

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 of 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 organiser, 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 Coletton 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



2019

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



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

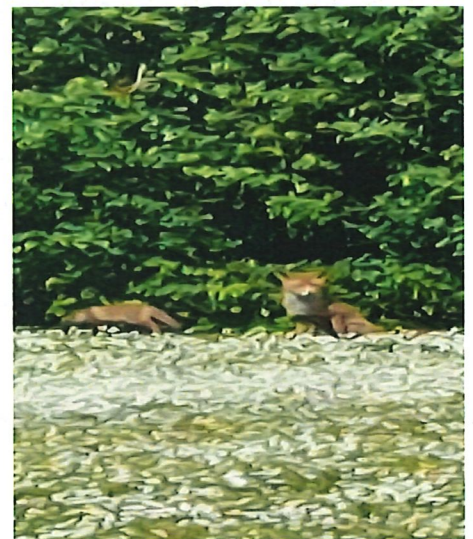
cared for and carers, they show such patience and understanding and are such wonderful people and an absolute credit to the charity.

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



Report produced by:

KingsCare League of Friends
Kingsteignton Medical Practice
Whiteway Road
Kingsteignton
NEWTON ABBOT
Devon
TQ12 3HN

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Facebook: facebook.com/KingsCareLOF

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

ACCOUNTS CONTENTS

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Statement of financial activities	4
Balance sheet	5
Notes to the accounts	6 - 17

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 have 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

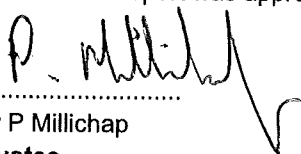
Mr P Stevens

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.



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 £
<u>Income and endowments from:</u>							
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
<u>Expenditure on:</u>							
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.

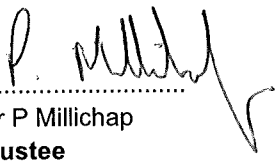
KINGSCARE LEAGUE OF FRIENDS

BALANCE SHEET

AS AT 31 MARCH 2023

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

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



 Mr P Millichap
 Trustee

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

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

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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.

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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.

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

3 Donations and legacies	Unrestricted funds		Restricted funds		Total		Unrestricted funds		Restricted funds		Total	
	2023	2023	2023	2023	2023	2023	2022	2022	2022	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	160,013	160,013	-	-	91,129	91,129	91,129	91,129	-
Membership fees	6,223	-	-	-	6,223	469	-	-	-	-	469	-
	<u>63,269</u>	<u>160,013</u>	<u>160,013</u>	<u>160,013</u>	<u>223,282</u>	<u>109,429</u>	<u>91,129</u>	<u>91,129</u>	<u>91,129</u>	<u>91,129</u>	<u>200,558</u>	<u>91,129</u>
Grants receivable for core activities	-	160,013	160,013	160,013	160,013	-	-	-	-	-	91,129	91,129
Other Grants	-	160,013	160,013	160,013	160,013	-	-	-	-	-	91,129	91,129
	<u>-</u>	<u>160,013</u>	<u>160,013</u>	<u>160,013</u>	<u>160,013</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>91,129</u>	<u>91,129</u>

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

	Minibus transport		Patients		Catering		Exercise		Projects		Newton Dementia Abbot Support Groups		Social Benefits Reading Advice		Do It for Hampers Deaks		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						

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

5 Other trading activities

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

6 Investments

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Interest receivable	613	1,540
	<u> </u>	<u> </u>

7 Other income

	Total Unrestricted funds	
	2023	2022
	£	£
Other income	-	3,411
	<u> </u>	<u> </u>

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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
	<u>335,024</u>	<u>287,884</u>
	<u>335,024</u>	<u>287,884</u>
Analysis by fund		
Unrestricted funds	178,832	
Restricted funds	156,192	
	<u>335,024</u>	
For the year ended 31 March 2022		
Unrestricted funds		146,701
Restricted funds		141,183
		<u>287,884</u>

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

9 Support costs

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

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).

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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	-
	<u>15</u>	<u>13</u>

Employment costs

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

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
	<u>7,259</u>	<u>9,022</u>

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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 Taxation of 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

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

16	Fixed asset investments		(Continued)
17	Debtors		
		2023	2022
	Amounts falling due within one year:	£	£
	Prepayments and accrued income	1,977	3,934
		<u> </u>	<u> </u>
18	Creditors: amounts falling due within one year		
		2023	2022
		£	£
	Other taxation and social security	3,952	2,907
	Deferred income	5,274	5,713
	Other creditors	245	702
	Accruals	3,479	2,886
		<u> </u>	<u> </u>
		12,950	12,208
		<u> </u>	<u> </u>
19	Deferred income		
		2023	2022
		£	£
	Other deferred income	5,274	5,713
		<u> </u>	<u> </u>
	Current liabilities	5,274	5,713
		<u> </u>	<u> </u>
		5,274	5,713
		<u> </u>	<u> </u>

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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 2022	Movement in funds		Balance at 31 March 2023
	£	Incoming resources £	Resources expended £	£
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)	-
	<u>13,007</u>	<u>171,417</u>	<u>(156,192)</u>	<u>28,232</u>

21 Analysis of net assets between funds

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

22 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2023 £	2022 £
Total Remuneration	<u>65,055</u>	<u>67,465</u>

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

Kerswella Care, Kingskerswell Health Centre, School Road, Kingskerswell, TQ12 5DJ

Supporting residents in Abbotskerswell, Coffinswell, Ipplepen & Kingskerswell

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Kerswella Care

Registered Charity 1199459

For help when it's needed across our communities

- 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

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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 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

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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 to 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 be 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. Governance:

- 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

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