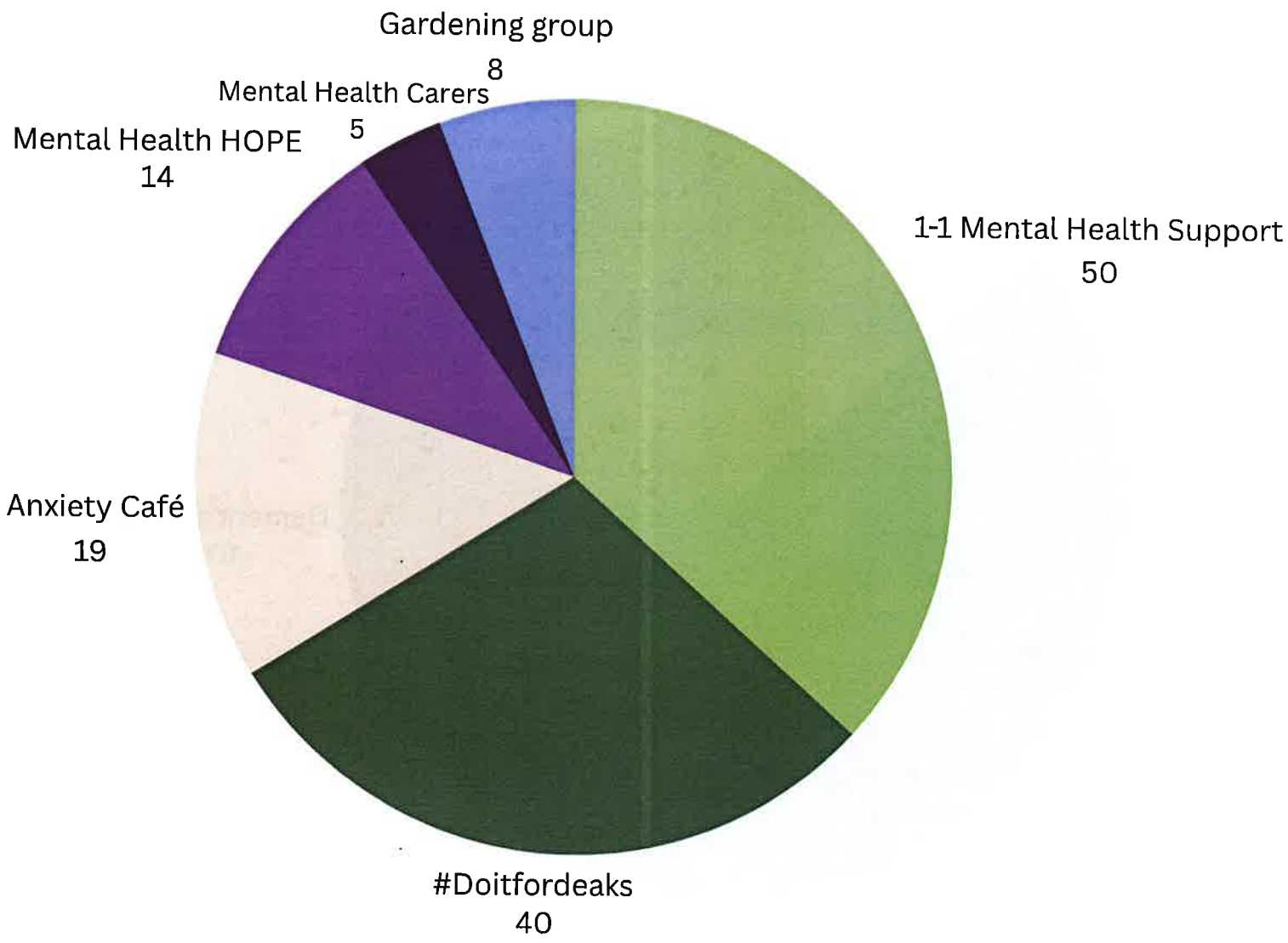
Appendix 5: Number of people who have attended KingsCare's activities 23/24

Appendix 6: Number of people who have had general support from KingsCare 23/24

Appendix 7: Number of people who have had transport from KingsCare 23/24

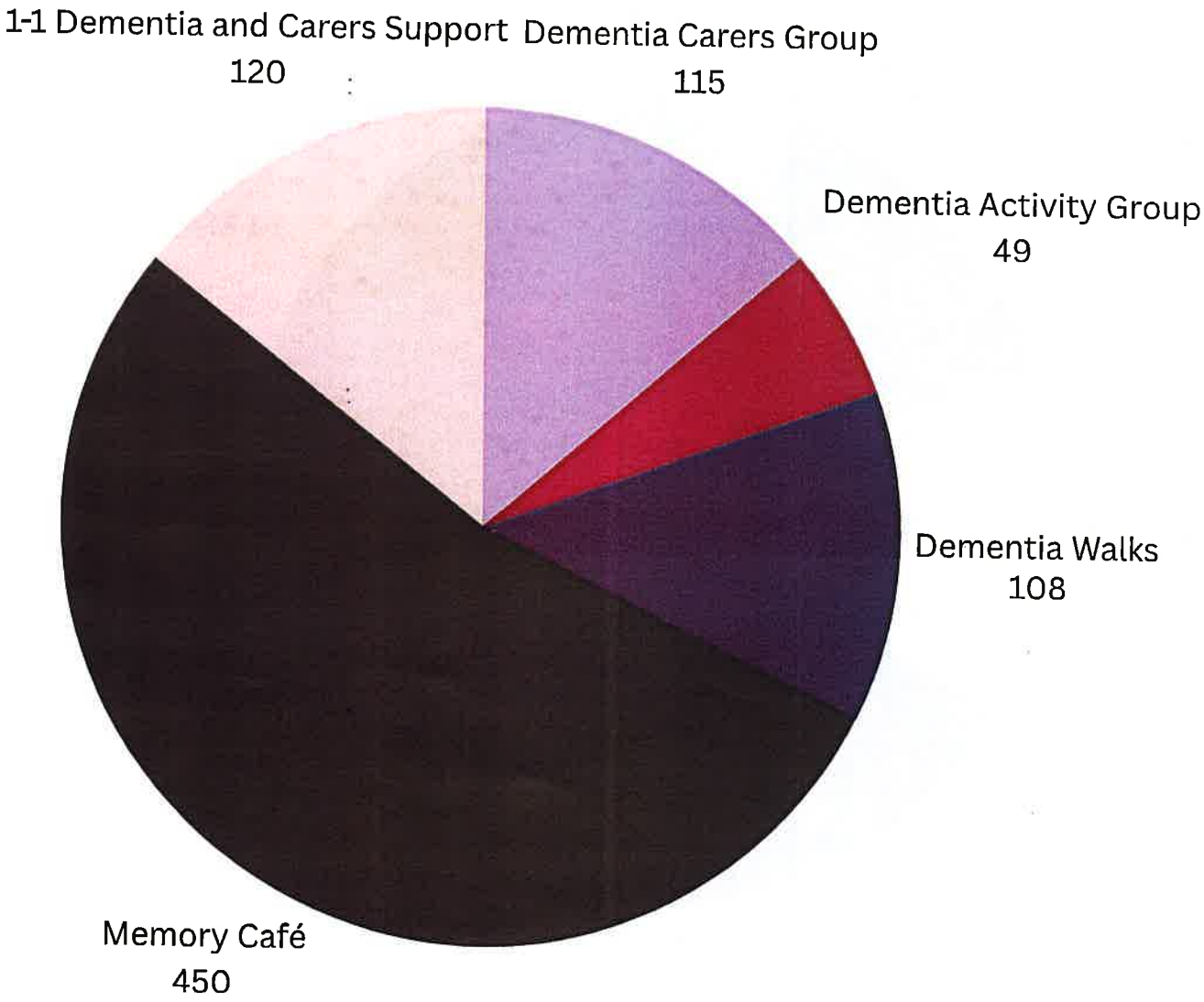
Appendix 8: KingsCare Annual Accounts 23/24

MENTAL HEALTH SUPPORT



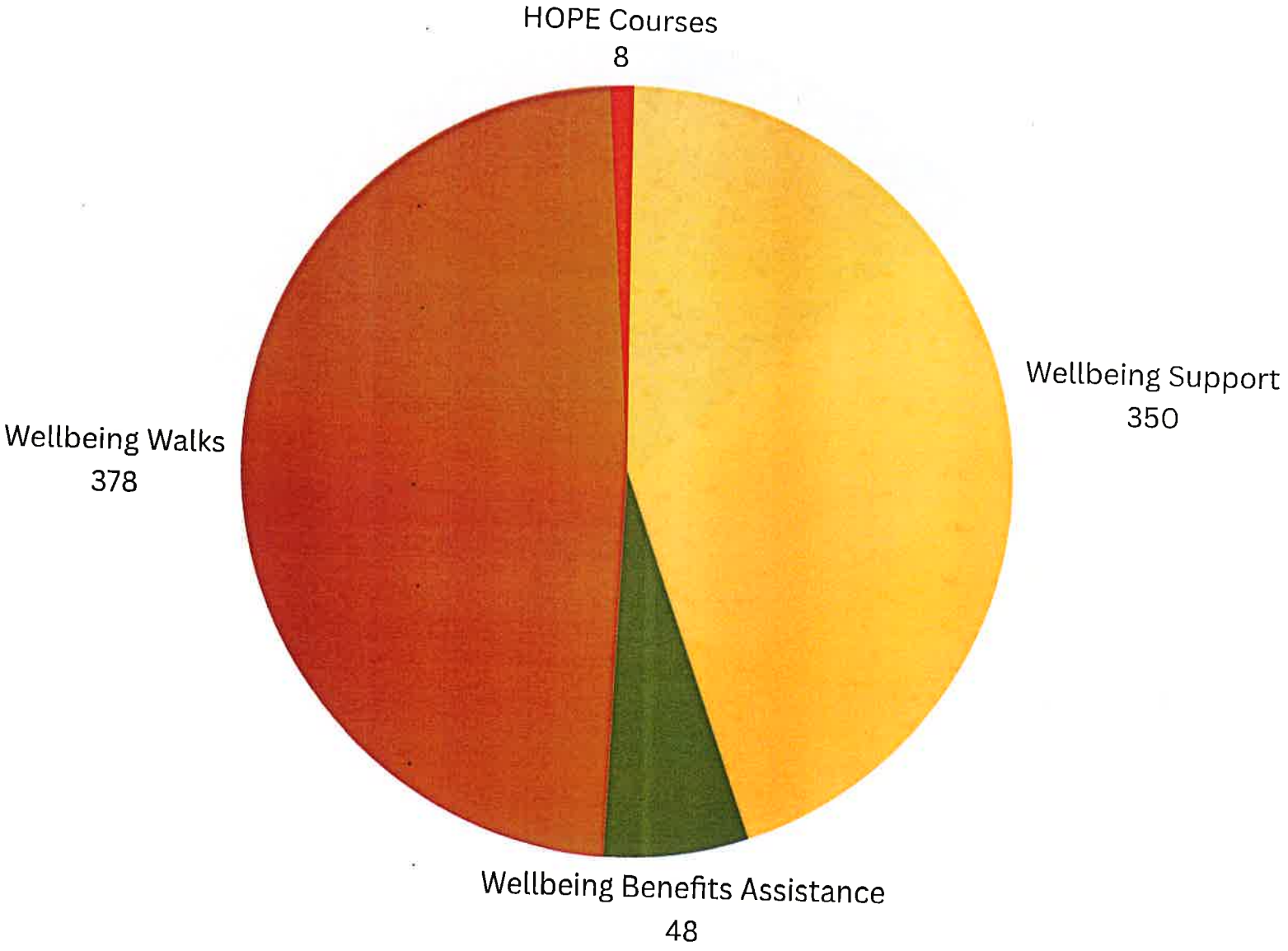
Appendix 1: Number of people supported through KingsCare's mental health service 23/24

DEMENTIA SUPPORT

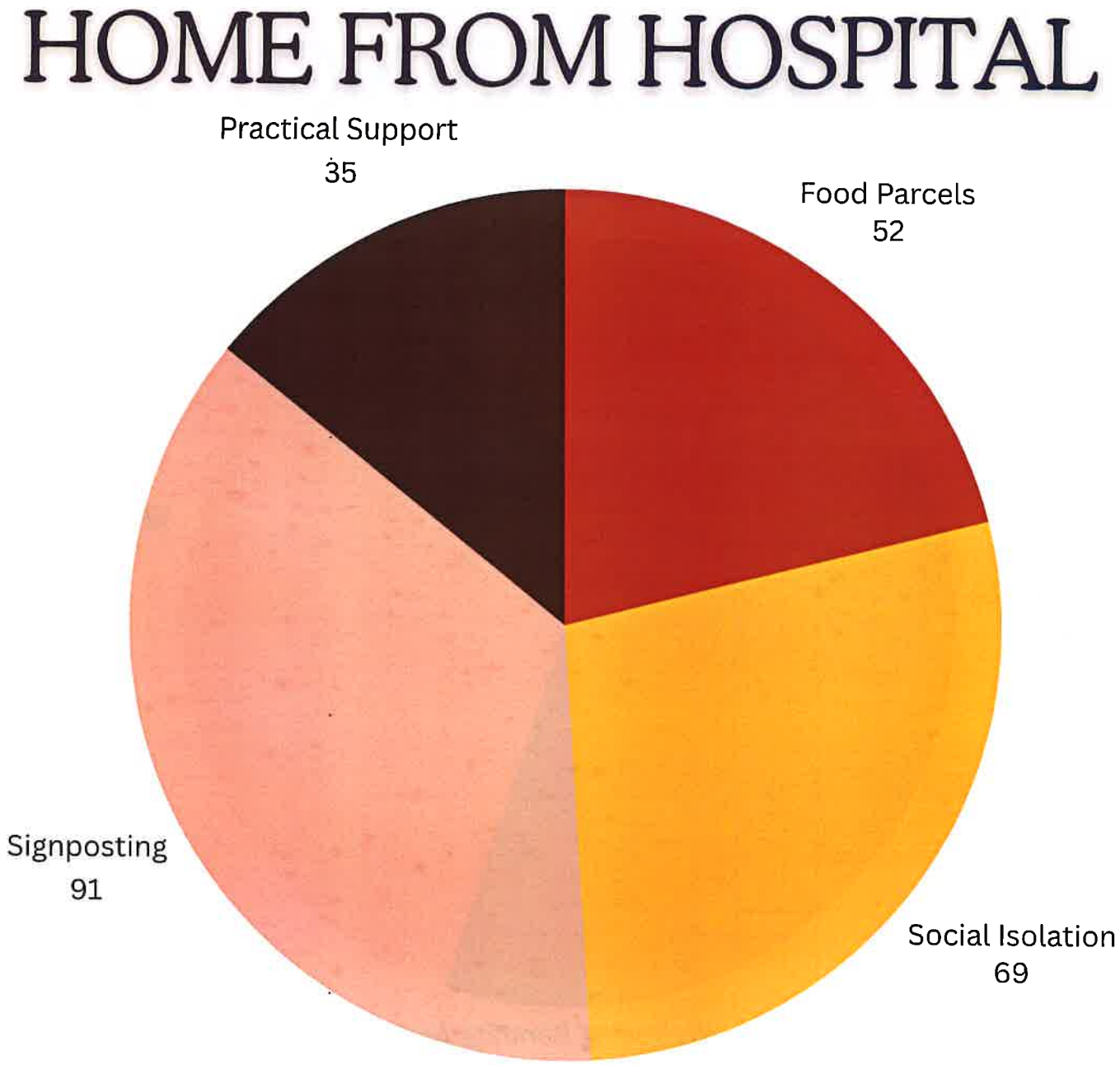


Appendix 2: Number of people supported through KingsCare's Dementia service 23/24

WELLBEING

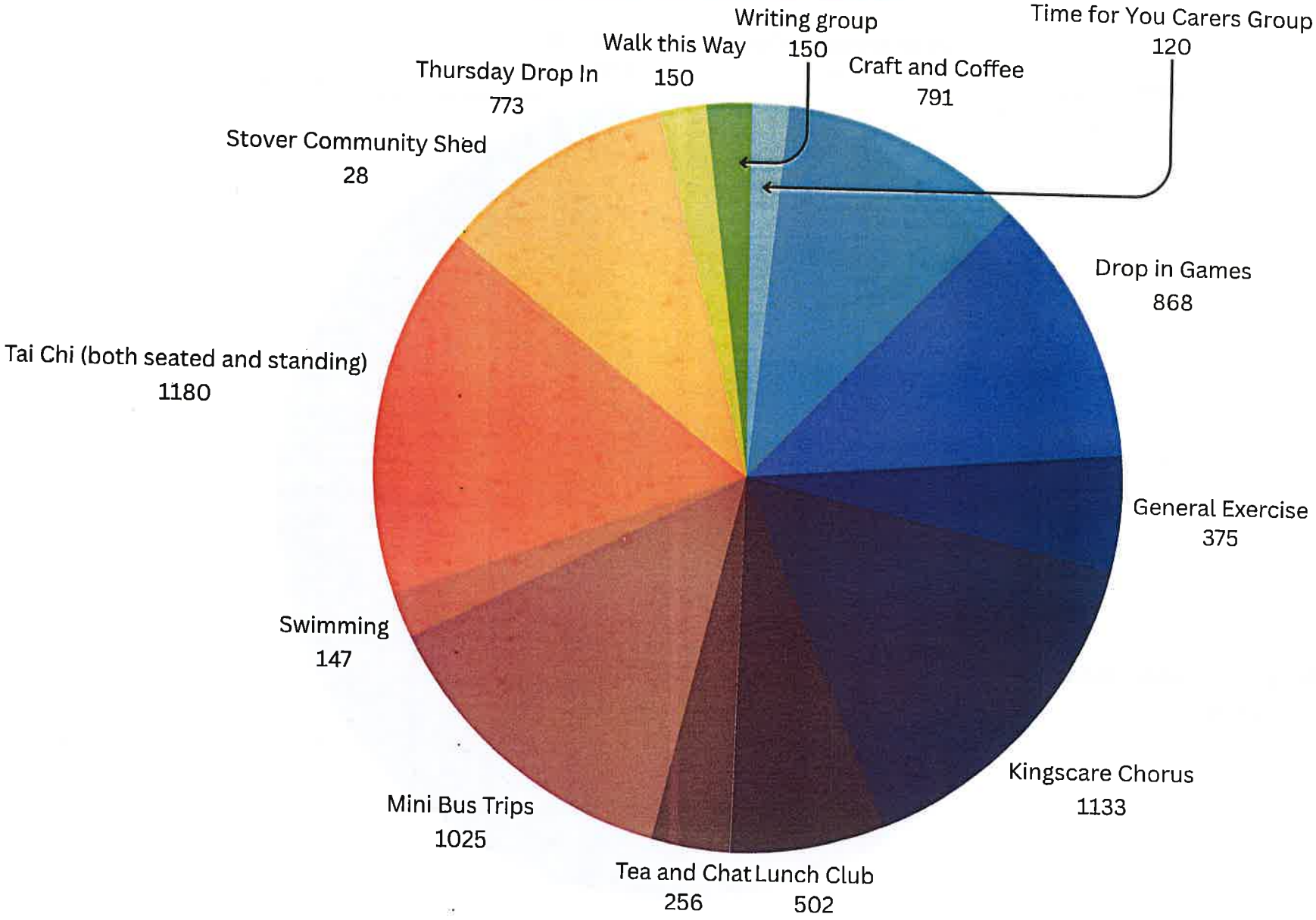


Appendix 3: Number of people supported through KingsCare's Wellbeing service 23/24



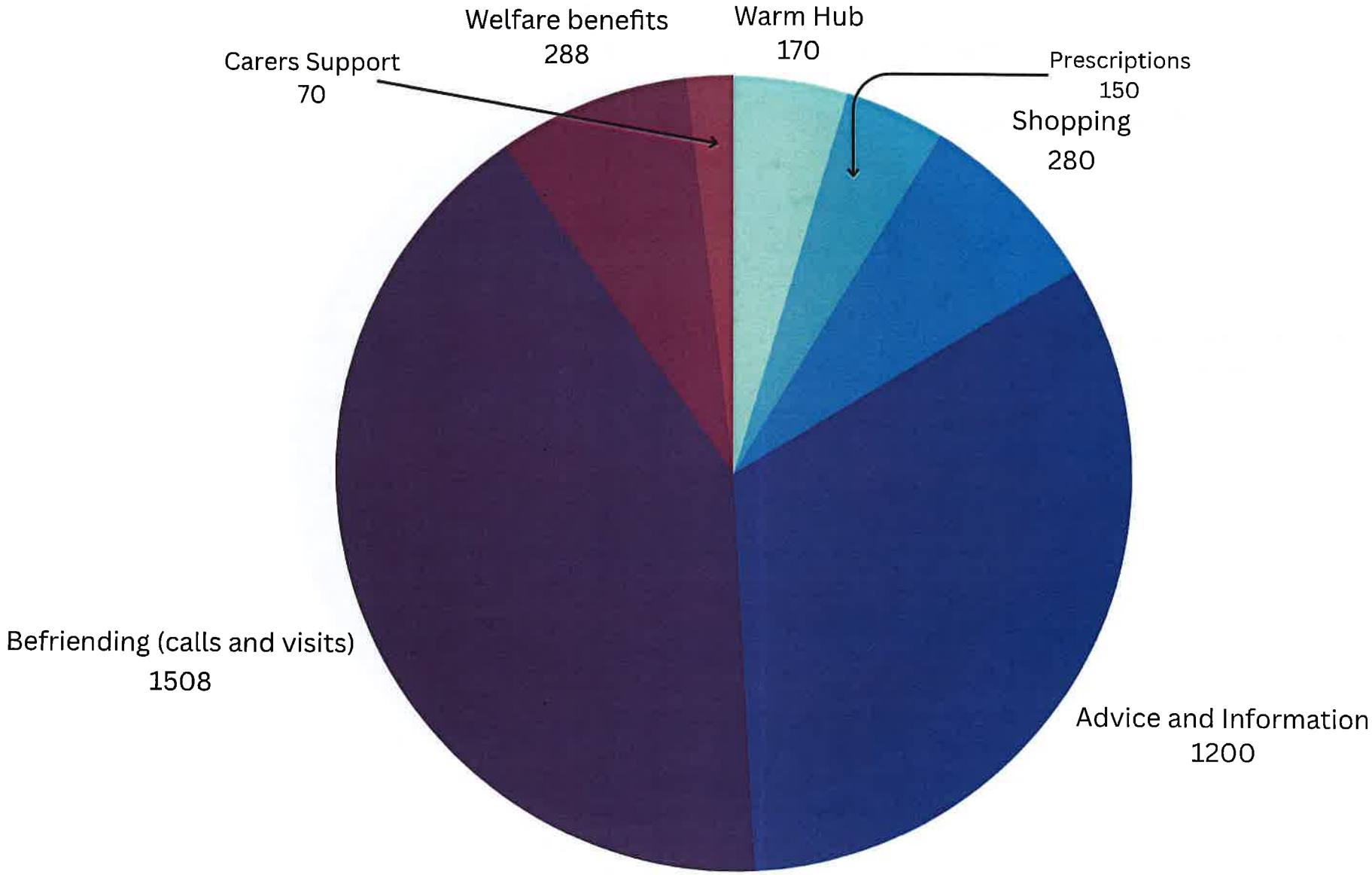
Appendix 4: Number of people supported through KingsCare's Home from Hospital service 23/24

ACTIVITIES



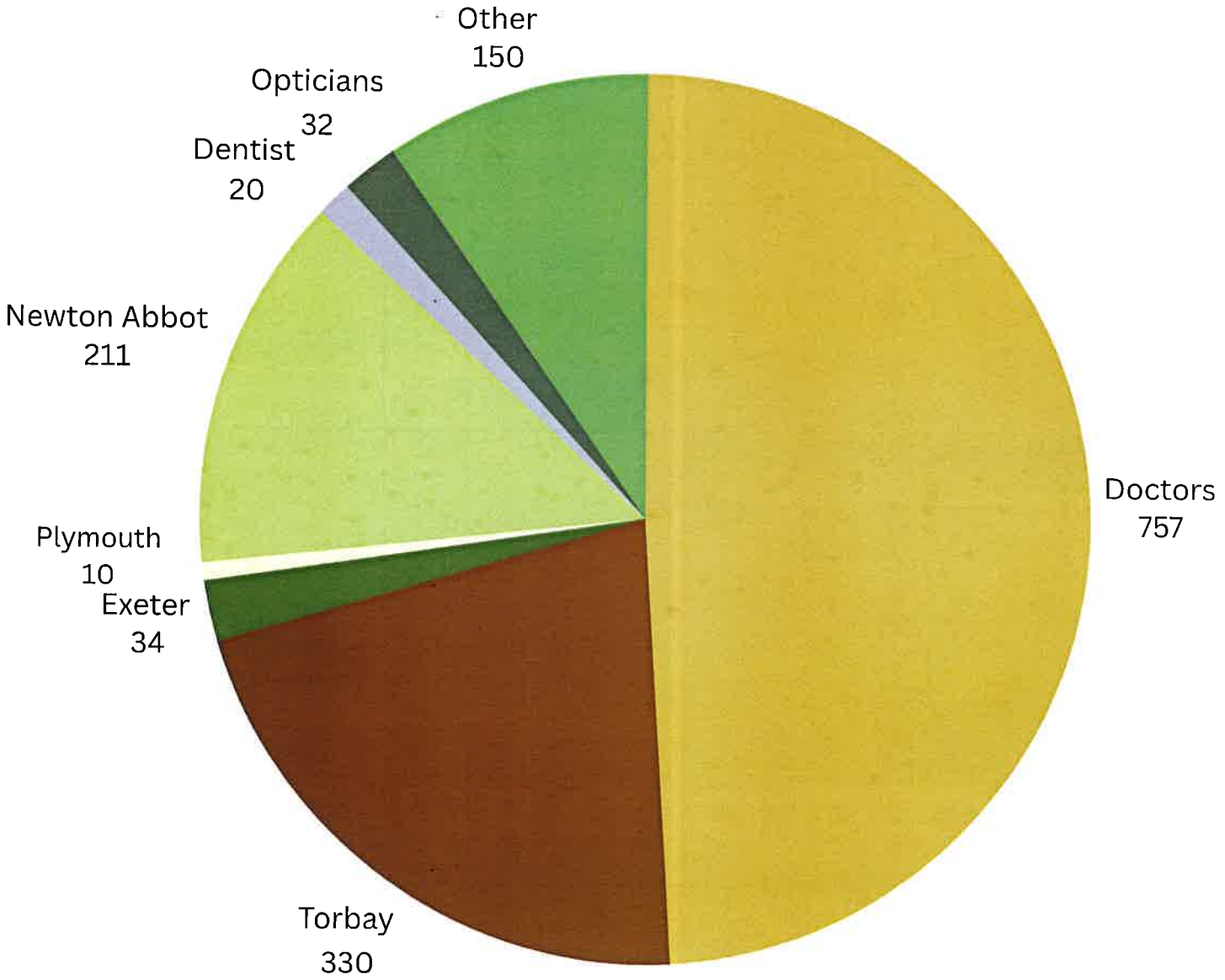
Appendix 5: Number of people who have attended KingsCare's activities 23/24

GENERAL SUPPORT



Appendix 6: Number of people who have had general support from KingsCare 23/24

TRANSPORT



Appendix 7: Number of people who have had transport from KingsCare 23/24

Charity registration number 1174450

KINGSCARE LEAGUE OF FRIENDS

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

KINGSCARE LEAGUE OF FRIENDS

ACCOUNTS CONTENTS

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Statement of financial activities	4
Balance sheet	5
Notes to the accounts	6 - 19

KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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) (issued in October 2019).

Objectives and activities

The charity's objects are to promote any charitable purpose for the benefit of persons registered at Kingsteignton Medical Practice and, in addition, to provide support for those in need within the wider community. This includes the protection and preservation of health, the relief of those in need, sickness and distress and the provision of medical equipment and other services not normally provided by the national health or other statutory authorities.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The achievements of the charity are outlined in the Chairman's report attached to these accounts.

Financial review

Income has increased this year, totalling £311,083 compared with £304,005 for the 12 months to 31 March 2023.

Expenditure has seen a decrease this year, totalling £319,594 compared with £342,283 for the 12 months to 31 March 2023.

The total value of the charity's funds has decreased from £385,051 at 1 April 2023 to £376,448 at 31 March 2024.

The trustees consider the charity's overall financial position to be satisfactory.

Reserves policy

During the year the Trustees have reviewed the reserves policy of the charity and have concluded designated funds should retain sufficient funds to fulfil the running cost requirements of the charity for a period of no less than six months. The Trustees consider that reserves held at this level will ensure that, in the event of a significant drop in funding, they will still be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

The designated funds available at the 31 March 2024 of £259,796 are the equivalent of approximately twelve months worth of unrestricted expenditure.

Investment Policy

There are no restrictions on the charity's powers to invest, and the Trustees have not adopted an ethical investment policy. An Investment Committee is appointed annually to manage the authorised investments. The overall investment policy is to invest in a low to medium risk portfolio which will maximise income whilst protecting capital. Meetings are held as and when required to review the performance of the portfolio.

Risk Management

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The charity is a charitable incorporated organisation and was registered with the Charities Commission on 10 July 2017 under the charity registration number 1174450 (England and Wales).

KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr G P Wickham	(Resigned 31 March 2024)
Mr D Rollason	
Dr M C Clarvis	(Resigned 29 January 2024)
Mr N Biggs	(Resigned 21 March 2024)
Mr R Holliday	
Mr K Smith	(Resigned 22 January 2024)
Dr W Farrah	
Mr P Millichap	(Resigned 29 January 2024)
Mr P Stevens	(Resigned 9 November 2023)
Mrs J Bennett	(Appointed 13 April 2023 and resigned 30 January 2024)
Mrs N Barker	(Appointed 12 October 2023)
Ms M Perrin	(Appointed 21 May 2024)
Mr J Patrick	(Appointed 21 May 2024)

The Board of trustees regularly discusses the recruitment of new trustees for their experience, empathy and knowledge of the Trustees, and to keep the skills and composition of the trustees body as a whole and succession planning under review. New trustees may be sought by open advertisement or through dialogues with other institutions with similar objects.

The trustees report was approved by the Board of Trustees.

Mr R Holliday
Trustee

Date: 15th August 2024

KINGSCARE LEAGUE OF FRIENDS

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF KINGSCARE LEAGUE OF FRIENDS

I report on the financial statements of the charity for the year ended 31 March 2024, which are set out on pages 4 to 19.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination being a qualified member of .

It is my responsibility to:

(i) examine the financial statements under section 145 of the 2011 Act;

(ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

(iii) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as 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 financial statements present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In connection with my examination, no other matter except that referred to in the previous paragraph has come to my attention:

(a) which gives me reasonable cause to believe that in any material respect the requirements:

  (i) to keep accounting records in accordance with section 130 of the 2011 Act; and

  (ii) to prepare financial statements which accord with the accounting records and comply with the accounting requirements of the 2011 Act;

  have not been met or

(b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Mrs L Lulek FCA CTA
Darnells Chartered Accountants
Quay House
Quay Road
Newton Abbot
Devon
TQ12 2BU

L J Lulek

Dated: 19th August 2024

KINGSCARE LEAGUE OF FRIENDS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	3	116,790	118,898	235,688	63,269	160,013	223,282
Charitable activities	4	51,593	-	51,593	49,329	11,404	60,733
Other trading activities	5	20,374	-	20,374	19,377	-	19,377
Investments	6	3,428	-	3,428	613	-	613
Total income		192,185	118,898	311,083	132,588	171,417	304,005
Expenditure on:							
Charitable activities	7	168,920	142,551	311,471	178,832	156,192	335,024
Other expenditure	11	8,123	-	8,123	7,259	-	7,259
Total expenditure		177,043	142,551	319,594	186,091	156,192	342,283
Net gains/(losses) on investments	12	(92)	-	(92)	(1,347)	-	(1,347)
Net income/(expenditure) and movement in funds		15,050	(23,653)	(8,603)	(54,850)	15,225	(39,625)
Reconciliation of funds:							
Fund balances at 1 April 2023		356,819	28,232	385,051	411,669	13,007	424,676
Fund balances at 31 March 2024		371,869	4,579	376,448	356,819	28,232	385,051

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

KINGSCARE LEAGUE OF FRIENDS

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	14		23,849		11,292
Investments	15		-		32,194
			23,849		43,486
Current assets					
Debtors	16	2,396		1,977	
Cash at bank and in hand		362,142		352,538	
		364,538		354,515	
Creditors: amounts falling due within one year	17	(11,939)		(12,950)	
Net current assets			352,599		341,565
Total assets less current liabilities			376,448		385,051
Income funds					
Restricted funds	20		4,579		28,232
Unrestricted funds					
Designated funds	21	259,796		303,307	
General unrestricted funds		112,073		53,512	
			371,869		356,819
			376,448		385,051

The financial statements were approved by the Trustees on 15th August 2024

Mr R Holliday
Trustee

1 Accounting policies

Charity information

Kingscare League of Friends is a charitable incorporated organisation, set up by an Order of the Charity Commissioners on 10 July 2017 and is a registered charity with the number 1174450 (England and Wales).

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charities Act 2011 and the 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Kingscare League of Friends meets the definition of a public benefit entity under FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business.

1 Accounting policies (Continued)

1.5 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 settlement will be required, and
- the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis.

All expenses, including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	20% Straight Line
Motor vehicles	10% Straight Line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1 Accounting policies (Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Donations and gifts	16,460	-	16,460	17,838	-	17,838
Legacies receivable	-	-	-	39,208	-	39,208
Grants receivable	97,245	118,898	216,143	-	160,013	160,013
Membership fees	3,085	-	3,085	6,223	-	6,223
	116,790	118,898	235,688	63,269	160,013	223,282
Grants receivable for core activities						
Other Grants	-	118,898	216,143	-	-	-
Other	97,245	-	-	-	160,013	160,013
	97,245	118,898	216,143	-	160,013	160,013

4 Charitable activities

	Patients transport	Catering	Exercise	Projects	Newton Abbot Groups	Dementia Support	Benefits Advice	Do It for Deaks	Memory Cafe	Allotment	Befrie-nding	Chorus	Creative writing	Other	Total 2024	Total 2023
	£	£	£	£	£										£	£
Sales within charitable activities	16,992	4,855	10,252	8,044	3,466	1,523	570		2,073	24	35	3,078	670	11	51,593	60,733
Analysis by fund																
Unrestricted funds	16,992	4,855	10,252	8,044	3,466	1,523	570	-	2,073	24	35	3,078	670	11	51,593	
For the year ended 31 March 2023																
Unrestricted funds	18,808	3,993	7,769	9,315	1,791	-	574	-	3,589	186	-	2,315	553	436		49,329
Restricted funds	-	-	-	11,340	-	-	-	64	-	-	-	-	-	-		11,404
	18,808	3,993	7,769	20,655	1,791	-	574	64	3,589	186	-	2,315	553	436		60,733

5 Income from other trading activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising events	5,587	6,667
The Hub Shop income	14,787	12,710
Other trading activities	20,374	19,377

6 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	3,428	613

7 Charitable activities

	2024	2023
	£	£
Staff costs	234,124	252,478
Depreciation and impairment	7,262	5,281
Minibus and mobility vehicle	7,580	9,668
Patients transport	2,931	5,486
Catering	92	39
Exercise	21,654	27,037
Establishment costs	26,473	24,502
Donations	7,294	8,159
Sorting Office Project	-	418
Newton Abbot groups	340	342
Legal and professional fees	2,314	1,656
Training	85	971
Bank Charges	576	508
Fundraising events	724	343
Other charitable expenditure	22	(1,864)
	311,471	335,024
	311,471	335,024

Analysis by fund		
Unrestricted funds	168,920	
Restricted funds	142,551	
	311,471	
For the year ended 31 March 2023		
Unrestricted funds		178,832
Restricted funds		156,192
		335,024

8 Support costs

	Governance costs	2024	Governance costs	2023
	£	£	£	£
Accountancy	660	660	660	660
Legal and professional	996	996	936	936
	1,656	1,656	1,596	1,596
Analysed between				
Charitable activities	1,656	1,656	1,596	1,596

Accountancy consists of payments to the independent examiner of £1,140 (2023: £660).

9 Trustees

During the year Trustees received reimbursement of charity expenses incurred personally to the sum of £1,487 (2023: £1,054).

During the year the trustees donated funds without conditions totalling £1,473 (2023: £111) and paid memberships totalling £Nil (2023: £Nil).

10 Employees

Number of employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Manager	1	1
Deputy manager	1	1
Transport co-ordinator	2	2
Mental health support worker	2	2
Hospital discharge and carer support worker	-	1
Health and well being co-ordinators	3	3
Dementia support workers	4	4
Fundraiser and Project manager	1	1
	14	15

Employment costs	2024 £	2023 £
Wages and salaries	223,536	241,256
Other pension costs	10,588	11,222
	234,124	252,478

There were no employees who received total employee benefits (excluding employer pension costs) of more than £60,000.

There were no employees whose annual remuneration was £60,000 or more.

11 Other

	2024 £	2023 £
The Hub Shop expenses	8,123	7,259
	8,123	7,259

12 Net gains/(losses) on investments

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Revaluation of investments	-	(1,347)
Gain/(loss) on sale of investments	(92)	-
	(92)	(1,347)

13 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

14 Tangible fixed assets

	Fixtures and fittings	Motor vehicles	Total
	£	£	£
Cost			
At 1 April 2023	7,415	100,302	107,717
Additions	-	19,819	19,819
At 31 March 2024	7,415	120,121	127,536
Depreciation and impairment			
At 1 April 2023	7,415	89,010	96,425
Depreciation charged in the year	-	7,262	7,262
At 31 March 2024	7,415	96,272	103,687
Carrying amount			
At 31 March 2024	-	23,849	23,849
At 31 March 2023	-	11,292	11,292

15 Fixed asset investments

	2024 £
Cost or valuation	
At 1 April 2023	32,194
Disposals	(32,194)
At 31 March 2024	-
Carrying amount	
At 31 March 2024	-
At 31 March 2023	32,194

16 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Prepayments and accrued income	2,396	1,977

17 Creditors: amounts falling due within one year

	Notes	2024 £	2023 £
Other taxation and social security		4,544	3,952
Deferred income	18	3,791	5,274
Other creditors		-	245
Accruals		3,604	3,479
		11,939	12,950

18 Deferred income

	2024 £	2023 £
Other deferred income	3,791	5,274
Current liabilities	3,791	5,274
	3,791	5,274

19 Retirement benefit schemes

Defined contribution schemes	2024 £	2023 £
Charge to profit or loss in respect of defined contribution schemes	10,588	11,222

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

20 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	Balance at 1 April 2023 £	Movement in funds: Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Mini Bus	5,116	-	(3,614)	1,502
Mini Bus 2	3,677	-	(600)	3,077
New Vehicle	5,000	17,500	(22,500)	-
Award for all, National Lottery	10,000	-	(10,000)	-
CVS Projects	-	99,245	(99,245)	-
Mental Health -CAF	-	2,088	(2,088)	-
Devon Growing Communities Fund	1,000	-	(1,000)	-
Cost of Living Crisis	3,439	-	(3,439)	-
	28,232	118,833	(142,486)	4,579

21 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2023 £	Incoming resources £	Resources expended £	Gains and losses £	At 31 March 2024 £
6 month expenditure reserve	171,113	(11,317)	-	-	159,796
Vehicle replacement reserve	70,000	-	(30,000)	-	40,000
Vehicle repair reserve	5,000	-	-	-	5,000
Equipment replacement reserve	5,000	-	-	-	5,000
Projects	50,000	-	-	-	50,000
CAF Portfolio reserve	2,194	-	(2,194)	-	-
General funds	53,512	203,502	(144,849)	(92)	112,073
	356,819	192,185	(177,043)	(92)	371,869

21 Unrestricted funds (Continued)

Previous year:	At 1 April 2022 £	Incoming resources £	Resources expended £	Gains and losses £	At 31 March 2023 £
6 month expenditure reserve	142,201	28,912	-	-	171,113
Vehicle replacement reserve	70,000	-	-	-	70,000
Vehicle repair reserve	5,000	-	-	-	5,000
Equipment replacement reserve	5,000	-	-	-	5,000
Covid-19 Contingency	10,000	-	(10,000)	-	-
Projects	100,000	-	(50,000)	-	50,000
CAF Portfolio reserve	3,540	-	-	(1,346)	2,194
General funds	75,928	103,676	(126,091)	(1)	53,512
	411,669	132,588	(186,091)	(1,347)	356,819

22 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Tangible assets	21,186	2,663	23,849
Current assets/(liabilities)	350,683	1,916	352,599
	371,869	4,579	376,448

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 March 2023:			
Tangible assets	2,499	8,793	11,292
Investments	32,194	-	32,194
Current assets/(liabilities)	322,126	19,439	341,565
	356,819	28,232	385,051

23 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024 £	2023 £
Total Remuneration	57,262	65,055

KINGSCARE LEAGUE OF FRIENDS

England & Wales - Charity number 1174450

Accounts

KingsCare

League of Friends

Annual Report and Accounts 2022-23

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Trustee Statement

The Trustees have worked to ensure that the activities of KingsCare League of Friends are always governed by the Aim of the charity which is, with the help of volunteers, to improve the quality of life of those in need within the wider community. All trustees give of their time on a voluntary basis and none have claimed any recompense for any action associated with their role of trustee during the year.

The trustees who were re-appointed at the AGM were:

Mr Phil Millichap – Chair

Mr Graham Wickham – Vice-Chair

Mr Rupert Holliday – Treasurer

Dr Mark Clarvis

Mr Nicholas Biggs

Mr David Rollason

Dr William Farrar

Mr Keith Smith

Mr Kingsley Matthews

Mr Peter Stevens

Under the direction of the trustees we have worked throughout the year to ensure that the Key Activity Indicators are reviewed and updated at regular intervals.

Chair's Report

Can a year ever be described as a return to normal or uneventful? Change is definitely a natural and irresistible process that we cannot avoid. Like the allotment garden, without change, nothing in the world would ever grow or blossom. New initiatives like the Anxiety Cafés, Wellbeing Walks and, more lately ,use of the facilities at Stover have all added to the richness of the work the charity does for the community. These new activities supplement the existing Memory Cafés, Carers Groups, walking, writing, swimming and other groups we run. The community needs for Wellbeing, Mental Health and Dementia support have, once again, escalated. We increased staffing levels to support higher activity levels and welcomed new members while saying goodbye to some old friends who moved on to pastures new.

To support our work, funding is essential and this landscape also continues to evolve. Our dependence on NHS linked contracts has increased during the year as opportunities presented themselves. Income streams are always transient and the funding environment is increasingly fragmented and difficult. We would like to thank all of those funders, contract providers, individual legacies and Friends who continue to support our work and enable our work to continue and grow.

A special mention needs to be made of Kerswella Care and our thanks go to Kingsley Matthews and Gill Gould who have formed their own CIO in Kingskerswell. KingsCare has moved from being a supportive parent to close friend. We wish Kerswella Care every success moving forward.

A special thanks to Maggie, our Manager, the Staff Team and the fantastic volunteers who work so hard making all of the things in the Manager's report happen! On behalf of the Trustees, a huge thanks to you all!

Phil Millichap
Chair

Manager's Report

We started the new financial year with a recruitment drive. Firstly, we were awarded a contract through the Wellbeing Partnership to increase our Home from Hospital work by employing a Rapid Response worker who could check on patients who were deemed to be fit enough to go home without a package of care. Secondly we wanted to employ an Administrative Assistant to take on some of David Clifford's work so that he could cut his days back to 3 instead of full time. Finally, we felt it would be a good idea to employ someone to work exclusively on fund raising and taking the Post Office Project forward. Over the Spring and Summer we, therefore, welcomed Shannon Didlick, Wendy Smart and Sarah Lakey to our ranks.

As the year wore on we got progressively busier, particularly in the area of Wellbeing, Mental Health and Dementia. We were asked by Radio Devon to provide someone to talk on their Breakfast Show to kickstart their coverage of Mental Health Week in May. One of our volunteers spoke eloquently and we're very proud of him.

Work on our allotment garden in Fore Street (see below) really took off. New initiatives such as Anxiety Cafés and Wellbeing Walks were added to our activities. Bus trips, Lunch Club and Tea & Chats all started to grow in popularity and the number of referrals to all our areas of work rose substantially. In particular, the number of people wanting to come to the Memory Café in Newton Abbot exceeded the capacity of the room we use so we started a second café in Kingsteignton.

Sadly, Sarah soon showed us that the dream of converting the old Post Office in Newton Abbot into a Community Shed was no longer viable; the pandemic and rising costs fuelled by factors outside our control forced us to pull out of the project. However, we were extremely grateful to Teignbridge District Council and their councillors, to Phil Millichap, Peter Stevens and Sarah Lakey for the countless hours put into the project. Many lessons were learnt and some have been carried forward.

The generosity of many such as Abbrook Bowling Club who chose us as their charity of the year; Martin Smith

from Newton Abbot Rotary Club who repaid us for helping at a fundraising Golf Day at Dainton with a generous donation; Mayor Ron Peart, Councillors Beryl Austen and Bill Thorne for allotting council funds for various projects added to a very welcome legacy. All this added to some sterling work from our new fundraiser, Sarah, meant that we sailed through the year financially with only a limited downturn in our reserves.

On 31st March, **Kerswella Care,** the group we established in Kingskerswell in 2017 broke away from us as they are now a CIO in their own right. The Coordinator, Gill Gould and Assistant, Sally Collier, have worked extremely hard alongside their trustees to become a very well respected organisation in the village and we wish them every success in the future as they grow to meet the ever increasing demand for voluntary sector services in their community.

The Hub, our charity shop in Fore Street, went through a bad patch when some of the volunteers moved on but, over the months, new volunteers started to take up the reins and we are now able to be open more often. The donations continue to flow in and the shop brought in a profit of £5,451. The lack of parking and poor footfall has always meant that it is difficult to attract the number of customers needed to bring in a high return on the sale of donated goods but this result is excellent and, I hope, will please the wonderful volunteers who work so hard to keep the shop open as much as possible.

We celebrated the Queen's Jubilee with a tea party for the volunteers at the Pavilion café in Forde Park. I gather everyone had a wonderful afternoon. Sadly I couldn't be with them as I was languishing at home under the influence of Covid on the day!

Swimming

We held our annual Thursday morning sessions at Kingsteignton open air swimming pool from June to September. Although we had no grant aid this year, the hot weather meant that we had enough people swimming each week to make the sessions close to cost neutral. We are extremely lucky to be able to have use of such a facility and the sessions are greatly enjoyed by all.

Creative Writing Group

Although our creative writing group is small it is hugely beneficial to those who attend under the inspiring leadership of Sarah Hopkins. There were 6 regular attendees. When asked to share their thoughts on the group, they were all very enthusiastic.

"When I joined the group and was asked to write about a holiday, I wrote a truthful account. When I read it out Sarah asked if it was the truth. She taught me how to write stories using my imagination. I now have so much more confidence and a lot of imagination."

"I like to write family stories and getting people's reactions to them. I like the daily challenge set by Sarah to write for 15 minutes every day. I love this challenge and I no longer have to think about the words, they just flow."

"I love the tasks challenge which demonstrates that everyone is different and everyone sees the task differently. All my shyness has gone"

"When I first started all I wrote was sci fi. I came to the group and I discovered poetry. I am now the Poet in Residence at Newton Abbot Museum."

"I visit my 91 year old Mum every week and we write together."

"The different topics that Sarah chooses make you dig deep into yourself. They evoke memories and help you to deal with issues long hidden. Meeting regularly and people of right minds is good and stimulating"

Instead of going round the town with the **Beavers** to deliver their hampers this year, we were invited to their hall one December evening and the children presented hampers to the 3 people we'd taken along and sang carols to them. It was a real treat.

Tasty Bites

We received a grant from Teignbridge to write a cookery book during the pandemic. We finally published in during 2022. It contains 98 recipes of family favourites and contains contributions from patients and clients, doctors and KingsCare staff and is available to buy from our shop and the office.

Bus trips

When we started taking people out on bus trips in 2004 our passengers were often quite able to travel some distance. These days most of our passengers

can only enjoy relatively short trips out, always taking in some kind of hostelry on the way. These trips were missed dreadfully during the pandemic, not only by the passengers but also by our amazing volunteers who give up every Wednesday to take them out. We use both our minibus and our people carrier to capacity each week with visits to garden centres, Dartmoor and a wide range of pubs and cafés.

Community events

I think everyone was glad to get fully back to community events during 2022. The Ram Fair was held early because of the Queen's Jubilee celebrations at the end of May but it was wonderful to be back at Kingsteignton's annual celebration of community life. We also had a stall at the Victorian Evening in December in Newton Abbot. There were fewer stalls than previous years but a good time was had by all.

Allotment garden

Pre-pandemic we were given a lease on an allotment garden situated behind Fore Street and owned by the Feoffees (a local charity under the leadership o St Michael's church). It had been abandoned for many years but with a huge amount of work put in by the men from Sibelco and our own clients and volunteers, during the year much work was undertaken and 2023 will see the totally transformed garden yielding its first harvest. A huge debt of gratitude goes to Sibelco, SWW, the Feoffees and our own councillors for supporting this project throughout. *See page 14.*

Kingsteignton Social Groups

Our monthly **Lunch Club** and **Tea & Chats** afternoons took a while to recover from the pandemic but the numbers attending grew over the year and continue to grow. The former is now at capacity and those attending the latter have almost doubled from an average of 14 a month in April 2022 to 24 in March 2023.

Tai chi classes and the **KingsCare Chorus** singing group also have returned to pre-pandemic levels and continue to grow in popularity.

Warm Hub

Towards the end of our year we opened up a weekly Warm Hub in partnership with The Royal British Legion in their hall in Longford Lane. We had a few people pop in who have since joined some of our regular social activities but were, perhaps, a little late in getting going. However, we intend (finances permitting) to run a similar programme throughout the winter of 2023-4. We have established a web site to help people who are struggling with the cost of living crisis. It can be found at www.supporting-you.co.uk.

Stover Country Park

We have been working with Stover Country Park to take various client groups out there to enjoy the fresh air and beautiful surroundings there and to learn some wood craft. More detail will be reported in next year's Annual Report.

Salvete

It was a sad day when Rosemary Newman, our Hospital Discharge Coordinator, left us at the turn of the year to work for the CVS out of their Devon Social Services office in Newton Abbot. She had been with us for 9 years and was very much part of our core offer. She'd brought with her several volunteers who complete benefits forms for those entitled to support from the DWP. She was also passionate about supporting family carers and held a monthly support group for them as well as hosting events on Carers Rights Day each summer. We wish her every success in her new career.

Fortunately, for us, the role that Shannon Didlick was originally recruited to fill did not work out as planned and she was able to learn from Rosemary and take over her position as Hospital Discharge Coordinator with no disruption to the service. Unfortunately, we were unable to spare a staff member to take over the Carers support group but the regular attenders have carried on without a staff member present. They still meet once a month in the Avenue Church and know that we will support them when/if needed.

Maggie Bonnell
Manager

Newton Abbot Report

This was the year that began to return us to pre- Covid levels of activity! The Avenue Church once again provided us with a marvellous facility in which to host our many groups and we are grateful for their support.

Exercise Group

Once again led by David Jenkin, this group met weekly on Mondays with a dedicated group of attendees. The sessions were tailored for the participating individuals, enabling each to maintain and extend their personal level of fitness and flexibility.

Drop in Games and Table Tennis - Monday and Thursday

It was lovely to see both these groups returning to pre pandemic levels of attendance. The table tennis table was hotly contested, and it was good to have a couple of new players to join the existing ones. Plenty of friendly rivalries in evidence!

Dominoes is a very inclusive game, and it is always lovely to witness people helping each other and this year was no exception, players with vision, mobility and memory problems were helped by their friends to play along and enjoy the games, mostly using the double 12 coloured set for added difficulty.

There was a keen group of 'scrabblers' evident on both days and plenty of support and challenge along the way. Other games played included rummy cub and chess.

Throughout, the group played an important role in helping to reducing social isolation and providing a place for people to interact or to read the paper and enjoy refreshments in the company of others.

Craft and Games – Tuesdays

This is a group for people to bring their own crafts to do in company or to play a game with likeminded souls. This group really grew in numbers with crafts and games equally popular throughout the year. Crafts worked on included embroidery, crochet, knitting and adult colouring.

There was a really nice inclusive feel to the group and a real sense of mutual support to be gained by attending.

Monthly groups

Memory Café – *See page 20.*

Dementia Carers Support Group
This group was relocated from Kingsteignton Town Hall to the Avenue where it has proved equally popular. Carers were able to gain mutual support and access to relevant advice whilst a separate group was held for people living with a memory problem. The group was run by our Dementia team with the help of trained volunteers. – *See page 20.*

Mental Health Carers Support Group
This group grew from strength to strength from slow beginnings, with carers gaining knowledge and support from each other as well as invited knowledgeable guests. – *See page 12*.

Time for You Carers Support Group
This group was well supported and facilitated initially by our staff member Rosemary. At the turn of the Year a volunteer organise,r Pat Clark, took over the running of the group, the character of the group prevailed, and a range of visiting speakers have contributed to its continuing success. Carers received a lot of mutual support through the group and friendships continue to be made.

Rethink Mental Health Peer Support Group
This group was discontinued due to the volunteer organiser moving away.

Minibus Outings
The minibus outings were restarted apprehensively at first, however it soon became apparent that the trips had been missed over the preceding couple of years! Places visited included Kingsbridge, National Trust homes at Coleton Fishacre, Killerton and Castle Drogo along with Bernaville Nurseries, the House of Marbles, Coombe Cellars, the Passage House Inn and Brookside Tea rooms at Bovey Tracey. Thanks go to our volunteer organisers, drivers and couriers who made the trips possible.

The volunteers attached to the Avenue Church groups are a truly dedicated group and I would like to thank them for all their efforts once again.

Table showing number of sessions and Attendances Newton Abbot Groups
April 1st 2022– March 31st 2023

Activity	Sessions	Client Attendances	Duration of activity - hours	Volunteer attendances
Monday Drop in	50	631	100	304
Craft and Coffee	51	523	102	232
Thursday Drop in	49	501	98	198
Exercise	50	296	50	NA
Mini bus	9	101	60	25
Time for you	13	140	26	48
Memory Cafe	12	15	60	60
Dementia Carer Support	3	13	4.5	9
Mental Health carer support	10	33	15	NA
Hope Ave	18	86		NA
Writing Group	20	101	40	NA

David Clifford
Assistant Manager

KingsCare Mental Health Service

Over the past year we have continued to receive a steady flow of referrals for 1:1 support from GPs, social prescribers, and other local health professionals. We have been working alongside a diverse group of people, of all ages, who are struggling with their mental health. Although each has their own unique story, anxiety and depression continue to be the main challenge. Since lockdown this has been exasperated by the Cost-of-Living and Housing crisis. We are also noticing that it is becoming more difficult for people to access support through other channels, with every service appearing to be more stretched and long waiting lists for appointments. This can often lead to people feeling frustrated and hopeless and we hope to be able to continue offering a service that is easy to access and provides the time and care people need when life feels difficult.

The **#doitfordeaks** project also enables people to self-refer for signposting sessions, cutting out the need for a referral from a health professional. Many people who come through this service have picked up a card and reached out or heard of the service through word-of- mouth in the community. Most people find it incredibly helpful just to have the time to talk through how they are feeling and know that there is someone they can contact in the future if needed. Sometimes we take people on for a period of regular support and sometimes we refer or signpost on to more specialist services.

We are also still referring our clients to The Dartmoor Centre for Counselling and Psychotherapy which is hugely popular for those needing specialist emotional support. We were lucky enough over the past 2 years to be able use a voucher system, provided by Newton Abbot Rotary Club, so that those on a low income could access free counselling. Sadly, this funding has now been exhausted but DCCP continue to offer low cost and affordable counselling.

On a more fun note, we now have a brave gang of nine who plan to take part in a Firewalk in April to raise much needed funds for #doitfordeaks! We are so grateful for community support as this project relies entirely on donations. A special mention goes out to Kingsteignton Football Club, Kingsteignton Co-op, Kingsteignton Town Council, Mayor Ron Peart, and Newton Abbot Rotary Club for their financial support and fundraising efforts. Thank you!

We have been lucky enough in the last year to have obtained the volunteer services of Ashley a Human Givens Counsellor / Psychotherapist who has kindly offered her time. Her input has been invaluable as she has been able to work with some of our service users for a longer period and in a more varied way than we would have been able to. Thank you, Ashley!

Regarding group work this year, we have facilitated a couple of HOPE Courses for our service users: have completed five Anxiety Café Courses and Maggie C is now facilitating a monthly Carers Group for families and friends who support loved ones with a mental disorder. Our courses aim to teach self-management skills to those who need it, but we have noticed that the friendships gained, and opportunity for peer support from others with a shared experience, continue to be of most benefit for those who attend. Isolation and loneliness have a huge impact on overall wellbeing and will always be a key element of our work with people.

Briony is now able to deliver Connect 5 courses and has completed one online course and one for our own KingsCare staff and volunteers. Connect 5 is mental health training for those who want to have confident conversations around mental health. These conversations are intended to contribute towards promoting Mental Wellbeing and preventing mental health deterioration. We look forward to offering more of these courses to our community in the future.

We have liaised with Devon Carers who will be attending our May and June Carer meetings to deliver education around issues in supporting the cared for in this client group.

We also now have a gardening group at our 'Weeds to Seeds' community garden in Kingsteignton. This will be our first year of growing, and despite rain, rain, and more rain, we started off some seed in the greenhouse and looked forward to spending more time pottering around in the warmer months to come. It is open to anyone who would like to join a small friendly group, you can do as little or as much as you like, and the garden is disabled friendly. Darrin Hewings and his colleagues from Sibelco have been instrumental in getting the garden in shape, we could not have got this far without them. We

2019

2023

would like to thank them for their generosity, both in terms of volunteering their time, and providing the tools to get it done quickly. They've done an amazing job!

In this next year we are hoping to run therapy groups and do some individual work with service users at Stover Country Park as research is showing increasingly that working out in nature is a great boost to mental health and wellbeing. We are lucky enough to be able to use a private space in the park which is beautiful, and we are really excited to start working outside in better weather!

To summarise, we continue to be very busy and have had a positive response from both professionals and service users this year. On a personal note, for us it has been lovely and worthwhile to be able to see people improving in their recovery.

Briony Enright and Maggie Cleverly
Mental Health Support Team

Wellbeing Report

Over the last year, the Wellbeing Team have continued to provide an excellent and varied service to our local community. The referrals have gradually grown month- by-month with an increased need to help people with financial support including: benefits, access to food banks, energy support, help with housing, funding and grant applications. We have received approximately 200 referrals.

We have continued to meet with people face-to-face and in their own home. This allows us to build a relationship of trust and to collect a true picture of the help and support they need and an insight into any challenges to overcome.

We have also had numerous referrals for befriending highlighting an increased need of people feeling isolated, lonely and wanting one-to-one support.

Wellbeing Quotes

"I would not have been able to cope after losing my husband if I hadn't met you. You have really helped me over the past few months just by being there."

"Thank you so, so much for everything you have done for us my dear. People like you and your organisation are worth your weight in gold. We haven't paid a penny for everything you have done for us and that is unbelievable. We are so grateful to have you in our lives. We hope that when you no longer need to visit us that you might still want to from time to time."

'You have changed my life – if it was not for you I would have ended my life. My family are eternally grateful for all your help and support.'

"I lost my husband at Christmas and lost my voice due to health problems – you have helped me with so much: universal credit, phone calls, helping me with my tenancy, council tax, payment holiday, grant, £600.00 off my funeral costs, PIP application form, food banks, £100.00 voucher for a food parcel and a disability grant. I could not have done this without you. My life has completely changed and has allowed me to start living my life again."

Case Study

A lady called asking for some help for her neighbour. She did not know who else to call.

We visited the neighbour who had recently lost her husband and stated she never left the house without him and he did everything for her. It became apparent since her husband's death she had not attended any G.P appointments and was struggling to pay bills and deal with any paperwork.

Action: We made a G.P appointment and provided the transport and one-to-one help she needed. KingsCare and CAB helped with her benefits and bills. We contacted Kerswella who are now also supporting this lady, help her to connect with local people and services.

Outcome: After seeing her G.P. - she now has regular appointments with the nurse and has appointments with Torbay Hospital. She is currently receiving the benefits she is entitled to and her bills and paperwork have become more manageable. She has made some friends locally and is getting out for local walks with neighbours. She knows who to contact if she does need any support and this has made her feels more confident and less anxious.

HOPE Programme

During the year we ran several HOPE courses which have helped many people to talk and engage about the problems they are facing and to share solutions

with others. Having small groups where people can confidently share how they are feeling has helped so many people who live alone and/or socially isolated.

The HOPE effect

'I never thought I would be able to talk so freely about how I truly feel and how alone and scared I have felt about my situation.'

'Attending this course has helped me to make very small changes to my life but WOW what a difference it has made to my life.'

'Thank you!'

Wellbeing Walks

The wellbeing team, along with other members of staff and volunteers, attended walk leader training April 2022. The walks started in May 2022 and have grown from strength to strength, now numbering approximately 15 walkers. We will soon be signing up two new volunteers to be walk leaders. These local walks are approximately 1 hour long starting from different locations each week: Hackney Marshes, Forde Park Café, Bakers Park, Decoy park and changing locations in the summer months to include Stover and Teignmouth.

Quotes from our walkers:

"This is the only thing I do each week but it's given me a purpose to go out in the fresh air and to be with people."

"Knowing I can go for a walk and have someone to talk to about my week keeps me going. It helps me deal with my life at home."

'Fresh air, exercise a chat with friends is exactly what is needed to help with my depression and anxiety."

The group have built strong connections and rely on this walk to engage with others, keep mobile, have a purpose and socially connect with others.

We are now patiently anticipating whether the funding will continue to support the Wellbeing Programme and we await with fingers crossed that we can continue to provide and support this service which is so fundamental to the local community.

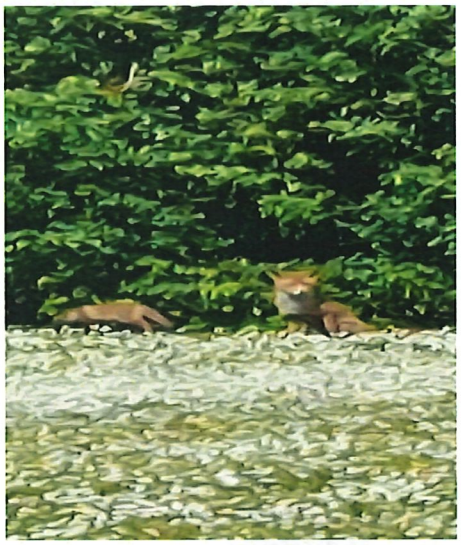
From one of our Walkers and Memory Café clients.....

"Mum and I wanted to take this opportunity to thank you all for the work you do and how much time and effort you put into the walks and the memory cafes.
Mum was diagnosed with Alzheimers in December 2022 and although it was a shock, we weren't surprised, but absolutely gutted and devastated.
We both get a huge amount of the walks, they're so fun and friendly and mum loves chatting to everyone and it's so heart warming to see her have a great time. Although her memory is deteriorating, the more times she sees the same people, the better her memory for faces becomes and just today, she said hello to one of the KingsCare volunteers in Home Bargains! I said hello, as I too recognised her, but couldn't think where I knew her from straight away.

I know I can speak for mum when I say we are so very grateful for all that KingsCare ; the lovely way the staff interact with both the cared for and carers, they show such patience and understanding and are such wonderful people and an absolute credit to the charity.
Mum's identity and purpose has returned and it is primarily due to the walks and memory cafes after having taken a back seat whilst caring for her late husband.
Words really can't express how very grateful we are. It really is an honour to be part of the KingsCare family.

Thank you all so very much."

Sharon Venning
Wellbeing Lead



Whilst walking in Teignmouth we met a vixen and her cubs having fun!

Hospital Discharge and Benefits Service

The wards at Newton Abbot Hospital have been very busy and I have been incredibly lucky to work alongside the medical and therapy teams on both wards to support patients on their discharge. The support required has varied from arranging furniture removals to make way for hospital beds, to visiting patients and discussing the local support in their areas. This valuable support helps to take away some pressure from the hospital teams. Alongside Newton Abbot Hospital we also receive referrals from Torbay Hospital and peripheral hospitals. Having a regular presence on both wards at Newton Abbot Hospital and working collaboratively with partner organisations and all hospital teams has helped to ensure that patients have safe discharges and settle back home again.

With the cost-of-living crisis causing a rise in daily living, the benefits service has been increasingly busy with referrals from other organisations, family and friends and people themselves asking for support with income maximisation. Our team of 5 welfare benefits volunteers have been busy supporting clients in their own home to complete benefit reviews and help with relevant benefit applications to ensure that they are receiving all that they are entitled to. This helps to make a stressful and daunting process much calmer for our clients. In addition to the usual benefit form filling, one of our volunteers has been very busy supporting clients with reconsiderations and appeals and representing them at tribunals. Without our amazing and highly skilled welfare benefits volunteers we would not be able to support the number of clients which we have during these difficult times, helping to change their lives!

Shannon Didlick
Hospital Discharge Coordinator & Benefits Lead

Transport

BUSY, BUSY!

Last year the emphasis was on the transition from the constraints of the pandemic to a more open system for transporting and supporting our clients within the community. The figures certainly mirror this. KingsCare carried out 7044 passenger journeys in the last year, compared to just under 3000 the year before. Mileage increased from 15,647 to over 20,000 miles last year! Shopping and prescription trips were considerably down. The reasons for this reduction are being explored.

This increase in trips has been made more challenging by a decrease in volunteer availability. I had a pool of a dozen driver volunteers to call on the year before last. 2022/2023 saw a decrease. At present we only have 8 volunteers who support and help us on a regular basis. KingsCare desperately needs to find some way to advertise and encourage new volunteers to help with the increasing requests for help in getting people to medical appointments. There appears to be a lot more requests for transport to hospital appointments in the last six months. It would be interesting to carry out some research and see if there is any correlation between this increase and the help provided by hospital transport.

A number of our driver volunteers attended a 'Safe assistance training' day in April 2022. This was organised jointly with Kerswella Care and was carried out by Tim Lamerton from Devon Access to Services (DAS). There were over 30 attendees and the feedback was universally positive. The day focussed on helping and guiding people in and out of their homes and vehicles in a safe and appropriate manner.

To conclude, more volunteer drivers must be a priority. The number of trips is rising, putting more demand on our services. We are close to a point where we are at full capacity, indeed sometimes over. Spread the word!

Andy Gould
Transport Coordinator

Fundraising

In June 2022 I started working for KingsCare as the new Fundraising Manager and was given the task of fundraising for The Sorting Office project along with KingsCare core funds, projects and services.

Within a few weeks, I made an application to the Asda green token scheme to support our memory café and resulted in a £400 donation. An application was also made to the National Lottery Awards for All resulting in £10,000 to support the mental health team with their general work supporting clients suffering from anxiety and depression.

In July we received £500 from the Veronica Audrey Foundation to support the charity. Next on the list was fundraising for a new and much needed vehicle. Money was received from the Exeter Chiefs Foundation, Percy Bilton and

Newton Abbot Hospital League of Friends, along with a private donation which fully funded our new vehicle named Sylvia (delivered Summer 2023).

By the end of September we had received further donations from Newton Abbot Town Council for our writing group, Newtons Place for our Air Fryer project and from the Devon Growing Communities Fund to support our Community shed at the Stover Park project.

The National Grid came up trumps in October to fund our Beat the Winter Blues campaign. Their donation fully funded warm packs containing a blanket, hot water bottle, socks, hat, gloves, scarf and a torch that we could give out to our most vulnerable clients in need of support to heat themselves and their homes. The funding also provided training for Shannon to become a Level 3 Energy Assessor and for our weekly warm hub at the Royal British Legion in Kingsteignton.

Before Christmas I started to work with local primary schools to deliver 'What is dementia?' workshops. These assemblies have resulted in the primary schools holding fundraising events and non-uniform days for KingsCare resulting in donations exceeding £200 to date.

Sport England and the Postcode Lottery Trust have provided funds to cover the cost of our Tai Chi sessions and our lovely Thursday morning swims during the 2023 summer months and the Schroder Charity Trust have funded the writing group all the way to the end of the year.

With thanks to Skipton Building Society and Devon Memory Consortium our Memory Café has gone from strength-to-strength, enabling a second café to open in Kingsteignton.

We have received funding from South West Water for our Garden of Hope project and along with the amazing support and donations from Sibelco this is now a wonderful, peaceful space. Further funding was received from South West Water for our cycle machine project, yet to launch but watch this space!

Sarah Lakey
Fundraising Manager

Dementia Support

The number of referrals to KingsCare requesting support for dementia Carers and people living with dementia has steadily increased throughout the year. In contrast to previous years, the referrals tend to be for people with more moderate to late-stage dementia.

One-to-one wellbeing interventions continue to be offered to those people living with dementia in the community. This is in addition to a range of group-based interventions. These include leading Memory Cafes in Newton Abbot, Ipplepen and Kingskerswell.

During the year, Newton Abbot Memory Café went from strength-to-strength. Accordingly, towards the end of 2022, a decision was taken to open a new monthly Memory Café in Kingsteignton. Eight volunteers were recruited and have since undertaken online training by Devon Memory Café Consortium. The Café has proved to be increasingly popular since its launch. The Co-ordinator and volunteers meet every three months to plan the topics for the forthcoming months with the aim of presenting a different theme at each session.

In December entertainment was provided by the choir from the local primary school. No one was sure who enjoyed it more, the children or the adults. Also, in March there was a very entertaining talk about 'The Movies of South Devon' presented by historian Dr Kevin Dixon. People are already asking when he is coming back.

In March KingsCare hosted a regional meeting of the Devon Memory Café Consortium at which the co-ordinators and volunteers from local Cafes were able to meet. It is planned that these meeting will take place 3 times a year and give Cafes local to each other the chance to share practice ideas and resources.

The dementia friendly walking group continued to meet throughout the winter and walk in most weathers. The group was fortunate to have a tour of St Michael's Church in March with a well-earned coffee sitting on church pews afterwards. This spring there has been an increased focus on the flora and fauna encountered during the walks.

For the first seven months of the year the Carer's support meetings continued to be held in Kingsteignton. Capacity was limited, however, as the meetings were restricted to a maximum of ten people in the room. In response to an

expected growth in demand, a decision was made to move the meetings to the Avenue Church in Newton Abbot where there are no constraints on numbers. This has seen a gradual increase in the numbers of Carers in attendance, while extending the opportunity to access valuable face-to-face peer support. We further offer a Dementia Activity Group that runs alongside the Dementia Carers Support Group.

The annual Carers Christmas get-together at a local garden Centre was well attended by both Carers and the person they care for.

In December KingsCare was kindly offered Christmas hampers to distribute to clients. Twenty-eight hampers were delivered to dementia Carers and those they care for. A number of emails and phone calls were subsequently received expressing appreciation, with comments such as, 'I was delighted to receive an unexpected hamper, it saved me from queueing with my partner in a busy supermarket' and 'What a kind and thoughtful gift, it will make all the difference to us.

Jackie Milan – Dementia Carer's Support
David Garland – Dementia Activity Co-ordinator

KingsCare
help when it matters

Report produced by:

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The Queen's Award for Voluntary Service

Registered CIO number 1174450
Patron: The Rt Hon Viscount Exmouth

Appendix 1

Charity registration number 1174450

KINGSCARE LEAGUE OF FRIENDS

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

KINGSCARE LEAGUE OF FRIENDS

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KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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) (issued in October 2019).

Objectives and activities
The charity's objects are to promote any charitable purpose for the benefit of persons registered at Kingsteignton Medical Practice and, in addition, to provide support for those in need within the wider community. This includes the protection and preservation of health, the relief of those in need, sickness and distress and the provision of medical equipment and other services not normally provided by the national health or other statutory authorities.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance
The achievements of the charity are outlined in the Chairman's report attached to these accounts.

Financial review
Income has increased this year, totalling £304,005 compared with £274,271 for the 12 months to 31 March 2022.

Expenditure has seen an increase this year, totalling £342,283 compared with £296,906 for the 12 months to 31 March 2022.

The total value of the charity's funds has decreased from £424,676 at 1 April 2022 to £385,051 at 31 March 2023.

The trustees consider the charity's overall financial position to be satisfactory.

Reserves policy
During the year the Trustees have reviewed the reserves policy of the charity and have concluded designated funds should retain sufficient funds to fulfil the running cost requirements of the charity for a period of no less than six months. The Trustees consider that reserves held at this level will ensure that, in the event of a significant drop in funding, they will still be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

The designated funds available at the 31 March 2023 of £303,307 are the equivalent of approximately twelve months worth of unrestricted expenditure.

Investment Policy
There are no restrictions on the charity's powers to invest, and the Trustees have not adopted an ethical investment policy. An Investment Committee is appointed annually to manage the authorised investments. The overall investment policy is to invest in a low to medium risk portfolio which will maximise income whilst protecting capital. Meetings are held as and when required to review the performance of the portfolio.

Risk Management
The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management
The charity is a charitable incorporated organisation and was registered with the Charities Commission on 10 July 2017 under the charity registration number 1174450 (England and Wales).

KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees who served during the year and up to the date of signature of the financial statements were:
Mr G P Wickham
Mr D Rollason
Dr M C Clarvis
Mr N Biggs
Mr R Holliday
Mr K Smith
Dr W Farrah
Mr P Millichap
Mr P Stevens
Mrs J Bennett (Appointed 13 April 2023)

The Board of trustees regularly discusses the recruitment of new trustees for their experience, empathy and knowledge of the Trustees, and to keep the skills and composition of the trustees body as a whole and succession planning under review. New trustees may be sought by open advertisement or through dialogues with other institutions with similar objects.

The trustees report was approved by the Board of Trustees.

P. Millichap

.....

Mr P Millichap
Trustee

Date: 21/8/2023

KINGSCARE LEAGUE OF FRIENDS

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF KINGSCARE LEAGUE OF FRIENDS

I report on the financial statements of the charity for the year ended 31 March 2023, which are set out on pages 4 to 17.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination being a qualified member of .

It is my responsibility to:

(i) examine the financial statements under section 145 of the 2011 Act;

(ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

(iii) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as 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 financial statements present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In connection with my examination, no other matter except that referred to in the previous paragraph has come to my attention:

(a) which gives me reasonable cause to believe that in any material respect the requirements:

  (i) to keep accounting records in accordance with section 130 of the 2011 Act; and

  (ii) to prepare financial statements which accord with the accounting records and comply with the accounting requirements of the 2011 Act;

  have not been met or

(b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Mrs L Lulek FCA CTA
Darnells Chartered Accountants
Quay House
Quay Road
Newton Abbot
Devon
TQ12 2BU

Dated: .....

KINGSCARE LEAGUE OF FRIENDS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income and endowments from:							
Donations and legacies	3	63,269	160,013	223,282	109,429	91,129	200,558
Charitable activities	4	49,329	11,404	60,733	41,522	6,948	48,470
Other trading activities	5	19,377	-	19,377	20,292	-	20,292
Investments	6	613	-	613	1,540	-	1,540
Other income	7	-	-	-	3,411	-	3,411
Total income		132,588	171,417	304,005	176,194	98,077	274,271
Expenditure on:							
Charitable activities	8	178,832	156,192	335,024	146,701	141,183	287,884
Other	12	7,259	-	7,259	9,022	-	9,022
Total expenditure		186,091	156,192	342,283	155,723	141,183	296,906
Net gains/(losses) on investments	13	(1,347)	-	(1,347)	1,049	-	1,049
Net movement in funds		(54,850)	15,225	(39,625)	21,520	(43,106)	(21,586)
Fund balances at 1 April 2022		411,669	13,007	424,676	390,149	56,113	446,262
Fund balances at 31 March 2023		356,819	28,232	385,051	411,669	13,007	424,676

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

KINGSCARE LEAGUE OF FRIENDS

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	**15**		11,292		16,573
Investments	**16**		32,194		33,540
			43,486		50,113
Current assets					
Debtors	**17**	1,977		3,934	
Cash at bank and in hand		352,538		382,837	
		354,515		386,771	
Creditors: amounts falling due within one year	**18**	(12,950)		(12,208)	
Net current assets			341,565		374,563
Total assets less current liabilities			385,051		424,676
Income funds					
Restricted funds	**20**		28,232		13,007
Unrestricted funds					
Designated funds		303,307		335,741	
General unrestricted funds		53,512		75,928	
			356,819		411,669
			385,051		424,676

The financial statements were approved by the Trustees on 21/8/2023

P. Millichap

Mr P Millichap
Trustee

1 Accounting policies

Charity information

Kingscare League of Friends is a charitable incorporated organisation, set up by an Order of the Charity Commissioners on 10 July 2017 and is a registered charity with the number 1174450 (England and Wales).

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charities Act 2011 and the 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Kingscare League of Friends meets the definition of a public benefit entity under FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business.

1 **Accounting policies** **(Continued)**

1.5 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 settlement will be required, and
- the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis.

All expenses, including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	20% Straight Line
Motor vehicles	10% Straight Line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1 **Accounting policies** **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	17,838	-	17,838	14,070	-	14,070
Legacies receivable	39,208	-	39,208	94,890	-	94,890
Grants receivable	-	160,013	160,013	-	91,129	91,129
Membership fees	6,223	-	6,223	469	-	469
	63,269	160,013	223,282	109,429	91,129	200,558
Grants receivable for core activities						
Other Grants	-	160,013	160,013	-	91,129	91,129
	-	160,013	160,013	-	91,129	91,129

4 Charitable activities

	Minibus	Patients transport	Catering	Exercise	Projects	Newton Abbot Groups	Dementia Support	Social Reading	Benefits Advice	Do It for Deaks	Hampers	Total 2023	Total 2022
	£	£	£	£	£	£						£	£
Sales within charitable activities	450	4,200	8,473	1,958	34,972	529	4,500	-	300	436	700	60,733	48,470
Analysis by fund													
Unrestricted funds	450	4,200	-	1,958	34,972	529	4,500	-	300	-	-	49,329	
Restricted funds	-	-	8,473	-	-	-	-	-	-	436	700	11,404	
	450	4,200	8,473	1,958	34,972	529	4,500	-	300	436	700	60,733	
For the year ended 31 March 2022													
Unrestricted funds	7,534	14,246	4,104	10,950	13,758	3,663	-	628	5,521	-	-		41,522
Restricted funds	-	-	-	-	-	-	450		-	9,795	-		6,948
	7,534	14,246	4,104	10,950	13,758	3,663	450	628	5,521	9,795	-		48,470

5 Other trading activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Fundraising events	6,667	6,700
The Hub Shop income	12,710	13,592
Other trading activities	19,377	20,292

6 Investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Interest receivable	613	1,540

7 Other income

	Total Unrestricted funds 2023 £	Total Unrestricted funds 2022 £
Other income	-	3,411

8 Charitable activities

	2023	2022
	£	£
Staff costs	252,478	197,436
Depreciation and impairment	5,281	5,281
Minibus and mobility vehicle	9,668	7,288
Patients transport	5,486	4,552
Catering	39	-
Exercise	27,037	14,552
Establishment costs	24,502	19,326
Donations	8,159	17,707
Sorting Office Project	418	562
Projects	-	761
Newton Abbot groups	342	254
Legal and professional fees	1,656	1,536
Training	971	300
Bank Charges	508	734
Fundraising events	343	29
Other charitable expenditure	(1,864)	17,566
	335,024	287,884
	335,024	287,884
Analysis by fund		
Unrestricted funds	178,832	
Restricted funds	156,192	
	335,024	
For the year ended 31 March 2022		
Unrestricted funds		146,701
Restricted funds		141,183
		287,884

9 Support costs

	Governance costs	2023	Governance costs	2022
	£	£	£	£
Accountancy	660	660	660	660
Legal and professional	996	996	936	936
	1,656	1,656	1,596	1,596
Analysed between				
Charitable activities	1,656	1,656	1,596	1,596

Accountancy consists of payments to the independent examiner of £660 (2022: £660).

10 Trustees

During the year Trustees received reimbursement of charity expenses incurred personally to the sum of £1,054 (2022: £1,857).

During the year the trustees donated funds without conditions totalling £111 (2022: £876) and paid memberships totalling £Nil (2021: £Nil).

11 Employees

Number of employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Manager	1	1
Deputy manager	1	1
Transport co-ordinator	2	2
Mental health support worker	2	2
Hospital discharge and carer support worker	1	1
Health and well being co-ordinators	3	3
Kerswella manager	-	1
Dementia support workers	4	2
Fundraiser and Project manager	1	-
	15	13

Employment costs	2023 £	2022 £
Wages and salaries	241,256	188,253
Other pension costs	11,222	9,183
	252,478	197,436

There were no employees who received total employee benefits (excluding employer pension costs) of more than £60,000.

There were no employees whose annual remuneration was £60,000 or more.

12 Other

	2023 £	2022 £
The Hub Shop expenses	7,259	9,022
	7,259	9,022

13 Net gains/(losses) on investments

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Revaluation of investments	(1,347)	1,049

14 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxationof Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

15 Tangible fixed assets

	Fixtures and fittings	Motor vehicles	Total
	£	**£**	**£**
Cost			
At 1 April 2022	7,415	100,302	107,717
At 31 March 2023	7,415	100,302	107,717
Depreciation and impairment			
At 1 April 2022	7,415	83,729	91,144
Depreciation charged in the year	-	5,281	5,281
At 31 March 2023	7,415	89,010	96,425
Carrying amount			
At 31 March 2023	-	11,292	11,292
At 31 March 2022	-	16,573	16,573

16 Fixed asset investments

	2022
	£
Cost or valuation	
At 1 April 2022	33,540
Valuation changes	(1,346)
At 31 March 2023	32,194
Carrying amount	
At 31 March 2023	32,194
At 31 March 2022	33,540

16 Fixed asset investments (Continued)

17 Debtors

	2023	2022
Amounts falling due within one year:	£	£
Prepayments and accrued income	1,977	3,934

18 Creditors: amounts falling due within one year

	Notes	2023	2022
		£	£
Other taxation and social security		3,952	2,907
Deferred income	19	5,274	5,713
Other creditors		245	702
Accruals		3,479	2,886
		12,950	12,208

19 Deferred income

	2023	2022
	£	£
Other deferred income	5,274	5,713
Current liabilities	5,274	5,713
	5,274	5,713

20 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds		
	Balance at 1 April 2022	Incoming resources	Resources expended	Balance at 31 March 2023
	£	£	£	£
Mini Bus	8,730	-	(3,614)	5,116
Mini Bus 2	4,277	-	(600)	3,677
New Vehicle	-	5,000	-	5,000
Rapid Response, Riverside	-	33,450	(33,450)	-
Award for all, National Lottery	-	10,000	-	10,000
CVS Projects	-	104,244	(104,244)	-
Memory Cafe Support - Asda Green Tickets	-	400	(400)	-
Devon Growing Communities Fund	-	1,000	-	1,000
Cost of Living Crisis	-	9,890	(6,451)	3,439
Warm project - Beryl Austin	-	300	(300)	-
Teignbridge DC - Mental Health Peer Support	-	7,133	(7,133)	-
	13,007	171,417	(156,192)	28,232

21 Analysis of net assets between funds

	Unrestricted 2023	Restricted 2023	Total 2023	Unrestricted 2022	Restricted 2022	Total 2022
	£	£	£	£	£	£
Fund balances at 31 March 2023 are represented by:						
Tangible assets	2,499	8,793	11,292	3,566	13,007	16,573
Investments	32,194	-	32,194	33,540	-	33,540
Current assets/(liabilities)	322,126	19,439	341,565	374,563	-	374,563
	356,819	28,232	385,051	411,669	13,007	424,676

22 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2023	2022
	£	£
Total Remuneration	65,055	67,465

Kerswella Care
Registered Charity 1199459

For help when it's needed across our communities

Kerswella Care
Statement for the Annual Report of KingsCare League of Friends for 2022/23

1. The organisation:

Kerswella Care is a voluntary patient support group based at the Kingskerswell Health Centre since 2017 and responsible to it for providing a range of well-being and support services to socially isolated, vulnerable and elderly residents. The group covers the Kingskerswell, Abbotskerswell, Ipplepen & Coffinswell communities through the Kingskerswell & Ipplepen Medical Practice in the Teignbridge area of South Devon.

Kerswella activities and projects continue to be managed through a local Co-ordinator, Gill Gould, and her assistant, Sally Collier, with both ably supported by a group of volunteers in a committee and a link trustee to KingsCare. The Co-ordinator and her Assistant work alongside existing groups to develop relationships with local communities.

In the spring 2022, it was agreed that the time was right for Kerswella Care to seek approval from the Charity Commission to become a charity incorporated organisation (CIO) and therefore an independent stand-alone body. In part, this was because we had reached a stage in our development where CIO status for us would allow that to continue at another level and would provide the opportunity to seek funding available to larger organisations. It was also the natural outcome of the work that the Lottery had helped to fund in recent years.

The submission to the Charity Commission was approved in June 2022. From that date, Kerswella Care has been managed by a board of trustees with oversight from KingsCare League of Friends gradually reducing as the trustees put their own policies and procedures in place to make sure that Kerswella continued as a going-concern. KingsCare's responsibilities will formally cease on 31st March 2023. Our partnership and collaboration with KingsCare will continue to be important and we expect to work together for the benefit of our communities residents by pooling expertise and sharing resources. We will also work closely with other local organisations.

In line with this new independence, local fundraising is important as the trustees develop plans to ensure that Kerswella not only continues to offer services to the residents of Kingskerswell, but that we seek to equalise that offer across all of the communities that we serve. At the same time we are mindful of the importance of our local response to health initiatives and work closely with Kingskerswell & Ipplepen Medical Practice to help improve outcomes for patients.

2. Kerswella Care's Object:

As set out in our constitution as approved by the Charity Commission, the object of the CIO is:
The advancement of health by:

a) co-operation with local doctors' surgeries and other health services

b) the prevention and relief of sickness, disease or human suffering

c) the promotion of healthy lifestyles

in the TQ12 postcode area of South Devon.

3. Kerswella Care purpose:

The Object is best expressed through our aims. These underpin all our work:

- to improve the quality of life and well-being of those in need in our communities by providing services that:
  - empower and support people to lead healthier lives,
  - improve access to local activities that will enhance residents' well-being, social inclusion and social connections based on their needs,
  - give opportunity to establish and broaden social networks. **A significant aim is to reduce loneliness within a population that includes 30% who are over 60 with 35% of those living alone,**
  - help our communities to claim their rightful benefits to promote financial security,
  - provide a voice for those affected by poor health & well-being,
  - alleviate unmet needs within the communities and provide support to deliver change.

- to provide voluntary sector support to KIMP to patients identified with more complex needs including home support, befriending, carer support, shopping, transport to medical/social activities and prescription delivery, as well as signposting and working in partnership and collaboration with others where this is more effective.

4. How these aims are achieved:

Kerswella has access to and has set up a wide range of support services and activities all aimed at improving the quality of life of those in need within our community. To this end, Kerswella works hard at encouraging people in need to take stock of their lives and introduce them to the appropriate social connections to prevent or reduce their feelings of loneliness. We work across local agencies and volunteer groups to access expertise and help as needed - Kerswella Care is also able to access the services and work alongside the Newton Abbot Locality Wellbeing Co-ordinators who are employed in that area by KingsCare. Since the pandemic, Kerswella has looked at areas where it might focus its services with this being guided by the following statement:

a) Fundraising to increase reserves towards covering operating costs (we expect that specific activities and projects will become self-funding through grants and awards).

b) Source specific funding for post-Covid work particularly for mental health, wellbeing and befriending.

c) Work in partnership and collaboration across the health centre to target funding opportunities and then to

to ensure the best outcomes for residents from grant awards.

d) Seek additional volunteers to help maintain our support for:
- residents' wider needs arising from Covid
- existing and new activities and projects
- our communities outside Kingskerswell.

e) Ensure that Kerswella maintains its stake in the community shed project and that residents are aware and benefit from the range of activities and projects planned there.

f) Take stock of achievements and seek guidance from local health professionals and others on community needs and how Kerswella is best placed to help with meeting them through new activities and projects.

g) Be mindful of wider health priorities and seek advice on the action that Kerswella can take to complement the work of local health professionals as a voluntary organisation.

5. Activities and projects in 2022/23:

In this year, all our activities and projects were fully re-opened following lifting of the pandemic restrictions. We were able to welcome new residents to the Memory Café, Lunch Club and particularly our coffee mornings. Towards the end of year we noticed a definite increase in attendance as confidence returned about everyone meeting in larger groups. Alongside our main activities we continued with many of our support services – shopping, prescription collection and helping residents with a wide range of miscellaneous tasks as they arose. Throughout, we also maintained important contact with residents via our befriending support.

We also continued to support the Memory Café in Ipplepen. In the summer we were successful in our bid to the Lottery for 'Awards for All' grant to help towards levelling up our service offer across our communities and Ipplepen in particular including the Memory Café and other activities. As a result, in January 2023 we received grant support from Devon County Council from their 'Growing Communities' initiative and this was used to support the Ipplepen Memory Café. Another Devon grant was received from their 'Connecting You' budget towards a project intended to tackle loneliness with travel with emphasis on transport for medical and well-being appointments and trips/visits in Ipplepen. This was on-going at the year end year.

Back in In Kingskerswell, our Tuesday at the café in the playing field pavilion continues to be a very popular meeting venue for all - and a gathering point for the many regulars! Income received is ploughed back into our activities and projects. Transport to medical and well-being appointments was buoyant throughout the year. With the NHS focussing its transport services on those patients with the most significant mobility issues, it is important that our transport service continues to be available. Statistics supplied to the Devon Car Forum underline the help we have given to residents – involving xx journeys during the year. We have added to that by restarting our trips

and visits. Residents were able to enjoy outings to the Smugglers' Inn and Ullacombe Farm for lunch and this was followed at Christmas with a visit to the Babbacombe Theatre for their panto. Again we received some funding to help with costs. Thanks to all our terrific volunteers without whom it would be very difficult to run what we do. If you would like to volunteer, please do contact either Gill or Sally. Planning has started for 2023/24 visits so please look out for publicity on these events if you are interested in taking part. Planning is also in hand for our raffle to celebrate the King's Coronation in May 2023. At the end of the year arrangements were made for the distribution of the raffle tickets.

There are two initiatives from 2021/22 that were not progressed in 2022/23. Firstly, and following its evaluation at the start of the year, it was decided not go ahead with the acquisition of an ICT interactive sensory system which it was hoped would have particular application for the Memory Café. Instead, we shall continue to offer a wide range of activities to suit the needs of all those who attend. Members enjoyed 'Singing for the Brain' amongst many visiting groups. Secondly, KingsCare League of Friends decided not to continue with the 'Sorting Office' project involving the adaptation of the former Post Office building in the Market Square in Newton Abbot. Instead there will a series of 'pop up' arrangements for all the various activities that were planned there including a repair café and there will be opportunities to link with other groups who are developing similar activities and these are being explored.

We are grateful to funding for:

- Lunch Club – from Western Power from their 'Community Matters' programme
- Memory Café and befriending work – from the Co-op Local Community Fund
- Coffee morning – from Asda towards the costs of our cream tea event to mark the restart in the summer 2022.
- Charity costs – from Devon County Council to help with set up costs in our new status.

We continue to use our Charity Log system to help us track residents needs particularly those that we have supported and also to assist those with whom we had no previous relationship. We continue to keep in touch with our wider community through social media (particularly after our activities) and regular newsletters. At the year end, work was in hand to update our website.

All these activities and projects have informed our learning as a group and helped us to consider new ways of reaching and supporting residents often drawing on the similar experiences of other local voluntary groups. This is now important as Kerswella moves forward with its development through CIO status.

6. <u>Governance:</u>

a) **Trustees** - Kingsley Matthews has continued in his role as the Link Trustee link between Kerswella Care and KingsCare. The KingsCare Trustees generally meet monthly and it is the role of the Link Trustee to report on activities undertaken by Kerswella and seek approval to those where KingsCare have the responsibility. Now

KINGSCARE LEAGUE OF FRIENDS

England & Wales - Charity number 1174450

Accounts

KingsCare

League of Friends

Annual Report and Accounts 2021/2022

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Trustee Statement

The Trustees have worked to ensure that the activities of KingsCare League of Friends are always governed by the Aim of the charity which is, with the help of volunteers, to improve the quality of life of those in need within the wider community. All Trustees give of their time on a voluntary basis and none have claimed any recompense for any action associated with their role of trustee during the year.

The trustees who were re-appointed at the AGM were:

Mr Phil Millichap – Chair

Mr Graham Wickham – Vice-Chair

Mr Rupert Holliday – Treasurer

Dr Mark Clarvis

Mr Nicholas Biggs

Mr David Rollason

Dr William Farrar

Mr Keith Smith

Mr Kingsley Matthews

Mr Peter Stevens

Mr Ken Dainton resigned from the Board of Trustees at the AGM on 29th November 2021.

Under the direction of the trustees we have worked throughout the year to ensure that the Key Activity Indicators are reviewed and updated at regular intervals.

Chair's Report

The COVID-19 pandemic has affected everyone in our community in some way and unfortunately its impact will be felt for many years. We have had the direct health impacts as well as the disruption to health and social services. People are more likely to feel lonely, especially those living alone or who are unwell. Mental Health and Wellbeing has been negatively impacted. People are more depressed, anxious and afraid because of lockdown, family concerns and bereavement. KingsCare's services have never been more needed locally. We supported well in excess of 2,000 individuals, ran more than 200 group sessions and made 3,000 trips for our community. This would not have been possible without our volunteers, staff and funders – thank you all for doing your bit to help locally.

The year has felt a bit like the morning after the night before, but all of our activities at some stage in the year re-started along with some new ones – please take the time to read the report you will be amazed by the depth and breadth of activities / support we have given. From Carers Groups, Memory Cafes, Anxiety Cafes, Allotments, walking and swimming groups (in the pool and in the sea) it's been a busy successful year.

As the need has remained with the NHS overwhelmed and with the Lottery funding now ended, funding for the charity is a major concern. The charity has grown hugely assisted by Lottery support which has been fantastic news for the community. We now need to find ongoing funding for this much larger charity moving forward. Funding streams at the moment are transient and the funding environment is significantly more fragmented and difficult than 5 years ago. We have benefited from some incredibly generous legacies in the last few years which have helped hugely. These are firm evidence that our efforts are really appreciated in the community.

KingsCare and Kerswella Care are amazing organisations doing wonderful things in their communities. There are so many acts of kindness and support given. This would not be possible without Maggie, our dedicated staff and lovely volunteers – on behalf of the Trustees a huge thanks to you all!

Manager's Report

We started the year with optimism that the pandemic was on its way out and we could begin to plan for the restarting of activities by the Summer. However, we also acknowledged the need for the continuation of homeworking so invested in some detailed training on the use of our data collection system, CareLink.

In April we were given a short term grant through the Wellbeing Partnership to build a database of Approved Service Providers whom we can recommend to support people in need of a wide range of services from hairdressers to electricians, care agencies to gardeners. Each service provider has to sign a customer charter and we regularly check with customers on the service provided to ensure that it is of good quality.

The first of our group activities started in May with a face-to-face Carers' Group and a standing Tai chi class. We were awarded the Teignbridge CVS Quality Assurance Mark for the second time.

By June we had restarted our Monday walking group under the leadership of Graham Warren and Rosemary Newman was allowed back into Newton Abbot Hospital for the first time for 15 months so that she could visit the patients in person to ascertain how best to help them on their discharge home.

We submitted our final return to the Lottery after 5½ years. It felt very odd to not have the Lottery behind us any more! However, their generous support over all that time did enable us to do all that we promised in the original Reaching Communities bid and more. The work we now do throughout Newton Abbot wouldn't have been possible without it and the number of people we have helped there over the years is very considerable.

In July we took over an overgrown allotment in the middle of Kingsteignton and started on the mammoth task of clearing it. The plan is to make it into a quiet space containing raised beds, seating, plants that attract insects and plants that give off a pleasant aroma. It will be somewhere to go and potter in the greenhouse, tend the garden and generally relax. As it is hidden among a group of houses we are not aiming at encouraging large groups of people to engage in the project as we have to be sensitive to the neighbours but we are hoping that it will become a natural haven for just a few local people who will benefit from connecting with nature in a central town location. A huge vote of thanks is due to Darrin of Sibelco who got a small gang of his workforce together to do the initial clearance and has done a great job in moving the soil and rocks around so that we can make sense of the plot. An equally large vote of thanks also goes to Billy whose local connections and hard work are turning this wasteland into something special.

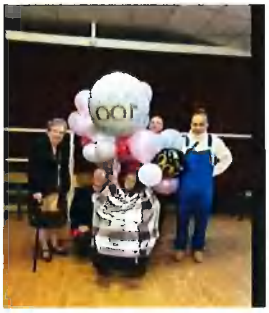
Kingsteignton Town Council once again supported our summer swimming sessions at Kingsteignton Pool. Due to Covid restrictions swimmers were not allowed either to shower

or to socialise after the swim but the swimmers were so delighted to be able to return after 2 years that the restrictions didn't concern them unduly.

During the Summer the staff started to return to the office with more frequency though, because of the lack of office space, home working continued alongside.

By August we had many of our groups in Newton Abbot up and running again and had re-started singing. Harriers of Newton Abbot found themselves with a vast quantity of teddy bears for which they had no use. We were very fortunate in being able to secure 100 of them to help us with our fundraising over the coming months.

Throughout the pandemic our amazing volunteers did a huge amount of shopping for the housebound. As the months of 2021 went by, the call on this service abated though we will probably maintain a higher number than we ever did pre-pandemic. Similarly the calls for prescription deliveries slowed down.



In September we were able to hold our first Kingsteignton social afternoon, Tea & Chats and were delighted to be able to host a birthday party for Mary Hewitt whose 100th happened to fall on that day.

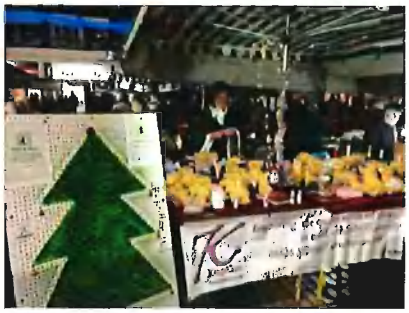
Our much loved minibus trips out and about were sorely missed. One of our regulars decided they hadn't been running because I wouldn't let them! True but I think Covid restrictions were partly to blame as well! However, as the restrictions lessened the trips could be get going again and every Wednesday became trip day.

Also, in September, Chris Wright, the widow of our much loved minibus driver, Alan, was finally able to hold a day of celebration for his life which those who worked with him were proud to be able to enjoy. Some of us were privileged to be invited to a lunch in a hotel in Paignton and a trip down the River Dart in the evening to lay his ashes at the mouth of the river. Very moving.

In October we held our first Lunch Club in Kingsteignton for 19 months. We knew that several of our pre-pandemic regulars had passed away or would otherwise be unable to attend again so the lunch numbers were down at first but, I'm delighted to say, the numbers have grown over the subsequent months. Similarly all the Avenue groups have been rebuilding since our re-opening except for the Writing Group. Unfortunately our excellent tutor, Sarah Hopkins, has been unable to resume her classes but we live in hope that she will be back at some stage.

In December we were able to visit people in their own homes in the company of the Beavers and deliver Christmas hampers, another of our annual events that couldn't happen during the pandemic. Although the children were not able to enter the recipients' houses

as in previous years, it was a dry evening and much chatter went on on the doorstep.



Also in December we had a stall at the Newton Abbot Victorian Evening, another annual event that could not be held during the pandemic. Raffling from a stall mainly made up of our teddy bears, we had a great evening and raised £210. It felt really good to be back taking part in a community event after the months of restrictions that prevented so many such events from happening

Although the partners at Kingsteignton Medical Practice no longer allow the display of posters within the building, they agreed to the erection of an outdoor noticeboard enabling us to advertise our activities to those passing by, many of whom do not routinely log on to social media.

Over the year much work has gone on in the background as we build up the case for the Sorting Office project and all the individual streams of work that KingsCare undertakes. These are all covered below. Meanwhile I wish to thank the Trustees, staff and volunteers who've all worked so hard to help us to maintain and grow our vital work during the last year.

Maggie Bonnell
Manager

Fundraising

Through most of this financial year community fundraising activities were unable to be held as they would have done pre-pandemic. However money was raised for us in various ways and we're extremely grateful to those who organised them for us.

The Sandygate Inn hosted a weekend festival to raise money for our suicide prevention project, #doitfordeaks. It was well attended and, together with other events hosted by the pub, raised £4,720 for the cause.

We were awarded £2,000 from the Teignbridge Covid Hardship Fund which we are investing in a cookbook that will be available in 2022.

Southlands Residential Care Home organised a virtual cycle ride for their residents down the length of the Thames, ending up at pier in Southend. The residents absolutely loved it and raised money for KingsCare along the way.

• Southlands home manager Carol Dyke presents Maggie Bonnell from KingsCare with the cheque with Newton Abbot's deputy mayor Carol Bunday.

Pedal power boosts charity's coffers

TEN days of cycling using foot cycles saw residents from Southlands Care Home in Newton Abbot complete a virtual trip of the River Thames last month and raised over £1,000 for local charity KingsCare.

The team of virtual cyclists, which included included three centenarians, had all been taking their turn to cycle to various locations from the source of the Thames to it's end off Southend Pier in Essex.

Their original target was to virtually cycle 256 miles, however at the finish line Newton Abbot deputy mayor Carol Bunday was pleased to congratulate them t the finish line on actually cycling over 300 miles and showing such great spirit.

Said home manager Carol Dyke: 'We are so proud of our wonderful team of cyclists who embraced the challenge and because so many wanted to take part the target was knocked out of the ballpark.

'Every morning residents were up early to join in the fun of the day and encourage each other to use their hands or feet to cycle to the target location that day.'

'In doing so, and with the sponsorship from relatives and friends of Southlands, we were able to raise £1,232.50 towards the work of KingsCare.'

At the reception, the residents were set their next challenge by Southlands proprietor Andrew Bone.

'We've called it The Wisdom of 2502 Years,' he said.

'The residents have been asked to come up with words of wisdom that they would wish to share with their children, grandchildren, other family members and their friends.

'The challenge runs until mid-June and at the end we will put together everyone's words of wisdom in a booklet to be shared with families and friends.'

In September our Chair Phil Millichap, accompanied by one of our teddy bears, undertook a 19 day walk around the South West Coastpath to celebrate a milestone birthday of his own and to raise funds for our Sorting Office project.

We had several retiring collections and legacies which, together with a string of minor donations from a range of people for a range of reasons, helped boost our funds enormously. We are always taken aback by the generosity of people and always extremely grateful.

The Hub

Every part of our organisation relies heavily on the commitment of our amazing team of volunteers. Never more so than with the work undertaken by our charity shop, the Hub, which is run entirely by volunteers. Because of the poor footfall and lack of parking close by, the volunteers work tirelessly to find other avenues through which to recycle some of the goods donated. This is a very time consuming occupation but it means that we are able to maintain the recycling of a huge number of donations for financial reward with the very minimum ending up at the tip. However, we would love to have the shop open more frequently as customer numbers are up on previous years but we desperately need more volunteers to enable this to happen.

Newton Abbot Groups

Most of our Newton Abbot activities are based at the Avenue Church and this excellent venue continues to meet our needs and offer the facilities our beneficiaries require.

The start of the year was difficult as it coincided with the end of the National Lockdown and the beginning of the roadmap to live with Covid.

It was good to see that despite the unease regarding Covid, people were desperate to meet inside once again. The volunteers worked really hard alongside the Avenue Church to provide a Covid secure environment for our groups.

Drop in games sessions – Monday and Thursday

The Drop-in games groups including table tennis ran twice a week, both started slowly but gained participants fairly quickly once the word got out. Although billed similarly the groups were different in character, Monday being busier often attracting 15 or so; Thursday a quieter session often with different groups of participants and volunteers. Dominoes, Scrabble and Table Tennis were popular throughout. The groups provided valuable mutual support and some respite for Carers too.

Exercise

The exercise group met each Monday and although a smaller group this year, achieved a loyal following. The instructor David Jenkin was able to tailor each session to the needs of individual participants.

Tuesday Craft and Games group

The Tuesday Craft and Coffee group was rebranded as a Craft and Games group to reflect the need of the participants.

Again, the group grew well over the year from the Covid wary restart. Most importantly It was lovely to witness the interactions between all the participants and the support mutually given.

Time for You carers support group

This group led by Rosemary Newman had operated via zoom during the previous lockdown so it was with a huge sigh of relief that the group was able to restart physically. There is no substitute for a face-to-face meeting with other carers and supportive professionals. Carers Week was appropriately recognised with a special day event which was well supported.

Memory Café

The Memory Café started again after a 16 month break due to Covid restrictions. The numbers attending have quickly increased from 14-20 regular attendees and are rising. Over the year the participants have taken part in a wide range of reminiscence activities and quizzes to help provide cognitive stimulation. There has also been a range of outside speakers, entertainers and a therapy dog visiting the Café to help bring variety to the proceedings.

Gardening

The weekly sessions at the Coach Road allotment space on Thursday afternoons supported participants with memory problems to grow fruits and vegetables which they have been able to take home for the table. Although small in terms of beneficiaries the volunteers were very dedicated and some marvellous produce was grown and sold in aid of KingsCare. Unfortunately, as the year came to an end a decision was made to call a halt to these sessions and work on developing a new allotment project in Kingsteignton.

Mini Bus outings

Our Newton Abbot minibus outings were fairly limited during the last year. We were worried about balancing wellbeing with increased covid transmission in enclosed spaces. Those organised included trips to Paignton, Dawlish Warren and a lovely Christmas meal at the Moorland Hotel, Haytor.

Once again, our volunteers facilitated Bank Holiday opening which was much needed to maintain continuity and reduce isolation for long stretches of time.

We would once again like to extend our thanks and admiration to our social volunteer group in Newton Abbot who have managed successfully to rebuild our activities following the Covid Lockdowns.

Thank you all

David Clifford
Assistant Manager

Table showing number of sessions and attendances April 1st 2021- March 31st 2022 Newton Abbot Groups

Activity	Sessions	Client/attendances	Unique Clients	Duration of activity	Volunteer attendances
Monday drop in	49	485	35	98 hours	304
Craft and Coffee	42	275	28	84 hours	194
Thursday Drop in	43	310	26	86 hours	250
Exercise	41	254	14	37 hours	0
Mini Bus Outings	11	111	25	60 hours	22
Time for You	12	69	14	25 hours	29
Memory Cafe	10	142	39	17.5 hours	29
HOPE (Avenue)	8	26	9	16 hours	0
Total	216	1888	190	423.5	828

Wellbeing Report

Over the last year the Wellbeing Team has continued to make a positive impact to local people in need of support, providing help when the stresses of life have impacted their wellbeing.

Our support continued throughout. We provided shopping, prescription deliveries, befriending both in person and on the phone and signposting to relevant activities and organisations. This included running two HOPE Courses at The Avenue Church supporting clients who were affected by lockdown and needing the support of face-to-face communication and interaction they had so longed for and missed.

Quotes from our wellbeing clients

"Thank you for helping my mum get the support she so desperately needed; it has made such a difference to her life and I can't thank you enough."

"You have given me the support I need to have the confidence to change my life and make a difference"

"I didn't know where to start when trying to find help but now I don't feel on my own and I feel supported."

"You listened and that's what I needed. It might be simple but it changed how I felt and that is a BIG thing for me."

"You came along at the right time in my life and saved me!"

POW-WOW

During Covid we launched in partnership with Connected Communities a new telephone befriending service called POW-WOW helping to connect others by talking about local interests to combat isolation and loneliness.

Wellbeing Posters and Leaflets

Due to the impact of COVID and the lack of people visiting G.P. surgeries - it was harder to reach out to local people about our wellbeing service and the support we offered. At the beginning of the year, we decided to promote the wellbeing programme using posters and leaflets and have since distributed them in the local community.

Wellbeing Case Study

Wellbeing referral - to help a client with social activities, home help, advice and source a washing machine and cooker. He'd recently had a stroke which had affected his memory and confidence and he was very untrusting of people.

Following a couple home visits, I arranged a LEAP referral to help him with his bills and cooker grant. The gentleman from LEAP conducted a home visit and was shocked and distressed at the condition of his very cluttered and unkempt home. My client told me he wanted me 'to see him as the person he was and not for the way he lives.' It came to light that he had been hoarding since the death of his Mother 5 years ago. He felt life had become unmanageable and he didn't know where to start. When I asked what was most important to him he said 'I want a fresh start.'

Intervention

- Contacted G.P regarding his low mood and welfare
- Care Direct referral for a care assessment
- Contacted Teign Housing for housing maintenance
- LEAP referral - which helped with energy arrears and agreed to supply a cooker when the accommodation was deep cleaned

• Arranging a free home fire safety visit

• Liaised with SAFFA to secure two grants worth £1700 which paid for a three day deep clean of his home.

• Social worker involvement which resulted in a referral to Reaching for Independence.

Outcomes

- Client is feeling happier about his home situation and being supported by his G.P.
- Client received a three day deep house clean - all paid.
- Teign Housing to supply a new kitchen and bathroom
- LEAP - changed energy suppliers and helped with arrears

Conclusion – The client feels much happier being at home and this has made a positive impact on his mental health and wellbeing. The changes implemented were the 'fresh start' he needed, opening up a lot of new positive opportunities for him. He now feels he can have people in his home and receive the support he so desperately needed. 'Reaching for Independence' are now working to enable him to learn techniques to ensure he can keep on top of his household chores and prevent his home becoming cluttered.

Sharon Venning
Wellbeing Lead

Mental Health

The pandemic has impacted us all in different ways and, as we try to return to a new 'normal', the need for effective mental health support appears more in demand than ever.

Maggie Cleverly and I continue to offer one-to-one time limited support to the community and we have, unsurprisingly, seen an increase in the number of referrals and have formed a small waiting list. Unfortunately, the NHS services are overwhelmed and waiting lists can be long. The positive aspect to this is that many of the people we work with have benefitted from our support and we feel confident that intervening early helps people to recover quickly without the need for additional services.

We are really happy to have been able to restart the Mental Health Carers Group face-to - face, and facilitated by Maggie who is a Carer herself and understands the challenges her group face. Carers of a loved one who struggles with poor mental health can find themselves feeling very isolated, particularly over the past 2 years, and this group is a valuable resource for them.

We have enjoyed collaborating with other fantastic organizations on projects over the past year. We were able to provide a 'HOPE' course for Women's Wellbeing, with the participants referred from Wellbeing in Action and the course held on their premises.

We have also co-facilitated Newton Abbots first 'Anxiety Café' with Recovery Devon. This is a 6-week group formed to support our local Social Prescribers who identified that anxiety was present in many of their patients. We use the time to explore and understand anxiety and share coping strategies. The main success from this group was the ongoing peer support and they continue to meet independently and have formed close friendships. Many have seen a big improvement in their overall anxiety and how it impacts their life. A huge thank you is due to the CVS for their input and for securing funding to enable these groups to run.

#DoitforDeaks continues to be a well utilized project with a steady number of self-referrals for our signposting sessions. We find most of the people we work with have been recommended by a friend so we know we're making a positive difference in our community. We are incredibly grateful for ongoing community support to keep this project running. The Rotary Club of Newton Abbot have continued to fund free counselling sessions for The Dartmoor Centre of Counselling which has been an invaluable resource for us and we were very lucky to have been chosen by The Sandygate Inn as their charity of the year. The Sandygate did several fundraising events such as a Pug Party and a Bikers Night, but the icing on the cake was the fantastic music event held in August. All together they donated nearly £5,000 to #DoitforDeaks, amazing!

Another fun event we organized was a sea swimming taster session. Sea swimming is proven to have many health benefits, including improving mental health symptoms such as anxiety and low mood. This took place in February which is the coldest month in the sea! 28 people braved the elements and their feedback was really positive, with many joining 'Healthscape' to continue swimming on a regular basis.

As we are keen to always add to our skill set, I have now completed a course which will allow me to facilitate Connect 5 courses. This is a great course designed to help volunteers and professionals have more confident conversations around mental health, whilst also reflecting on their own wellbeing. I really enjoyed the training and look forward to offering this course locally over the next few months.

As always, it has been a really busy year for our small team, and we don't expect to slow down anytime soon!

Briony Enright
Mental Health Support Worker

Dementia Service

Dementia Activities

It was another interesting year for the Dementia service as the Covid risks subsided and the restrictions on people meeting together came to an end.

One-to-one wellbeing interventions for people with dementia living in the community became possible again after a long hiatus. A recent example of work undertaken is that of a person recently diagnosed with dementia who has been supported in gaining confidence in using buses and developing new interests to support his mood and wellbeing.

During the first half of the year the Newton Abbot Memory Café was still unable to meet due to Covid restrictions but in July the Café started again after a break of 16 months. Initially the Café had reduced numbers attending to manage the Covid risk but by the end of the year the Café was in full swing again with attendance figures back to pre-pandemic levels.

Recent positive feedback about the Café came from the husband of a client who attends every month. He reported that his wife 'is a different woman' after attending the Café and that her mood lifts and she is more animated and interested in things.

Looking to the future there are plans to start another Memory Café within Newton Abbot as it is clear there is a keen demand for this kind of intervention and the opportunity it provides for peer support.

The Dementia Carer Support Group continued to be held virtually for the first half of the year due to Covid restrictions but this is now meeting face-to-face once again with the cared for person taking part in an Activity Group in a separate room. Numbers have picked up quickly post Covid with Carers reporting that it is great to be able to get face to face support once again after months of isolation during the various lockdowns.

Our walking group for people concerned about their memory or with a formal diagnosis of dementia finally started in May of this year. This group provides people with the opportunity to participate in an easy grade walk with a focus on the local history and nature encountered on the route together with the camaraderie of walking together. The group has been popular in the Spring and Summer months with a small group continuing to walk over the Winter months.

David Garland
Dementia Activities Coordinator

Dementia Carers' Support

The number of referrals to KingsCare requesting support for dementia Carers has steadily increased throughout the year.

In contrast to previous years the referrals tend to be for Carers caring for a loved one with more moderate to late-stage dementia. This may be because people living with dementia have had delayed access to a diagnosis during the pandemic.

For the first five months of the year dementia Carers' meetings continued to be held virtually. This was well received, with some Carers finding it more convenient to attend virtually rather than travelling to a venue. In addition, these virtual meetings enabled those who had not previously been able to attend face-to-face meetings to access valuable peer support.

By September we were able to meet face-to-face and, to allow Carers to attend, an activity group was simultaneously offered for those they care for. Holding the groups in separate rooms enabled Carers to speak freely about any concerns they may have and to receive peer support.

In June the Newton Abbot Memory Café re-opened. My role is to support regular Carers who attend and to welcome new Carers, offering to visit them at home to provide support, information, and to signpost to other organisations. Visiting Carers in their home environment, sometimes with their cared-for joining the conversation, gives a good insight into any challenges and issues they may have and to discuss opportunities and solutions.

For three months over the summer, I also attended the Kerswella Memory Café, again to support Carers and arrange home visits.

In September a 'Music for Memories' session was arranged on a Saturday afternoon by the Teignbridge Dementia Action Alliance in St Paul's Church in the centre of Newton Abbot. Carers brought the person they care for and reported afterwards the difference it made to their loved one. Everyone went home with a smile on their face, humming their favourite tune.

Later in the Autumn I ran a HOPE course with one of our Wellbeing Co-ordinators. The attendees were all dementia Carers whose loved one had recently moved into residential care on a long-term basis. The course lasted six weeks and we received very positive feedback.

Jackie Milan
Dementia Carers Support Worker

Transport

I started my journey (both literally and figuratively) with KingsCare on 1st August. To say the time has flown by would be an understatement. In August we were still, slowly, moving out of the various forms of lockdown. I believe the figures reflect this change of circumstances. In the first quarter of the year (April, May, June 2021) our total passenger journeys were 458. By the last quarter this figure had risen to 1216. These totals are included with others at the end of this report, with separate figures for delivery of prescriptions or shopping. I have moved all the vehicles except the taxi onto a new fleet insurance policy. This was sourced through a local broker, Binfield Insurance, based in Teignmouth. The premium was competitive, and they answer the phone if you need to speak to them!

Probably the biggest issue that needs addressing urgently concerns the amount of volunteer drivers and their availability. At the present time we have a pool of a dozen drivers. Unfortunately, at any one time at least half of these drivers are unavailable for various reasons. Other factors such as individuals unable to help wheelchair users or people with limited mobility means it can sometimes prove very difficult to fulfil requests.

To conclude

Requests for transport have increased greatly over the last year. Looking ahead our priorities are twofold. Firstly, we need to consider a recruitment drive for new drivers. Secondly, we need to look at the contributions we receive. Whilst most people willingly give the amount suggested, if not more, there is a small minority who give less or sometimes nothing towards the cost of a trip. We currently have a list of suggested donations to various locations. In light of the rises in fuel costs etc I believe these figures need to be re visited. Maybe an option would be to ask for a minimum donation for any trip, however long or short?

TOTAL PASSENGER JOURNEYS – 2984

TOTAL MILEAGE – 15,647

TOTAL PRESCRIPTION JOURNEYS – 318

Andy Gould
Transport Coordinator

Hospital Discharge

Covid continued to have a significant impact on the way we delivered the Home from Hospital service. The wards were closed periodically due to patients and/or staff testing positive for Covid. We needed to rely on referrals from the discharge team to support patients once they were discharged home from hospital.
There were requests for befriending, shopping, furniture moving to accommodate hospital beds and equipment (eg: commodes and hoisting equipment), housing issues, Carer support, welfare benefits; referrals to organisations such as Splitz to support with domestic violence/abuse; referrals to local voluntary services and local statutory services, transport requests, food parcels.
We work well with other voluntary sector organisations, GP surgeries, Care Direct, Devon Carers, Torbay Carers, Citizens Advice.
We delivered Christmas hampers kindly donated by Newton Abbot Rugby Club to those in need. This surprise delivery was very gratefully received by our clients.

A Typical Case Study and the issues raised

A 94 year old male patient, the Carer for his wife aged 84, was admitted to hospital following a stroke.

Intervention

- The gentleman was discharged from hospital with no follow up care as it was deemed he was recovering well. A family member called the KingsCare office as she was very concerned about the patient not having any follow up support. I suggested to the family to ring the ward and to let them know about the concerns of the discharge. The patient had looked well on discharge but, once home and needing to manage his personal care, medication etc he was soon exhausted and felt unwell. The Neuro team said they would visit. They visited and put some aids in place.
- In the meantime, while waiting for Neuro team to visit (they had called to cancel as someone was unwell), I visited with the family to assess. The patient showed me how he felt he had improved but had difficulty with balance and his dominant hand had been affected.
- We discussed the issues at hand eg neither he nor his wife was able to use the bath or shower. We discussed applying for a Disabled Facilities Grant and I agreed to make a referral to Care Direct Plus once the situation had settled. There were too many people involved in visiting them at that time for them to welcome anyone else
- We discussed the importance of a personal alarm as the patient liked to spend time in the garden and his wife has hearing difficulties. They agreed for me to arrange this and I visited with the engineer to support at the installation.
- We agreed that we needed for the wife to arrange for a hearing test.
- We discussed their ability to do the housework while recuperating and arranged for Assist Teignbridge to set up cleaning/ home help sessions. These started shortly after

and were designed not to take away their independence but enhance it until the patient was feeling stronger.

- I completed a welfare benefits check and found both fulfilled the criteria for Attendance Allowance. The forms were ordered from the Department of Works and Pensions and a KingsCare volunteer will arrange a visit to complete them. This will maximize their income to cover the cost of cleaning.
- I gave them a food delivery catalogue for days when he doesn`t feel like cooking
- Finally I made a referral to Devon Carers for Carer support for the daughter in law who has now taken on the caring role for both.

Outcomes

- The patient and family felt they were being supported and have a Package of Care for any queries.
- The personal alarm gives the patient and his family security that, should he have a fall, he could call for help and prevent a' long lie'.
- The cleaning/home help services are in place which helps keep the home clean and also to monitor the situation.
- Carer's support alleviates some of the family stress.
- The patient and his wife are feeling more accepting of support. At first they were reticent as they felt it might take away their independence.
- Claiming benefits will give financial freedom to engage the cleaner, the gardener and the food delivery service.

Carer Support

Each patient referred to us who is a Carer or is the Carer of a patient is given the opportunity to have support from KingsCare. They are told about the service KingsCare can provide for Carers and our general activities or Wellbeing Programme or HOPE or our mental health support, whichever is appropriate. Referrals are also made to Devon Carers.

I also facilitate our ***Time For You*** Carers Support Group each month held at the Avenue Church. This is one of our 3 Carers Support Groups. We have a resident local solicitor who is on hand to talk about any legal issues, eg LPAs, wills, trusts, paying for care, Advance Care Planning etc. We also have other guest speakers to talk about a range of different subjects.

We had a lovely time at Christmas when our group of carers met for lunch at Fermoys Garden Centre who, very generously, gave carers a free drink.

Feedback from carers is that they feel listened to, they can share their stories without the fear of being judged and everyone`s story is different. We have fun and laughter as well as discussing the serious 'stuff'. We learn from each other and from the guest speakers from different areas.

Welfare Benefits Service

This continues to be an exceptionally busy service. We are very grateful to our wonderful volunteers who work so hard to deliver this service in the community. The range of benefits covered by the service include Universal Credit, Personal Independence Payments, Attendance Allowance, Carers Allowance, Pension Credit, housing costs, Council Tax reductions, healthcare costs, benefit mandatory reconsiderations and appeals.

"I am so grateful for Rosemary completing a benefits check for me and my husband and supporting us to claim them. We can now live more comfortably as I was really worried about how I would manage should anything happen to my husband. Being awarded Attendance Allowance, Carers Premium and Pension Credit has taken us off the breadline."

Rosemary Newman
Home from Hospital Coordinator
Benefits Home Visiting Service & Carer Lead

The Sorting Office

Bubbling away in the background of KingsCare's future plans since the Spring of 2019 has been an exciting and far-reaching new project.

The Sorting Office is a bold vision to bring the benefits of practical activities such as woodwork, sewing and knitting, bicycle repair, pottery and furniture upcycling to the centre of Newton Abbot. Chief among those benefits is the opportunity it provides for local people who are at risk of isolation and loneliness to get chatting to others in a very easy, natural way while making or mending – or learning or passing-on a skill.
This is a model that has enjoyed great success over many years in the Men's Sheds movement; it also connects directly with the growing need and desire to re-use and repair rather than discard and repurchase. Having these facilities at hand will also give us the opportunity to run Repair Cafés and a Library of Things, where people can short-term borrow at minimal cost a whole variety of items from garden tools to camping equipment to a bread maker or a power screwdriver.

A scale model of the planned interior

The facilities will also be made available for use by other local groups and organisations to work with their own clients. Already discussions have been held with several groups which exist to support a range of community needs and we have

prepared a presentation to give information to interested parties – https://tinyurl.com/bdh49j23.

A team of KingsCare Trustees and staff, with a parallel group of potential users of the facility from the community, has been working on the huge amount of planning and negotiation needed to breathe new life into the former Post Office building in Market Walk. The intention is to create a Community Shed and Craft Studio, plus a retail space where items made and upcycled in those workshops can be sold to contribute to the running costs and provide the project with a literal and very visible shop window.

In addition, the building has the potential to offer space for confidential conversations and counselling and to be a town-centre base for some KingsCare workers, giving those projects greater presence and relieving some of the pressure on office space at Kingsteignton Medical Practice.

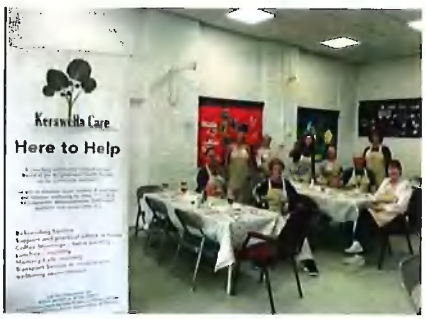
In August we were incredibly fortunate to have a 5-minute video made at no cost by James Reed, a Bristol-based professional videographer and producer who just happens to be Maggie's son-in-law! James gave unstintingly of his expertise, creativity and charm to produce a wonderful result – which can be viewed at https://tinyurl.com/86b67ucr. The purpose of this video is to inform and inspire potential funders and sponsors as well as those who would like to benefit from using the facility.

Big thanks are also due to Sally Stephens who designed our eye-catching and witty graphic identity, and to all the team members who have doggedly stuck with the project during the very protracted negotiations for a lease on the Post Office building. We're not there yet, but we have our sights determinedly set on victory!

Peter Stevens
Trustee

Kerswella Care

1. The organisation:



Kerswella Care is a voluntary patient support group based at the Kingskerswell Health Centre since 2017 and responsible to it for providing a range of well-being and support services to socially isolated, vulnerable and elderly residents. The group covers the Kingskerswell, Abbotskerswell, Ipplepen & Coffinswell communities through the Kingskerswell & Ipplepen Medical Practice in the Teignbridge area of South Devon.

Kerswella activities and projects continue to be managed through a local Co-ordinator, Gill Gould, and her assistant, Sally Collier, with both ably supported by a group of volunteers in a committee and a link Trustee to KingsCare. The Co-ordinator and her assistant work alongside existing groups to develop relationships with local communities.

Because of the impact on charities of the Covid pandemic, the Lottery decided that the Building Communities Fund (BCF) grant through KingsCare League of Friends would be extended to 30th June 2021. However, since then KingsCare has continued to be responsible for meeting Kerswella staff costs and insurances for the range of policies and procedures governing Kerswella's work supplemented by local arrangements. The use of reallocated funding precluded any costs falling to Kerswella until the year end.

Local fundraising is therefore of continuing importance as plans are developed to ensure that Kerswella can remain a going concern without the major input of grant funding, at least for the time being. At the end of the year plans were being drawn up to register Kerswella as an independent charity incorporated organisation (CIO) in its own right although maintaining a partnership with KingsCare and collaborating to ensure best value for both organisations.

2. Kerswella Care aims:

These are important and have remained so throughout the pandemic:

- To improve the quality of life of those in need by providing services that include home support, befriending, Carer support, shopping, transport to medical/social activities and prescription delivery

- To increase the accessibility to local activities that will enhance residents' well-being, social inclusion and social connections. **A significant aim is to reduce loneliness within a population that includes 30% who are over 60 with 35% of those living alone**

- To help identify unmet needs within the communities and provide support to deliver change

3. How these aims are achieved:

Kerswella has access to and has set up a wide range of support services and activities, all aimed at improving the quality of life of those in need within our community. To this end, Kerswella works hard at encouraging people in need to take stock of their lives and

introduce them to the appropriate social connections to prevent or reduce feelings of loneliness. We work across local agencies and volunteer groups to access expertise and help as needed; Kerswella Care is also able to access the services and work alongside the Newton Abbot Locality Wellbeing Co-ordinators who are employed in that area by KingsCare.

4. Activities and projects:

For the first quarter of the year, Kerswella's activities and projects were focussed on alleviating the effects of the Covid pandemic on our most vulnerable residents through the Kingskerswell Coronavirus Crisis Response team. We continued with many of our support services – shopping, prescription collection and help with a wide range of miscellaneous tasks as they arose. Throughout, we also maintained important contact with our Memory Café and Lunch Club groups by means of 'check-in & chat', and the fortnightly residents' 'packs'.

During the second quarter we were able to plan for the restart of our main activities. Three new ones were added:

- support for the Memory Café in Ipplepen who asked for restart help in a new centre whilst the main community hub in the village underwent important refurbishment. KingsCare has provided professional support and Kerswella secured a Lottery grant to ensure that the restart got off to a good start in the Autumn. This was supplemented by a Devon CC grant to help cover costs until the end of the year.

- The Kingskerswell 'Sharing Care' Group asked Kerswella to take over their coffee mornings and these now take place twice a month and continue to be popular. New volunteers have come forward to help and we have a cake baker!

- Using volunteers, we run the café in the Kingskerswell playing fields pavilion one day a week. This has become established as an important and popular local meeting place.

Associated with the Memory Cafe restarts we received grants from Kingskerswell Parish Council, Ipplepen Parish Council and Devon CC for 3 months hire costs for a Motion Activated Interactive system designed by OMi. At the year end it had been used in various locations and will be evaluated in 2022 and a decision made about its future use.

Our Lunch Club continues to be popular and since the restart has attracted a number of new residents. Some of the restart funding was earmarked for a special lunch at Christmas with entertainment provided by a local ukulele duo. Also at Christmas, Kingskerswell Parish Church nominated Kerswella as the recipient of their annual 'Tree of Hope' fundraiser with funds to be used in 2022 to support trips and visits.

Kerswella continues to be heavily involved in providing patient transport for medical appointments to the local surgeries in both Kingskerswell and Ipplepen, to local hospitals in Torquay and Newton Abbot and further afield. We were also able to provide for residents needing to attend local vaccine centres or surgeries to receive their 3rd Covid jab.

At the end of the year the 'Sorting Office' project involving the adaptation of the former Post Office building in the Market Square in Newton Abbot was still at the development stage. Whilst KingsCare are taking the lead in its overall progress, Kerswella has been successful through the Co-op Community Fund in securing some funding to provide resources when work finally gets underway expected in 2022/23.

We keep a track of residents that we have supported and ensure that Kerswella is available to assist those with whom we had no previous relationship. Charity Log is increasingly helping us with record-keeping to facilitate this. We continue to keep in touch with our wider community through social media (particularly after our activities) and regular newsletters.

All these activities and projects have informed our learning as a group and helped us to consider new ways of reaching and supporting residents, often drawing on the similar experiences of other local voluntary groups. This is now important as Kerswella moves forward with its development through CIO status.

5. Governance:

- **Trustees** - Kingsley Matthews has continued in his role as the Link Trustee between Kerswella Care and its Committee and KingsCare. The KingsCare Trustees generally meet monthly and it is the role of the Link Trustee to report on activities undertaken by Kerswella and seek approval to those where KingsCare has the responsibility, particularly in respect of services and activities funded from the BCF Lottery grant. This also includes budget setting and monitoring.

- **Committee** - The Kerswella Committee oversees local operations including fundraising. There are 10 members including the following officers: Chair – Rachel Fleet, Treasurer – Gillian Wright, Secretary – Kingsley Matthews. All were reappointed in November. During the year the Committee met remotely once and five times in person.

- **Annual Accounts 2021/22** – these were approved by the Kerswella Committee at their meeting on 17th May 2022 and are attached. The statement was noted by the KingsCare Trustees at their meeting on 12th May 2022 and, as in previous years, will be included in their Annual Report and statutory returns.

The statements about grant income make reference to the exclusion of the BCF Lottery funding paid to KingsCare as this forms part of KingsCare's accounts.

6. Where we go next:

With Kerswella well-established in the community, we need to meet the challenge of our growth as well as respond to the community's needs in the post-pandemic world. It is anticipated that the Sorting Office project will provide a way of addressing these issues and attract funding and Lottery support. Although Kerswella has grown out of Kingskerswell, we are becoming established amongst Ipplepen residents. The local GP practice covers Kingskerswell and Ipplepen so we must aim to equalise Kerswella support across the two communities. With increasing pressures on statutory services, Kerswella will be needed more than ever to support vulnerable and isolated people and their Carers/families. It is Kerswella's business to make a difference to these groups and help them fulfil their potential, with the key objective of supporting those in a caring role to maintain their individuality.

Kingsley Matthews
Kerswella Link Trustee

Kerswella Care
Balance Sheet - year ending 31/03/22

1 Assets:		
a - Debtors		£0.00
b - Prepaid expenses		£0.00
c - Bank		£51,407.57
d - Cash in hand		£33.42
	Total	£51,440.99
2 Liabilities:		
a - Creditors & accruals		£0.00
b - Deferred income		£0.00
	Total	£0.00
3	Net assets	£51,440.99
4 Represented by:		
a - Reserves b/f		£35,058.68
b - In year reserves		£16,382.31
	Reserves to c/f	£51,440.99
5 Reserves allocated for:		
a - Activities/projects (Restricted Funds)		£23,786.00
b - General use (Unrestricted Funds)		£27,654.99
	Total	£51,440.99

Kerswella Care
Income & Expenditure - year ending 31/03/22

1 Income:		
a - Grants		£14,916.97
b - Donations		£10,199.14
c - Activities		£12,694.66
d - Investments		£0.00
e - Other		£0.00
	Total	£37,810.77
2 Expenditure:		
a - Vehicle & transport costs		£682.70
b - Training & personnel costs		£2,502.82
c - Venue costs		£581.50
d - Catering & refreshment costs		£2,727.71
e - Advertising & publicity		£100.00
f - Supplies & materials for activities		£13,240.59
g - General equipment & resources		£1,593.14
	Total	£21,428.46
	Surplus of income	£16,382.31
3 BCF:		
a - Reimbursements		£1,954.79
b - Locally incurred expenses		£1,954.79
	Reimbursement due at year end	£0.00

Kerswella Care
Activities & projects - year ending 31/03/22

1 Memory Café:		
a - Income		£219.50
b - Expenditure		£83.16
	Net	£136.34
2 Transport & trips:		
a - Income		£2,720.14
b - Expenditure		£682.70
	Net	£2,037.44
3 Lunch Club:		
a - Income		£1,702.59
b - Expenditure		£1,775.00
	Net	-£72.41
4 Coffee mornings:		
a - Income		£2,148.93
b - Expenditure		£760.16
	Net	£1,388.77
5 Other Activities & projects:		
a - Income		£31,019.61
b - Expenditure		£16,434.30
	Net	£14,585.31
6 Local Operations:		
a - Income		£0.00
b - Expenditure		£1,693.14
	Net	-£1,693.14
	Surplus of income	£16,382.31

These accounts are prepared on a cash basis and reconciled to the bank account.

General notes:

(i) As in 2020/21, the year was dominated by the Covid pandemic and Kerswella's local response. It was possible to resume our activities & projects from July 2021. This started with our Memory Café with a reduce attendance. A Lottery grant & funding from Devon County Council enabled us to provide new resources and staff support from KingsCare League of Friends to enable both the Kingskerswell & Ipplepen Memory Cafes to restart successfully. Kerswella took on the twice monthly coffee mornings from the Kingskerswell 'Sharing Care' group. Their bank account closing balance was kindly donated for our general operating costs. Lunch Club attendance has gradually increased since July. Transport demand was steady right across the year as Kerswella responded to requests to attend various local centres for Covid booster jabs a well as for health centre & hospital etc appointments. There has been an increase in transport requests from the Ipplepen area.
In February 2022 a three-month trial began of an ICT sensory system primarily for use by residents attending Memory Cafés but with a wider use potentially within local care & residential homes. The trial is being funded from local grants including Kingskerswell & Ipplepen Parish Councils and the Lottery.

(ii) Grant balances for Covid-related & other projects were brought forward from 2020/21. These were complemented by new grants awarded during 2021/22 that are included in income/expenditure line 1a) with activities costs in line 5a). At the year end some were unspent & are therefore available for use in 2022/23. This included grants received for befriending work and trips/visits planned in 2022/23 and funding to support 'the 'Sorting Office' project in Newton Abbot in partnership with KingsCare.

(iii) Donations continued to be strong throughout 2021/22. Activities line 2a) for transport & activities line 5a) includes donations from local supporters, organisations and other general donations. Activity income was enhanced in 2021/22 through our Tuesday slot at the pavilion café run by the sports club in Kingskerswell playing fields with the proceeds shared. A £752 donation from Ipplepen 'Sharing Care' was spent on iter for their health centre.

(iv) Minor expenses for Kerswella's operations are shown in income/expenditure lines 2e) & 2g) & matched in activities line 6b). Main operating costs were met from the Lottery's 'Building Communities Fund' (BCF) until 30th June 2021. Supported by KingsCare involving the reallocation of grants & income received & held on behalf of Kerswella, this was extended until February 2022. All funding has now been fully committe

Income & expenditure notes:

1a These comprise: - Teignbridge District Council (£3,000), National Lottery (£2,500), Arnold Clark Community Fund (£500), Devon Memory Cafes (£140), Teignbridge CVS (£746), Co-op Community Fund (£2,68 Kingskerswell Parish Council (£750), Ipplepen Parish Council (£750), Devon CC Locality Fund (£2,500), Teignbridge Councillors Community Fund (£1,000) and the 'Tree of Hope' fundraising from Kingskerswe Parish Church (£350). At the year end £3,000 was receivable from Devon County Council. Most grants were awarded to alleviate the effects of Covid and to help with community rebuilding & activity restarts.

1b This includes Kingskerswell Sharing Care (£3,964), transport (£2,720), local supporters (£2,514) & receipts from all other sources (£1,001).

1c This includes all repayments from residents for shopping etc (£6,941), proceeds from general activities including the pavilion café (£1,682) and activity headings 1a), 3a) and 4a) (totalling £4,071).

2b These are staff costs recharged to Kerswella following the use of BCF & reallocated grants etc.in February & March 2022.

2d This total is for catering provision & refreshment costs for the Memory Café, Lunch Club & coffee mornings including activity restarts..

2f This comprises all Covid-related costs - shopping (£6,937), other activity restart costs (£5,907) including the rental cost of the ICT sensory equipment & main activities (£397).

Activities & projects notes:

The balances in sections 1 to 6 are additions or deductions to the general use reserve. Where grants for specific activities/projects have been received but not spent or wholly spent in 2021/22, these have been designated as restricted reserves and earmarked for use in 2022/23.

Balance sheet notes:

5a Activities & projects:

	Amount
Pre-Covid community grants	£8,245.00
Covid-related grants	£7,070.00
Other community support grants	£8,471.00
Activities & projects (Restricted Funds)	£23,786.00

5b General use (Unrestricted Funds): £27,654.99

In the year it was considered prudent to designate funding to cover a minimum of 6 months operating costs (£14,074) & make this subjec to annual review. Reserves may also be designated for any anticipated liabilities (£1,300 provision for insurances not invoiced in 2021/22 After this has been deducted the balance is held as free reserves (£12,281 as at 31/03/22). Going forward, the operating cost contingenc should be reduced to £12,000 because some liabilities will be covered via activities & projects - notably for vehicle costs.

12/05/22

Report produced by:

KingsCare League of Friends
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Devon
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Registered CIO number 1174450
Patron: The Rt Hon Viscount Exmouth

The Queen's Award for Voluntary Service
The MBE for volunteer groups

KingsCare
help when it matters

1 **Accounting policies** **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

1 Accounting policies **(Continued)**

1.5 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 settlement will be required, and
- the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis.

All expenses, including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	20% Straight Line
Motor vehicles	10% Straight Line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1 Accounting policies

Charity information

Kingscare League of Friends is a charitable incorporated organisation, set up by an Order of the Charity Commissioners on 10 July 2017 and is a registered charity with the number 1174450 (England and Wales).

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charities Act 2011 and the 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Kingscare League of Friends meets the definition of a public benefit entity under FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business.

KINGSCARE LEAGUE OF FRIENDS

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	**14**		16,573		21,854
Investments	**15**		33,540		32,478
			50,113		54,332
Current assets					
Debtors	**16**	3,934		3,236	
Cash at bank and in hand		382,837		400,905	
		386,771		404,141	
Creditors: amounts falling due within one year	**17**	(12,208)		(12,211)	
Net current assets			374,563		391,930
Total assets less current liabilities			424,676		446,262
Income funds					
Restricted funds	**19**		13,007		56,113
Unrestricted funds					
Designated funds	**20**	335,741		348,001	
General unrestricted funds		75,928		42,148	
			411,669		390,149
			424,676		446,262

The financial statements were approved by the Trustees on 8/9/2022

P. Millichap

Mr P Millichap
Trustee

KINGSCARE LEAGUE OF FRIENDS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Income and endowments from:							
Donations and legacies	3	109,429	91,129	200,558	131,006	276,614	407,620
Charitable activities	4	41,522	6,948	48,470	46,909	9,609	56,518
Other trading activities	5	20,292	-	20,292	17,916	-	17,916
Investments	6	1,540	-	1,540	176	-	176
Other income	7	3,411	-	3,411	83	-	83
Total income		176,194	98,077	274,271	196,090	286,223	482,313
Expenditure on:							
Charitable activities	8	146,701	141,183	287,884	51,099	272,436	323,535
Other	12	9,022	-	9,022	6,881	-	6,881
Total expenditure		155,723	141,183	296,906	57,980	272,436	330,416
Net gains/(losses) on investments	13	1,049	-	1,049	4,714	-	4,714
Net movement in funds		21,520	(43,106)	(21,586)	142,824	13,787	156,611
Fund balances at 1 April 2021		390,149	56,113	446,262	247,325	42,326	289,651
Fund balances at 31 March 2022		411,669	13,007	424,676	390,149	56,113	446,262

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

KINGSCARE LEAGUE OF FRIENDS

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF KINGSCARE LEAGUE OF FRIENDS

I report on the financial statements of the charity for the year ended 31 March 2022, which are set out on pages 4 to 18.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination being a qualified member of .

It is my responsibility to:

(i) examine the financial statements under section 145 of the 2011 Act;

(ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

(iii) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as 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 financial statements present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In connection with my examination, no other matter except that referred to in the previous paragraph has come to my attention:

(a) which gives me reasonable cause to believe that in any material respect the requirements:

  (i) to keep accounting records in accordance with section 130 of the 2011 Act; and

  (ii) to prepare financial statements which accord with the accounting records and comply with the accounting requirements of the 2011 Act;

  have not been met or

(b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Mrs L Sansum FCA CTA
Darnells Chartered Accountants
Quay House
Quay Road
Newton Abbot
Devon
TQ12 2BU

Dated: .....

KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

The trustees who served during the year and up to the date of signature of the financial statements were:
Mr G P Wickham
Mr D Rollason
Dr M C Clarvis
Mr N Biggs
Mr K Dainton
Mr R Holliday
Mr K Smith
Dr W Farrah
Mr K Matthews
Mr P Millichap
Mr P Stevens

The Board of trustees regularly discusses the recruitment of new trustees for their experience, empathy and knowledge of the Trustees, and to keep the skills and composition of the trustees body as a whole and succession planning under review. New trustees may be sought by open advertisement or through dialogues with other institutions with similar objects.

The trustees report was approved by the Board of Trustees.

P. Millichap
.....
Mr P Millichap
Trustee

Date: 16/9/2022

KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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) (issued in October 2019).

Objectives and activities

The charity's objects are to promote any charitable purpose for the benefit of persons registered at Kingsteignton Medical Practice and, in addition, to provide support for those in need within the wider community. This includes the protection and preservation of health, the relief of those in need, sickness and distress and the provision of medical equipment and other services not normally provided by the national health or other statutory authorities.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The achievements of the charity are outlined in the Chairman's report attached to these accounts.

Financial review

Income has decreased this year, totalling £274,271 compared with £482,313 for the 12 months to 31 March 2021.

Expenditure has seen a decrease this year, totalling £296,906 compared with £330,416 for the 12 months to 31 March 2021.

The total value of the charity's funds has decreased from £446,262 at 1 April 2021 to £424,677 at 31 March 2022.

The trustees consider the charity's overall financial position to be satisfactory.

Reserves policy

During the year the Trustees have reviewed the reserves policy of the charity and have concluded designated funds should retain sufficient funds to fulfil the running cost requirements of the charity for a period of no less than six months. The Trustees consider that reserves held at this level will ensure that, in the event of a significant drop in funding, they will still be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

The designated funds available at the 31 March 2022 of £335,741 are the equivalent of approximately twelve months worth of unrestricted expenditure.

Investment Policy

There are no restrictions on the charity's powers to invest, and the Trustees have not adopted an ethical investment policy. An Investment Committee is appointed annually to manage the authorised investments. The overall investment policy is to invest in a low to medium risk portfolio which will maximise income whilst protecting capital. Meetings are held as and when required to review the performance of the portfolio.

Risk Management

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The charity is a charitable incorporated organisation and was registered with the Charities Commission on 10 July 2017 under the charity registration number 1174450 (England and Wales).

KINGSCARE LEAGUE OF FRIENDS

ACCOUNTS CONTENTS

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Charity registration number 1174450

KINGSCARE LEAGUE OF FRIENDS

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	14,070	-	14,070	42,728	-	42,728
Legacies receivable	94,890	-	94,890	87,228	-	87,228
Grants receivable	-	91,129	91,129	-	276,614	276,614
Membership fees	469	-	469	1,050	-	1,050
	109,429	91,129	200,558	131,006	276,614	407,620
Grants receivable for core activities						
Big Lottery Grant	-	-	-	-	91,439	91,439
Other Grants	-	91,129	91,129	-	158,175	158,175
Kerswella Grant	-	-	-	-	27,000	27,000
	-	91,129	91,129	-	276,614	276,614

4 Charitable activities

	Minibus	Patients transport	Catering	Exercise	Projects	Newton Abbot Groups	Dementia Support	Social Reading	Benefits Advice	Do It for Deaks	Hampers	Total 2022	Total 2021
	£	£	£	£	£	£						£	£
Sales within charitable activities	450	4,200	8,473	1,958	34,972	529	4,500	-	300	436	700	48,470	56,518
Analysis by fund													
Unrestricted funds	450	4,200	-	1,958	34,972	529	4,500	-	300	-	-	41,522	
Restricted funds	-	-	8,473	-	-	-	-	-	-	436	700	6,948	
	450	4,200	8,473	1,958	34,972	529	4,500	-	300	436	700	48,470	
For the year ended 31 March 2021													
Unrestricted funds	7,534	14,246	4,104	10,950	13,758	3,663	-	628	5,521	-	-		46,909
Restricted funds	-	-	-	-	-	-	450		-	9,795	-		9,609
	7,534	14,246	4,104	10,950	13,758	3,663	450	628	5,521	9,795	-		56,518

5 Other trading activities

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Fundraising events	6,700	5,978
The Hub Shop income	13,592	11,938
Other trading activities	20,292	17,916

6 Investments

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Interest receivable	1,540	176

7 Other income

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Other income	3,411	83

8 Charitable activities

	2022	2021
	£	£
Staff costs	197,436	214,642
Depreciation and impairment	5,281	6,131
Minibus and mobility vehicle	7,288	1,690
Patients transport	4,552	6,539
Exercise	14,552	12,090
Establishment costs	19,326	53,554
Donations	17,707	-
Sorting Office Project	562	1,494
Projects	761	282
Newton Abbot groups	254	44
Accountancy fees	-	880
Legal and professional fees	1,536	840
Training	300	-
Bank Charges	734	795
Fundraising events	29	34
Other charitable expenditure	17,566	24,520
	287,884	323,535
	287,884	323,535
Analysis by fund		
Unrestricted funds	146,701	
Restricted funds	141,183	
	287,884	
For the year ended 31 March 2021		
Unrestricted funds		51,099
Restricted funds		272,436
		323,535

9 Support costs

	Governance costs	2022	Governance costs	2021
	£	£	£	£
Accountancy	-	-	880	880
Legal and professional	1,536	1,536	840	840
	1,536	1,536	1,720	1,720
Analysed between				
Charitable activities	1,536	1,536	1,720	1,720

Accountancy consists of payments to the independent examiner of £880 (2020: £880).

10 Trustees

During the year Trustees received reimbursement of charity expenses incurred personally to the sum of £Nil (2021: £1,857).

During the year the trustees donated funds without conditions totalling £Nil (2021: £858) and paid memberships totalling £Nil (2021: £Nil).

11 Employees

Number of employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Manager	1	1
Deputy manager	1	1
Transport co-ordinator	2	2
Mental health support worker	2	2
Hospital discharge and carer support worker	1	1
Health and well being co-ordinators	3	3
Kerswella manager	1	2
Dementia support workers	2	2
	13	14

Employment costs	2022 £	2021 £
Wages and salaries	188,253	204,465
Other pension costs	9,183	10,177
	197,436	214,642

There were no employees who received total employee benefits (excluding employer pension costs) of more than £60,000.

There were no employees whose annual remuneration was £60,000 or more.

12 Other

	2022 £	2021 £
The Hub Shop expenses	9,022	6,881
	9,022	6,881

13 Net gains/(losses) on investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Revaluation of investments	1,049	4,714

14 Tangible fixed assets

	Fixtures and fittings	Motor vehicles	Total
	£	**£**	**£**
Cost			
At 1 April 2021	7,415	100,302	107,717
At 31 March 2022	7,415	100,302	107,717
Depreciation and impairment			
At 1 April 2021	7,415	78,448	85,863
Depreciation charged in the year	-	5,281	5,281
At 31 March 2022	7,415	83,729	91,144
Carrying amount			
At 31 March 2022	-	16,573	16,573
At 31 March 2021	-	21,854	21,854

15 Fixed asset investments

	2022
	£
Cost or valuation	
At 1 April 2021	32,478
Valuation changes	1,062
At 31 March 2022	33,540
Carrying amount	
At 31 March 2022	33,540
At 31 March 2021	32,478

16 Debtors

Amounts falling due within one year:	2022 £	2021 £
Prepayments and accrued income	3,934	3,236

17 Creditors: amounts falling due within one year

	Notes	2022 £	2021 £
Other taxation and social security		2,907	2,739
Deferred income	18	5,713	5,770
Other creditors		702	1,200
Accruals		2,886	2,502
		12,208	12,211

18 Deferred income

	2022 £	2021 £
Other deferred income	5,713	5,770
Current liabilities	5,713	5,770
	5,713	5,770

19 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds		
	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
Mini Bus	12,344	-	(3,614)	8,730
Mini Bus 2	4,877	-	(600)	4,277
Kerswella Care - Building Connections Fund	10,650	-	(10,650)	-
CVS Projects	-	85,329	(85,329)	-
Mental Health - CAF	-	430	(430)	-
Home Help Support	18,011	2,676	(20,687)	-
Do It for Deaks	10,231	4,926	(15,157)	-
Cookery Book	-	2,000	(2,000)	-
	56,113	95,361	(138,467)	13,007

20 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

		Movement in funds			Movement in funds		
	Balance at 1 April 2020	Incoming resources	Revaluations, gains and losses	Balance at 1 April 2021	Incoming resources	Resources expended	Balance at 31 March 2022
	£	£	£	£	£	£	£
Wheelchair Vehicle	2,218	-	-	2,218	-	(2,218)	-
6 month expenditure reserve	70,000	83,247	-	153,247	(11,046)	-	142,201
Vehicle replacement reserve	70,000	-	-	70,000	-	-	70,000
Vehicle repair reserve	5,000	-	-	5,000	-	-	5,000
Equipment replacement reserve	5,000	-	-	5,000	-	-	5,000
Covid-19 Contingency	10,000	-	-	10,000	-	-	10,000
Projects	30,000	70,000	-	100,000	-	-	100,000
CAF Portfolio reserve	(2,178)	-	4,714	2,536	1,004	-	3,540
	190,040	153,247	4,714	348,001	(10,042)	(2,218)	335,741

21 Analysis of net assets between funds

	Unrestricted 2022	Restricted 2022	Total 2022	Unrestricted 2021	Restricted 2021	Total 2021
	£	£	£	£	£	£
Fund balances at 31 March 2022 are represented by:						
Tangible assets	8,864	7,709	16,573	12,146	9,708	21,854
Investments	33,540	-	33,540	32,478	-	32,478
Current assets/(liabilities)	374,563	-	374,563	345,525	46,405	391,930
	416,967	7,709	424,676	390,149	56,113	446,262

22 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2022	2021
	£	£
Total Remuneration	67,465	66,470

KINGSCARE LEAGUE OF FRIENDS

England & Wales - Charity number 1174450

Accounts

Annual Report and Accounts 2021

KingsCare
help when it matters

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Annual Report 2020-21

Trustee Statement

The Trustees have worked to ensure that the activities of KingsCare League of Friends are always governed by the Aim of the charity which is, with the help of volunteers, to improve the quality of life of those in need within the wider community. All trustees give of their time on a voluntary basis and none have claimed any recompense for any action associated with their role of trustee during the year.

The trustees who were re-appointed at the AGM were:

Mr Phil Millichap – Chair

Mr Graham Wickham – Vice-Chair

Mr Rupert Holliday – Treasurer

Dr Mark Clarvis

Mr Ken Dainton

Mr Nicholas Biggs

Mr David Rollason

Dr William Farrar

Mr Keith Smith

Mr Peter Stevens

Mr Kingsley Matthews

Under the direction of the trustees we have worked throughout the year to ensure that the Key Activity Indicators are reviewed and updated at regular intervals.

Chair's Report

2020 was dominated by the Covid-19 pandemic. This impacted KingsCare significantly as well as the rest of the world! It was a hugely difficult year for many, particularly with concerns about health (both physical and mental), wellbeing and financial security.

KingsCare has responded successfully to the significant pressures, the changes forced upon us and the local needs arising from the pandemic - whilst doing our best to support those with pre-existing needs. We have needed to provide core services in new ways whilst keeping employees and those we met safe. We have responded with flexibility, the staff and volunteers have worked tirelessly to cover existing and new needs in an environment when our core group activities have not been possible. I would like to personally thank the Team for their strong focus on supporting and meeting needs in the best way possible in exceptionally difficult times. There has been lots of one-to-one work, the Team has worked tirelessly to try and ensure those facing social isolation or needing prescriptions or shopping or had other needs were met. We provided help when it really mattered for many in 2020.

I would like to thank the Trustees for supporting the changes required. Our meetings moved to Zoom and everyone adapted and supported the faster decision-making processes required. The pandemic has driven change and the more regular contact with the adoption of virtual meetings has helped significantly during the year – we, however, look forward to more face-to-face meeting moving forward.

Maggie led us through this difficult year with energy, enthusiasm and sound judgement when we faced several tough decisions, quickly taking on board the advantages that the technological age can offer for remote working. Often the way forward was not always as clear as we would have liked but Maggie - your knowledge, skills, smarts and compassion ensured we never lost our way – on behalf of all of us, a huge thanks!

Looking ahead

It is clear that there will perhaps be restrictions on how we live our lives for some time; these are often not based on guidelines but on the confidence to venture out. The pandemic and lockdowns have created a wave of complex grief / loss, wellbeing and mental-health needs that will be felt in 2022 and beyond – the demand for our services is only going to increase not decrease.

We were in the final year of our National Lottery Reaching Communities Grant which has driven the growth in services we have offered over the last 5 years. Initial discussions with the National Lottery have been positive and they have been a strong supporter through Covid times. The charity is built on strong foundations thanks to their support. Other funding routes also provided help when it really mattered and we have benefited from some significant legacies in 2020 – thanks to all of those involved in fund raising, gifts or legacies – we will use the money wisely.

KingsCare and Kerswella's resilience has been remarkable in 2020 giving us optimism for the future. We look forward to supporting our clients and communities for many years to come!

Phil Millichap
Chair

Manager's Report

January 2020 heralded the final 9 months of our 5 year National Lottery Reaching Communities Grant. We were confident that we would be able to demonstrate that the grant had enabled KingsCare to grow hugely and that we had more than met the Outcomes that were set back in 2015. By the end of our financial year on 31st March 2020, the reality of trying to maintain our purpose within a pandemic was starting to be understood. All our social activities had to cease and half our staff had to self-isolate due either to health considerations or age. Yet the need for our support within our community was greater than ever.

One of the strengths of the Voluntary Sector is that we can act flexibly and quickly to situations as they arise. One of the first of those was the need to help the many who could not get out, had no family near and were not equipped to use the internet to get their essential groceries and household items. Another good thing about being a well known local community based voluntary organisation is that local people know where to go to when they want to volunteer. Many under the age of 70 with no underlying health conditions were unable to go to work and came to us to see what they could do to help. The new world of mask wearing, social distancing and panic buying made shopping a time consuming ordeal but none of it daunted the wonderful group of people who came forward to do just that. Determined to protect both the volunteer and the person for whom we shopped, we set up a system whereby the volunteers paid for the shopping through their personal accounts, took an image of the receipt, forwarded it by email to KingsCare and we then reimbursed them as soon as possible. This way we did c£20,000 worth of shopping for 89 different people.

Prescription delivery

Another casualty of lockdown was the ability of individuals to go and fetch their prescriptions. Many couldn't so they rang KingsCare. One particular volunteer, Ray Deacon, took on the challenge and delivered many of the 700 prescriptions requested by patients. As with the shopping he had to wait, fully masked and social distanced in queues outside the various chemists in the Newton Abbot area almost daily for many weeks. He did a truly amazing job backed up when necessary by the staff members who were young and well enough to continue to work from within the office at Kingsteignton.

Social groups

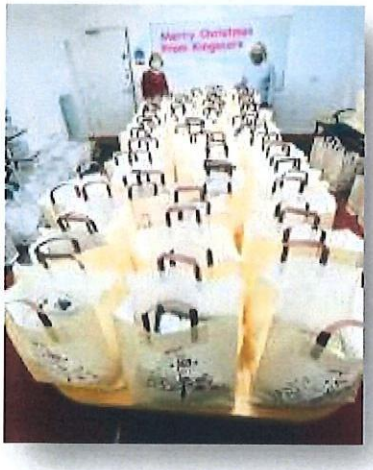
All of these were suspended but we did our best to keep in touch with all those that usually attend. Most of the staff and many volunteers took to making regular welfare calls.

Transport

Our vehicles remained mostly in the car park as the GPs undertook most of their consultations over the telephone and the hospitals, overwhelmed with Covid patients, cut back severely on their face-to-face consultations. Donations from NFU Mutual and the Newton Abbot Rotary Club enabled us to buy an old London taxi in August. The screen dividing the driver from the passengers made it pretty Covid secure which meant that we were the able to resume a limited car service with confidence.

Christmas Hampers

In the run up to Christmas we always take people out for turkey dinners but this year we couldn't. Armed with some further funding from the Devon County Council Prompt Action Fun, we made up 150 hampers of bits and pieces to cheer the housebound, all of whom seemed very pleased to receive them.



The Hub

Our shop at 29 Fore Street, Kingsteignton was, of course, forced to close. However Teignbridge District Council provided funding which ensured that we could pay the bills associated with the building. The volunteers were very creative in thinking of ways that the shop could support the community. The shop is situated on a corner and has a good outdoor space for displaying goods for sale. People were desperate for books and a huge number of paperbacks were displayed in protective bags together with low value items and children's toys. Good quality jigsaws were also a great draw and could be chosen by browsing in the window. A phone call to a volunteer and the puzzle was delivered. The long hot summer allowed for people to stop by and peruse the books etc on offer. As one lady said *"walking down to the shop gives purpose top my daily*

exercise". A young Mum praised the small toys for sale as a *"Godsend"* in keeping her son happy through it all.

Bags and scrubs were made by volunteers from old sheets and other materials kindly donated by local people for the purpose.

Funding

All our usual avenues for local fundraising activities were closed, including a Firewalk that I had somehow agreed to undertake! However, as part of a drive to keep his residents active and engaged, Andrew Bone from Southlands Care Home in Newton Abbot was persuaded to buy some pedal machines which could clock up miles by being worked by hands or feet. The residents chose KingsCare for the charity for whom they would be clocking up the miles. Their task was to 'cycle' from Newton Abbot to Lands End, each day they had a target destination to reach and were rewarded with Fish & Chips in Brixham, gin in Plymouth and a cream tea in Cornwall and many other treats in between. They raised an amazing £1,320.54 + Gift Aid on many of the donations for us.

Our National Lottery Reaching Communities grant was to end its 5 year run in September but, because of the pandemic we were unable to run many of the activities that were created through the programme so were given some extra funding to help us to provide whatever support was required by our clients through the lockdowns and extend the actual project end to December.

The CAF Emergency Fund also awarded us some funding to support our Covid response together with the Austin, Hope Pilkington Trust, Neighbourly, Tesco Bags of Help, local councillors and many individuals. Much to our delight and surprise we have received some very welcome and much needed legacies (see Accounts) which not only secure our ability to survive beyond the end of our Reaching Communities Grant but also enables us to continue to develop plans to cope with whatever the post-Covid world throws at us.

Maggie Bonnell
Manager

Wellbeing Service Report

In normal times the Wellbeing Programme is a time limited chance for people to really focus on what matters to them and to receive support to make positive change. Last year was very different.

Our Wellbeing Coordinators were kept very busy throughout the Covid 19 Interruption. For large parts of the year, they were unable to visit people indoors. However, sterling efforts were made to support people by meeting outdoors where permitted or by phone, text and the internet. Many people were of low mood especially during the enforced lockdowns and it was a real challenge for the team to inject positivity and hope into conversations. Many people have been supported throughout the pandemic by the coordinators alone as few or no social activities were able to take place.

The coordinators were also part of the team who organised our volunteer shoppers and prescription delivery services, often undertaking these tasks themselves as the demand grew from shielding clients.

At times where lockdown was eased the coordinators were able to run some small group activities and 'HOPE' type courses.

During the year 121 Wellbeing referrals were supported along with many other clients requiring Covid 19 support.

Newton Abbot Groups

Unfortunately, the groups based at the Avenue Church were closed for most of the year due to Covid 19 lockdowns or requirements for social distancing. We did, however ,run some social support groups during times when the rules were relaxed. Many people became frail and unable to attend the restarted groups and sadly a few of our regular attenders died during this period. In addition, some of our volunteers had to shield throughout and some did not feel safe to continue. When open the groups became a lifeline to those caring 24/7 for their loved ones and those living alone.

Our amazing volunteers took on shopping roles and found creative ways to stay in touch such as What's App groups and Zoom. Once again these activities were so important in helping to keep mental health in balance and isolation at bay.

David Clifford
Assistant Manager

Lunches

In April KingsCare joined forces with the Old Rydon Inn to provide and deliver meals twice a week - these were sufficient to support people with a main meal every day for seven days. Alongside other local volunteers, I drove the

KingsCare wheelchair adapted vehicle to deliver these meals. Altogether we provided 4,107 meals over four months to vulnerable people who were housebound

Funding was secured from Devon County Council's Prompt Action Fund and Kingsteignton Town Council with donations from individual supporters for this lifeline which guaranteed a friendly face at the door twice a week delivering good quality freshly cooked meals. . Huge thanks go to Amy and Charlie Tinnyunt for their hard work in pulling this project together.

Jackie Milan

Mental Health

Well, what a year it has been for us all!

Covid continues to have an impact on the wellbeing of us all and so Maggie C and I have had a very busy year. Due to ongoing lockdowns those out there who are struggling with their mental health have found it more difficult to access local services such as their GP or local support groups, and this has put our service under more pressure than ever!

We have continued to offer emotional support over the telephone, but this has often left us feeling limited in the support we offer and there has not been the usual 'goal setting' and then natural end when working with people. We have received a lot of positive feedback during this time and lots of people have been very grateful for the contact, particularly those who are socially isolated and feeling lonely. We have also used online platforms to meet with people such as Zoom or WhatsApp, with varying success!

We have also, when appropriate been meeting with people outdoors for walks in nature with a flask of coffee. Being in nature and having exercise is in itself therapeutic and we are still able to have the privacy we need, being aware of others when necessary. Walking in woodland is particularly good for teaching Mindfulness techniques!

Maggie C and I have run several virtual Wellbeing/ HOPE courses during this period, both together and with colleagues. We ran a very successful HOPE course for people experiencing Long Covid symptoms, which we ourselves learnt a lot from. We found that anxiety and low mood is particularly prevalent for this group, and they were extremely grateful for the peer support that HOPE enabled them. Following the HOPE courses all groups continued to stay in touch via Whatsapp or Facebook.

The **#DoitforDeaks** project continues to reach many people through the Facebook page and we have continued to have a steady lot of self-referrals for Mental Health Signposting and have been responding to people looking for advice and guidance for a loved one who may be struggling with their mental health. We have utilised our ability to refer for free private counselling, thanks to funding via The Rotary Club of Newton Abbot. An excellent resource we are very grateful for! Most of this work has also been done over the phone and we use the Facebook page to let people know how to access crisis support if needed as this is not something we currently offer.

Overall, we have done our best to offer an effective Mental Health Service during a very scary and uncertain time. We have had to be creative and understand that the impact of this period on our communities Mental Health may well last for several years to come, but we are hopeful and feeling positive about the future.

Alongside some basic Covid support funding, the CAF fully funded our Mental Health Support workers for the first 6 months after the ending of the Lottery funding. This grant covered their primary work but and other funds continued to come in at various intervals to cover the extra work arising out of the **#DoitforDeaks project** from Barratt Homes, Costcutters and the local football clubs. Kingsteignton's junior football club are now sporting shirts that support KingsCare and the project.

Briony Enright
Mental Health Support Worker

Dementia Support

2020/21 has certainly been a challenging year with Covid restrictions having a significant impact on our ability to provide many of our usual support services. By working creatively and flexibly, however, we have managed to run a virtual version of some of our usual interventions and have learnt a great amount from this.

Lockdown made day-to-day work and communication with those suffering from Dementia and their Carers difficult. As soon as the first lockdown was put in place the Dementia Carers Support group switched from being a monthly face-to-face gathering to meeting virtually. This virtual group has been well received with some Carers finding it more convenient to attend virtually than travelling to a venue as well as enabling those who had not previously been able to attend face-to-face activities to get the peer support that is so valuable. Indeed, while some Carers did at first find it difficult to take part in the virtual Dementia Carers Support group due to technical barriers, the loan of Facebook portals purchased by KingsCare made accessing this opportunity possible.

Home visiting was prohibited for most of the year and so we offered telephone support and helped coordinate volunteers to undertake shopping errands. As Covid restrictions loosened we were able to restart our one-to-one wellbeing interventions by meeting people in their gardens or in outside spaces; this included patients who had been recently referred along with those previously supported.

When further restrictions were put in place, Carers were again supported by telephone on a regular basis; signposting taking place when required. The primary feedback was that the cared-for had

deteriorated during Lockdown. All appreciated the input from KingsCare, and many said they did not know what they would have done without the support, advice and ongoing contact from our organisation.

Due to lockdown restrictions the Memory Café has been unable to meet over this past year. However, we have kept the spirit of the Café alive by sending out a monthly newsletter and activity pack to all our regular attendees. We have also been keeping in phone contact with Café members.

Another virtual intervention we provided was a 14 week Cognitive Stimulation Therapy (CST) course for people with mild to moderate dementia. This intervention was set up with the support of Memory Matters and was similarly well received by members.

Both Jackie and David completed the virtual Cognitive Stimulation Therapy (vCST) training run by Memory Matters and subsequently co-hosted the course on Zoom for four people living with dementia. During the week leading up to Christmas they delivered over 50 gift hampers to Carers and people living with dementia which were very well received.

During the year Jackie attended, and contributed to a number of Zoom meetings including: virtual HOPE training; vCST network meetings; the locality dementia meetings chaired by the Community Services Manager; and the Teignbridge Dementia Action Alliance meetings.

In November the Masonic Charitable Foundation awarded us £15,000 to support this work over the next 3 years.

Moving forward, we are continuously reviewing Covid restrictions and plan to have all usual groups and one-to-one interventions operating as soon as government guidelines allow.

Jackie Milan - Dementia Carers Support Worker
David Garland – Dementia Activities Coordinator

Home from Hospital Service

Following government advice on 16 March 2020 to stop non-essential contact and work from home wherever possible, Newton Abbot Hospital Wards were closed to non-essential staff and visitors to preserve the safety of the significant number of vulnerable patients. As a result, I had to rely on the medical and therapy team to refer patients and their carers to me for support. It became very apparent that my absence on the ward also resulted in very few referrals to the Home from Hospital Service. I kept in regular contact with the discharge team who were under immense pressure to

clear the hospital beds asap so patients could be transferred from Torbay Hospital whilst keeping Newton Abbot Hospital Covid free/

At the height of the pandemic, Teign Ward (Stroke) patients were transferred to Torbay and Teign Ward became Turner Ward and the Ricky Grant Unit supporting cancer patients. Templar Ward continued to be a medical ward. This remained so until Covid numbers reduced significantly and stroke patients were transferred back from Torbay to Templar Ward. Some adaptions were made to make Templar Ward fit for purpose for Stroke patients. It was then decided that Teign Ward would become the medical ward once Turner Ward and the Ricky Grant Unit moved back to Torbay. Teign has remained a medical ward.

All patients on discharge from Newton Abbot Hospital receive the KingsCare Home from Hospital information leaflet in their discharge pack. Some patients contacted KingsCare post discharge, others were referred by the discharge teams.

Support for carers

Unpaid carers play a crucial role in meeting the needs of the most vulnerable people in our community. KingsCare helps them to access the support they are entitled to as a carer so that they can look after their own wellbeing so as to live a healthy, fulfilling life alongside their caring role.

We continued to support carers and their cared for throughout the pandemic. Carers were thrown into stressful situations when day and respite services closed and they became carers 24/7 without a break; occupational therapists and physiotherapists cancelled visits. A large number of care agencies were very short staffed because a significant number of colleagues were in the vulnerable category or had caring responsibilities for their loved ones who were also in the vulnerable category. Day centres, respite services along with carer visits being cancelled put extra pressure on unpaid carers. We have heard many personal stories about the impact this has had on the carer and cared- for, at times resulting in verbal aggression or physical outbursts for one or both and, overall, a deterioration in both physical and mental health for both. We are still seeing the impact of this, along with loneliness and isolation.

We set up Zoom meetings for carers as face- to –

face groups were halted. This, in some way, helped carers to support each other but they longed for the face to face meetings to return. Our carers week 7-13th June was held via Zoom with 18 attendees. We covered a wide range of issues appertaining to carer`s roles. Eg: Introduction - Rosemary Newman – Carer Lead, Kingscare Manager – Maggie Bonnell, David Garland - Dementia Activities,Jackie Milan – Dementia Carers, Maggie Cleverley – Mental Health, Sharon Venning - Wellbeing and HOPE Programme, Rosemary Newman - Welfare Benefits, Rosemary Newman - Carers Support, Questions and Mindfulness

Jackie and I set up a Zoom meeting for Carers Rights Day on 26th November. This was well attended. Second lockdown happened and carers, especially, found this incredibly difficult. We continued to support carers, mostly via telephone.

We were able to resume face- to- face carer`s groups briefly when the first lockdown eased but had to resort to Zoom again for the 2nd lockdown. As with the general public, carers found the 2nd lockdown more challenging.

`When we're caring, it can feel like we're living with the shadow of isolation.`

Welfare Benefits Home Visiting Service

Whilst we closed for face-to-face client service, our telephone service continued throughout. Action was taken to deliver the client service as comprehensively as possible using home and revised ways of working with the use of office laptops and mobile phones. Online benefit application forms were introduced via DWP. Information security and client confidentiality has been maintained through the dedication of staff and volunteers. GDPR compliance has been maintained throughout this time. Two of our volunteers continued to visit clients at home, strictly observing government guidelines to deliver the welfare benefits service. Other volunteers preferred to support clients over the phone. This was not a popular alternative with clients due to the complexity of the benefits system and their individual circumstances. We quickly had a long waiting list and this continues as only 2 volunteers are visiting clients at home. The £20 weekly increase for those on Universal Credit created a life line for a lot of claimants and we are mindful that this will have an adverse impact on client`s income and ability to budget when this ends in October 2021. We are starting to see an increase in food, goods and utility prices already.

We are supporting more clients over all the services and via welfare calls, as the full impact of the pandemic is realised. Nationwide the difficulty in accessing face- to- face appointments has highlighted the increase in patients who are now palliative; existing health conditions have not been monitored in the same way, mental health has been affected for many as well. Patients have been asked to E-consult or to send photos into the surgery to be looked at by a medic. We hear personal stories where this has resulted in some misdiagnosis for some patients. The true impact of not seeing GPs or consultants face- to- face as well as not having planned surgery during this time has yet to be published.

Rosemary Newman
Hospital Discharge Worker, Benefits and Carer lead

CareLink and Statistics – Covid Interruption - Statistics April 2020-March 2021

Over the year it became increasingly clear that we needed to work towards a more informative system of recording our work and impact on those we support in line with GDPR principles. It also became imperative that we were able to improve our ability to make our records whilst working from home. The computers in the office all belong to the NHS so it proved quite difficult to set up the cloud based system we need but the local NHS IT staff worked extremely hard with our IT specialist and CareLink, the data recording system we have been using for some time, has become cloud based. This means firstly that staff can work safely from home and use the time when they are able to come into the office more effectively. Secondly we are now in a position to improve our record keeping and will, in future, have a growing confidence in the statistics that we publish.

Key Interventions	Approximate Number of interventions Calls/email/activity sessions	Approximate number of individuals supported
Physical Shopping	1087	104
Hot Meal delivery	4112 organised/delivered	60
Check in / Befriending calls	4050	80
Mental Health Support	2300	63
Prescription collection and delivery	700 +	111
Carer Support	1241	60
Wellbeing Zoom	20	8
Whats App groups	1000's	25
Coffee and chat Zoom	37	11
HOPE programme mental Health Zoom	10	15
HOPE programme Long Covid Zoom	10	16
Memory Café Support	175	20
Dementia carers Zoom	11	16
Cognitive Stimulation Theory Zoom	14	4
Dementia Clients	455	60
Exercise and Movement face to face	14	16
Social Group face to face	25	40
Transport to Medical appointments	324 (648 individual journeys)	60

Stats put together from CareLink and returns

Kerswella Care

Statement for the Annual Report of KingsCare League of Friends for 2020/21

1. The organisation:

Kerswella Care is a voluntary patient support group based at the Kingskerswell Health Centre since 2017 and responsible to it for providing a range of well-being and support services to socially isolated, vulnerable and elderly residents. The group covers the Kingskerswell, Abbotskerswell, Ipplepen & Coffinswell communities through the Kingskerswell & Ipplepen Medical Practice in the Teignbridge area of South Devon.

Kerswella Care is mainly funded through the Lottery 'Building Communities Fund' (BCF) via KingsCare League of Friends to whom it is reportable and accountable. Local fundraising is also important and activities are managed through a local Co-ordinator and supported by a group of volunteers in a committee and a link trustee to KingsCare. The Co-ordinator and her Assistant work alongside existing groups to develop relationships with local communities. In the spring 2021 Ipplepen 'Sharing Care' who support residents in a similar way to ourselves, joined forces with Kerswella, and at the end of the year Kingskerswell 'Sharing Care' asked us to take on their remaining functions. As a consequence, the number of our volunteers has increased and we expect this to continue into 2021.

Because of the impact on charities of the Covid pandemic, the Lottery decided in the autumn 2020 that the BCF grant period would be extended to 30th June 2021 instead of finishing in April 2021. Until then KingsCare continues to be responsible for the employment of Kerswella staff, insurances for Kerswella activities and for the range of policies and procedures governing Kerswella's work supplemented by local arrangements. Associated with the impact on charities, the Lottery approved a grant to KingsCare for additional costs related to Covid with £16,875 included for Kerswella's costs.

2. Kerswella Care aims:

- To improve the quality of life of those in need by providing services that include home support, befriending, carer support, shopping, transport to medical/social activities and prescription delivery,

- To increase the accessibility to local activities that will enhance residents' well-being, social inclusion and social connections. **A significant aim is to reduce loneliness within a population that includes 30% who are over 60 with 35% of those living alone.**

- To help identify unmet needs within the communities and provide support to deliver change.

3. How these aims are achieved:

Kerswella has access to and has set up a wide range of support services and activities all aimed at improving the quality of life of those in need within our community. To this end, Kerswella works hard at encouraging people in need to take stock of their lives and introduce them to the appropriate social connections to prevent or reduce their feelings of loneliness. We work across local agencies and volunteer groups to access expertise and help as needed - Kerswella Care is also able to access the services and work alongside the Newton Abbot Locality Wellbeing Co-ordinators who are employed in that area by KingsCare.

4. Activities and projects in 2020/21:

Kerswella Care has operated since the autumn 2017 following the appointment of Gill Gould as Co-ordinator. Fiona Sykes was appointed as Gill's assistant in 2019. She resigned in the autumn 2020 and was replaced in January 2021 by Sally Collier who is one of our volunteers. She will continue to look after the many and varied administration tasks for Kerswella.

In 2020/21 however, Kerswella's activities and project were focussed on alleviating the effects of the Covid pandemic on our most vulnerable residents through the Kingskerswell Coronavirus Crisis Response team representing the main local community groups and led by Kerswella. It was not possible to run any of our regular activities. Nevertheless, we were able to maintain important contact with our Memory Café and Lunch Club groups through the pandemic notably by means of the fortnightly 'packs' ranging from a hamper at Christmas to cream teas & cakes plus quizzes & games involving up to 70 households. We are grateful for financial support from Devon County Council and Teignbridge District Council Covid funds to enable this to continue. We had some lovely appreciative messages including: ***"Congratulations to all the Kerswella team and what you have achieved – wonderful. You have touched the lives of so many people ". "Thank you***

all so much for your help and the lovely little goody bags of cakes – much appreciated". "Thank you all for your support and real kindness this year". This is what we are about – making a difference.

Kerswella's team of volunteers have been deployed in new ways to help residents with:

- Prescription collection & deliveries runs – 500
- Shopping trips – 370
- Requests for miscellaneous tasks – 100 (these varied enormously!)

All from approx. 180 households.

- *'Check-in and Chat'* - contact was made with 60 to 100 residents using 10 designated volunteers making twice weekly welfare phone calls. The Co-ordinator and Assistant would follow up on any issues arising as well as making calls each week to volunteers and clients with many on a daily basis where required.
- *Transport* – since September 2020, a limited service has resumed using the WAV only including to the local vaccination centres during January & February 2021 (with this being repeated in April & May 2021 for the 2nd jab).

<u>Other services:</u>

- A food delivery service finished in July 2020 but a twice weekly meals for children during school holidays 2020 was started and Kerswella was available to help with distribution. From October 2020 to February 2021, we referred some 20 residents for the 3 weeks of free meals from Dartmoor Kitchen.

- We keep a keep track of residents that we have supported and to ensure that Kerswella is available to assist those with whom we had no previous relationship. We purchased Charity Log to assist us with record-keeping. We continue to keep in touch with our wider community through social media and regular newsletters.
- We have used our WAV to take around 30 of our most vulnerable residents who have no transport to the local Covid vaccination using our WAV, delivered around 500 letters to residents about their vaccination date and helped with the manpower requirements at the Newton Abbot centre (this is a consortium of 7 local GP surgeries including the 2 linked with Kerswella).

All these activities and projects have informed our learning as a group and helped us to consider new ways of reaching and supporting residents often drawing on the similar experiences of other local voluntary groups.

5. Governance:

a) **Trustees** - Kingsley Matthews has continued in his role as the Link Trustee link between Kerswella Care & its Committee and KingsCare. The KingsCare Trustees generally meet monthly and it is the role of the Link Trustee to report on activities undertaken by Kerswella and seek approval to those where KingsCare have the responsibility particularly in respect of services and activities funded from the BCF Lottery grant. This also includes budget setting and monitoring.

b) **Committee** - The Kerswella Committee oversees local operations including fundraising. There are 10 members including the following officers: Chair – Rachel Fleet (appointed at the February 2021 meeting), Treasurer – Gillian Wright, Secretary – Kingsley Matthews. During the year the Committee met remotely 5 times. The Committee decided that it was in Kerswella's best interest to remain partnered with KingsCare League of Friends for the time being given all the uncertainties brought about by the Covid pandemic. This however will be revisited when the time is right.

c) **Annual Accounts 2020/21** – these were approved by the Kerswella Committee at their meeting on 15th June 2021 and are attached. The statement was agreed by the KingsCare Trustees at their meeting on 24th June 2021. Although increasing, turnover was again deemed insufficient for Kerswella to appoint its own independent auditors.

Grant income excludes Lottery funding paid to KingsCare as this forms part of KingsCare's accounts.

6. Where we go next:

Evidence shows that Kerswella is now well-established in the community. We need to meet the challenge of our growth as well as respond to the community's needs as the Covid lockdown eases. Both will point us in new directions. Both also require collaborative

thinking and partnership working. At the year end work was on-going with KingsCare on a new community project as a way of addressing these issues that we anticipate will attract both community and Lottery support.

Gill Gould - Coordinator **Kingsley Matthews - Trustee**

Report produced by:

KingsCare League of Friends
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Email: office@kingscare.co.uk
Facebook: facebook.com/KingsCareLOF

The Queen's Award for Voluntary Service

Registered CIO number 1174450
Patron: The Rt Hon Viscount Exmouth

Charity Registration No. 1174450

KINGSCARE LEAGUE OF FRIENDS

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

KINGSCARE LEAGUE OF FRIENDS

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KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report and financial statements for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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) (issued in October 2019).

Objectives and activities

The charity's objects are to promote any charitable purpose for the benefit of persons registered at Kingsteignton Medical Practice and, in addition, to provide support for those in need within the wider community. This includes the protection and preservation of health, the relief of those in need, sickness and distress and the provision of medical equipment and other services not normally provided by the national health or other statutory authorities.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The achievements of the charity are outlined in the Chairman's report attached to these accounts.

Financial review

Income has increased this year, totalling £482,313 compared with £316,902 for the 12 months to 31 March 2020. During the year additional grants were received, to be utilised in relation to additional activities that the charity started offering in the previous year.

Expenditure has seen an increase this year, totalling £330,416 compared with £276,027 for the 12 months to 31 March 2020. During the year, there was a requirement for additional staff members to oversee the additional services undertaken from the previous year.

The total value of the charity's funds has increased from £289,651 at 1 April 2020 to £446,262 at 31 March 2021.

The trustees consider the charity's overall financial position to be satisfactory.

Reserves policy

During the year the Trustees have reviewed the reserves policy of the charity and have concluded designated funds should retain sufficient funds to fulfil the running cost requirements of the charity for a period of no less than six months. The Trustees consider that reserves held at this level will ensure that, in the event of a significant drop in funding, they will still be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

The designated funds available at the 31 March 2021 of £348,001 are the equivalent of approximately twelve months worth of unrestricted expenditure.

Investment Policy

There are no restrictions on the charity's powers to invest, and the Trustees have not adopted an ethical investment policy. An Investment Committee is appointed annually to manage the authorised investments. The overall investment policy is to invest in a low to medium risk portfolio which will maximise income whilst protecting capital. Meetings are held as and when required to review the performance of the portfolio.

Risk Management

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Structure, governance and management

The charity is a charitable incorporated organisation and was registered with the Charities Commission on 10 July 2017 under the charity registration number 1174450 (England and Wales).

The trustees who served during the year and up to the date of signature of the financial statements were:
Mr G P Wickham
Mr D Rollason
Dr M C Clarvis
Mr N Biggs
Mr K Dainton
Mr R Holliday
Mr K Smith
Dr W Farrah
Mr K Matthews
Mr P Millichap
Mr P Stevens

The Board of trustees regularly discusses the recruitment of new trustees for their experience, empathy and knowledge of the Trustees, and to keep the skills and composition of the trustees body as a whole and succession planning under review. New trustees may be sought by open advertisement or through dialogues with other institutions with similar objects.

The trustees report was approved by the Board of Trustees.

.....

Mr P Millichap
Trustee
Dated: 30/9/2021

KINGSCARE LEAGUE OF FRIENDS

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF KINGSCARE LEAGUE OF FRIENDS

I report on the financial statements of the charity for the year ended 31 March 2021, which are set out on pages 4 to 20.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination being a qualified member of .

It is my responsibility to:

(i) examine the financial statements under section 145 of the 2011 Act;

(ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

(iii) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as 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 financial statements present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In connection with my examination, no other matter except that referred to in the previous paragraph has come to my attention:

(a) which gives me reasonable cause to believe that in any material respect the requirements:

  (i) to keep accounting records in accordance with section 130 of the 2011 Act; and

  (ii) to prepare financial statements which accord with the accounting records and comply with the accounting requirements of the 2011 Act;

have not been met or

(b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Mr P Beard ACA FCCA
Darnells Chartered Accountants
Quay House
Quay Road
Newton Abbot
Devon
TQ12 2BU

Dated: .....

KINGSCARE LEAGUE OF FRIENDS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Income and endowments from:							
Donations and legacies	3	131,006	276,614	407,620	11,606	213,667	225,273
Charitable activities	4	46,909	9,609	56,518	60,404	10,245	70,649
Other trading activities	5	17,916	-	17,916	20,300	-	20,300
Investments	6	176	-	176	630	-	630
Other income	7	83	-	83	50	-	50
Total income		196,090	286,223	482,313	92,990	223,912	316,902
Expenditure on:							
Raising funds	8	-	-	-	42	-	42
Charitable activities	9	51,099	272,436	323,535	47,448	220,919	268,367
Other	13	6,881	-	6,881	7,618	-	7,618
Total resources expended		57,980	272,436	330,416	55,108	220,919	276,027
Net gains/(losses) on investments	14	4,714	-	4,714	(2,178)	-	(2,178)
Net movement in funds		142,824	13,787	156,611	35,704	2,993	38,697
Fund balances at 1 April 2020		247,325	42,326	289,651	211,621	39,333	250,954
Fund balances at 31 March 2021		390,149	56,113	446,262	247,325	42,326	289,651

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

KINGSCARE LEAGUE OF FRIENDS

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	2021 £	2020 £	2020 £
Fixed assets					
Tangible assets	15		21,854		26,301
Investments	16		32,478		27,764
			54,332		54,065
Current assets					
Debtors	17	3,236		4,469	
Cash at bank and in hand		400,905		280,250	
		404,141		284,719	
Creditors: amounts falling due within one year	18	(12,211)		(49,133)	
Net current assets			391,930		235,586
Total assets less current liabilities			446,262		289,651
Income funds					
Restricted funds	20		56,113		42,326
Unrestricted funds					
Designated funds	21	348,001		190,040	
General unrestricted funds		42,148		57,285	
			390,149		247,325
			446,262		289,651

The financial statements were approved by the Trustees on 30/4/2021

Mr P Millichap
Trustee

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Charity information

Kingscare League of Friends is a charitable incorporated organisation, set up by an Order of the Charity Commissioners on 10 July 2017 and is a registered charity with the number 1174450 (England and Wales).

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charities Act 2011 and the 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Kingscare League of Friends meets the definition of a public benefit entity under FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies

(Continued)

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business.

1.5 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 settlement will be required, and
- the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis.

All expenses, including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	20% Straight Line
Motor vehicles	10% Straight Line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	**Restricted funds**	**Total**	Unrestricted funds	Restricted funds	Total
	2021	**2021**	**2021**	2020	2020	2020
	£	**£**	**£**	£	£	£
Donations and gifts	42,728	-	42,728	9,687	343	10,030
Legacies receivable	87,228	-	87,228	1,000	-	1,000
Grants receivable	-	276,614	276,614	-	213,324	213,324
Membership fees	1,050	-	1,050	919	-	919
	131,006	276,614	407,620	11,606	213,667	225,273
Grants receivable for core activities						
Big Lottery Grant	-	91,439	91,439	-	89,373	89,373
Other Grants	-	158,175	158,175	-	93,956	93,956
Kerswella Grant	-	27,000	27,000	-	29,995	29,995
	-	276,614	276,614	-	213,324	213,324

4 Charitable activities

	Minibus	Patients transport	Catering	Exercise	Projects	Newton Abbot Groups	Dementia Support	Social Reading	Benefits Advice	Do It for Deaks	Hampers	Total 2021	Total 2020
	£	£	£	£	£	£						£	£
Sales within charitable activities	450	4,200	8,473	1,958	34,972	529	4,500	-	300	436	700	56,518	70,649
Analysis by fund													
Unrestricted funds	450	4,200	-	1,958	34,972	529	4,500	-	300	-	-	46,909	
Restricted funds	-	-	8,473	-	-	-	-	-	-	436	700	9,609	
	450	4,200	8,473	1,958	34,972	529	4,500	-	300	436	700	56,518	
For the year ended 31 March 2020													
Unrestricted funds	7,534	14,246	4,104	10,950	13,758	3,663	-	628	5,521	-	-		60,404
Restricted funds	-	-	-	-	-	-	450		-	9,795	-		10,245
	7,534	14,246	4,104	10,950	13,758	3,663	450	628	5,521	9,795	-		70,649

5 Other trading activities

	Unrestricted funds 2021 £	Unrestricted funds 2020 £
Fundraising events	5,978	9,936
The Hub Shop income	11,938	10,364
Other trading activities	17,916	20,300

6 Investments

	Unrestricted funds 2021 £	Unrestricted funds 2020 £
Interest receivable	176	630

7 Other income

	Unrestricted funds 2021 £	Unrestricted funds 2020 £
Other income	83	50

8 Raising funds

	Unrestricted funds 2021 £	Total 2020 £
Fundraising and publicity		
Other fundraising costs	-	42
	-	42

9 Charitable activities

	2021	2020
	£	£
Staff costs	214,642	166,253
Depreciation and impairment	6,131	7,506
Minibus and mobility vehicle	1,690	3,427
Patients transport	6,539	10,349
Catering	-	6
Exercise	12,090	15,789
Establishment costs	53,554	28,223
Donations	-	325
Sorting Office Project	1,494	-
Projects	282	22
Newton Abbot groups	44	5,890
Accountancy fees	880	880
Legal and professional fees	840	1,014
Bank Charges	795	-
Fundraising events	34	5,598
Other charitable expenditure	24,520	23,085
	323,535	268,367
	323,535	268,367

Analysis by fund	
Unrestricted funds	51,099
Restricted funds	272,436
	323,535

For the year ended 31 March 2020	
Unrestricted funds	47,448
Restricted funds	220,919
	268,367

10 Support costs

	Governance costs	2021	Governance costs	2020
	£	£	£	£
Accountancy	880	880	880	880
Legal and professional	840	840	1,014	1,014
	1,720	1,720	1,894	1,894
Analysed between				
Charitable activities	1,720	1,720	1,894	1,894

Accountancy consists of payments to the independent examiner of £880 (2020: £880).

11 Trustees

During the year Trustees received reimbursement of charity expenses incurred personally to the sum of £1,857 (2020: £Nil).

During the year the trustees donated funds without conditions totalling £858 (2020: £90) and paid memberships totalling £Nil (2020: £10).

12 Employees

Number of employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
Manager	1	1
Deputy manager	1	1
Transport co-ordinator	2	2
Mental health support worker	2	2
Hospital discharge and carer support worker	1	1
Health and well being co-ordinators	3	3
Kerswella manager	2	2
Dementia support workers	2	2
	14	14

Employment costs

	2021 £	2020 £
Wages and salaries	204,465	160,107
Other pension costs	10,177	6,146
	214,642	166,253

There were no employees who received total employee benefits (excluding employer pension costs) of more than £60,000.

There were no employees whose annual remuneration was £60,000 or more.

13 Other

	2021 £	2020 £
The Hub Shop expenses	6,881	7,618
	6,881	7,618

14 Net gains/(losses) on investments

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Revaluation of investments	4,714	(2,178)

15 Tangible fixed assets

	Fixtures and fittings	Motor vehicles	Total
	£	**£**	**£**
Cost			
At 1 April 2020	7,415	98,618	106,033
Additions	-	1,684	1,684
At 31 March 2021	7,415	100,302	107,717
Depreciation and impairment			
At 1 April 2020	6,566	73,167	79,733
Depreciation charged in the year	849	5,281	6,130
At 31 March 2021	7,415	78,448	85,863
Carrying amount			
At 31 March 2021	849	25,452	26,301
At 31 March 2020	-	21,854	21,854

16 Fixed asset investments

	£
Cost or valuation	
At 1 April 2020	27,764
Valuation changes	4,714
At 31 March 2021	32,478
Carrying amount	
At 31 March 2021	32,478
At 31 March 2020	27,764

17 Debtors

Amounts falling due within one year:	2021 £	2020 £
Prepayments and accrued income	3,236	4,469

18 Creditors: amounts falling due within one year

	Notes	2021 £	2020 £
Other taxation and social security		2,739	2,856
Deferred income	19	5,770	43,572
Other creditors		1,200	1,201
Accruals		2,502	1,504
		12,211	49,133

19 Deferred income

	2021 £	2020 £
Other deferred income	5,770	43,572
Current liabilities	5,770	43,572
	5,770	43,572

20 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2020	Movement in funds		Balance at 31 March 2021
		Incoming resources	Resources expended	
	£	£	£	£
Mini Bus	15,958	-	(3,614)	12,344
Mini Bus 2	5,077	-	(200)	4,877
Big Lottery Grant Equipment	567	-	(567)	-
Lottery Building Capabilities Grant	2,273	-	(2,273)	-
Big Lottery Grant	-	91,439	(91,439)	-
Kerswella Care - Building Connections Fund	7,913	27,000	(24,263)	10,650
CVS Projects	-	125,899	125,899	251,798
Mental Health - CAF	-	13,525	13,525	27,050
Home Help Support	-	18,011	-	18,011
Investing in Devon (Buckland - BuSS)	742	-	742	1,484
Devon CC - Dementia Support	-	740	740	1,480
Do It for Deaks	9,795	436	-	10,231
	42,326	277,050	18,550	56,113

21 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds						Movement in funds		
	Balance at 1 April 2019	Incoming resources	Resources expended	Transfers	Revaluations, gains and losses	Balance at 1 April 2020	Incoming resources	Revaluations, gains and losses	Balance at 31 March 2021
	£	£	£	£	£	£	£	£	£
Wheelchair Vehicle	3,762	-	(1,544)	-	-	2,218	-	-	2,218
6 month expenditure reserve	35,000	35,000	-	-	-	70,000	83,247	-	153,247
Vehicle replacement reserve	70,000	-	-	-	-	70,000	-	-	70,000
Vehicle repair reserve	5,000	-	-	-	-	5,000	-	-	5,000
Equipment replacement reserve	5,000	-	-	-	-	5,000	-	-	5,000
Covid-19 Contingency	-	-	-	10,000	-	10,000	-	-	10,000
Projects	-	-	-	30,000	-	30,000	70,000	-	100,000
CAF Portfolio reserve	-	-	-	-	(2,178)	(2,178)	-	4,714	2,536
	118,762	35,000	(1,544)	40,000	(2,178)	190,040	153,247	4,714	348,001

22 **Analysis of net assets between funds**

	Unrestricted 2021 £	Restricted 2021 £	Total 2021 £	Unrestricted 2020 £	Restricted 2020 £	Total 2020 £
Fund balances at 31 March 2021 are represented by:						
Tangible assets	12,146	9,708	21,854	14,166	12,135	26,301
Investments	32,478	-	32,478	27,764	-	27,764
Current assets/ (liabilities)	345,525	46,405	391,930	205,395	30,191	235,586
	390,149	56,113	446,262	247,325	42,326	289,651

23 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2021 £	2020 £
Within one year	-	2,083

24 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2021 £	2020 £
Total Remuneration	66,470	57,090