



Annual Report

April 2021 - March 2022



One day a man was walking along the beach when he noticed a boy picking up and gently throwing things into the ocean. Approaching the boy, he asked:

"What are you doing?" The boy replied, "Throwing starfish back into the ocean.

The surf is up, and the tide is going out. If I don't throw them back, they'll die". The man laughed to himself and said, " Do you realise there are miles of miles of beach and hundreds of starfish? You can't make any difference". After listening politely, the boy bent down, picked up another starfish and threw it into the surf, then smiling at the man, he said; "I made a difference to that one".

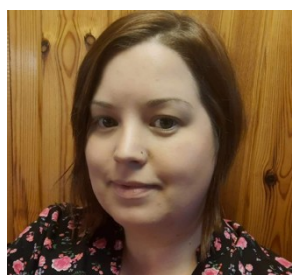
Adapted from the original by Loren Eiseley

Trustees

- | | |
|---------------------|---------------------|
| o David Brewster | Chairman |
| o Keith Webster | Treasurer |
| o Richard Coates | Vice Chairman |
| o Elizabeth Davison | |
| o Robin Lakin | |
| o Bob Polley | |
| o Sue Sutermeister | |
| o Leisa Burniston | |
| o David Marston | |
| o Ann Ferguson | Co-opted March 2022 |
| o John Humphrys | Co-opted May 2022 |

Staff

- | | |
|---------------------|--|
| o Claire Hall | Chief Officer |
| o Sarah Hendry | Coordinator |
| o Carol Stevens | Coordinator |
| o Sam Berriman | Administrator |
| o Isabelle Harrison | Scarborough, Whitby, Ryedale Activities
Coordinator |
| o Jacquie Cole | Development Worker |



L-R Claire, Isabelle and Sam

L -R Jacquie, Carol and Sarah



What we do:

o **Carers Sitting Service** - volunteers give the carer a break by

sitting with the person being cared for

- o **My Neighbourhood** - volunteer befriending and activities to reduce loneliness and social isolation
- o **Carers Support Group** - we organise a monthly meeting to offer carers the opportunity to share concerns, receive support and simply take time out to relax
- o **Musical Monday's** - is a monthly event to replace songs and scones, for older people to come together to participate in a performance by local musicians, followed by conversation, tea and cake. It is run in partnership with the Community One Stop.
- o **Plough to Plate** - to replace Farmers Breakfast, Ryedale Carers Support has been working in partnership with North Yorkshire County Record Office (NYCRO), to deliver an exciting programme of reminiscence-based workshops exploring the stories of people and places in Ryedale through the ages. The programme of 6 sessions, delivered in 2 blocks of 3 in North and South Ryedale respectively, uses some of the fascinating archive collection from the North Yorkshire County Record Office to explore a range of themes linked to the story of food and farming. Sessions provide the opportunity for participants to explore the remarkable collection of historic photographs, recipes, maps, diaries and parish records held by the County Record Office and are led by heritage engagement consultant, Virginia Arrowsmith.
- o **Walking Group** - the group meets monthly and every client has a dedicated volunteer walking with them. The carer (husband/wife/son/daughter) has a day off knowing their loved one

is doing something they love. The benefits of physical exercise and good company are incalculable.

- o **Community Development in Northern Ryedale and Whitby District** – our Activities Coordinator runs a Farmers Breakfast in Lythe and has supported the development of a number of friendship groups in small rural communities in northern Ryedale and rural parts of Whitby District.

On - Line Activities

The silver lining of lockdown has been the development of 2 online activities that have filled an unmet need and have proved to be very popular

- o **Virtual Walks** Volunteer Rangers Jim Hall & Davy Major from North York Moors National Parks lead monthly virtual walks, enabling people to enjoy the countryside and a chat from the comfort of their sofas through Zoom. Walks include views, local and historical information and show the best of the national park in all seasons. Time for a chat, questions and sharing is always a part of these two friendly and informal groups. If people need help starting with Zoom, we can offer support to get them going.
'I still don't get to socialise so these meetings are very important to me after 2 years of solitary confinement'
'I like the interaction between the leader and the Zoomers'
'When there is so much disturbing news it can be nice just to switch off for an hour. I know that some walkers now log on twenty minutes before the walk to just chat.'
- o **Virtual Singalongs** over 25 people who can't get out meet on line to sing along to a variety of musical genres, music from the shows, country, sounds of the 60's and much more. The social connection has helped people feel less isolated:
'I have enjoyed connecting with others'
Nice to have an appointment and be welcomed to something"
"Getting used to using Zoom has been a Bonus"
- o During lockdown, RCS and Scarborough & Ryedale Carers Resource (now known as Community Plus Yorkshire) became the **Community Support Organisation** (CSO) in Ryedale. In partnership with North Yorkshire County Council, the role of the CSO was to act as a single point of contact in Ryedale and respond to demands for help. Our role as a CSO finished at the end of January 2022 and any money

left over was (with the permission of NYCC), rolled over to support the Community One Stop (COS).

- o **Community One Stop** run in conjunction with Ryedale Charities Together the Community One Stop is a doorway into the voluntary sector. Most people know how to access their GP and Health and Adult Services but the voluntary sector can be very confusing. The COS has a phone number as a single point of contact which is provided by Carers Plus Yorkshire. In addition to this, on the first Monday of every month a number of voluntary and community groups meet at Pickering Methodist Church to provide a drop in facility that members of the public can access to find out if the voluntary and community sector can help their particular need. Alongside the information and advice free activities such as arm chair yoga and Boccia are put on in the main meeting room. In the afternoon some musical entertainment is provided hosted by either North Yorkshire Music Therapy or Ryedale Carers Support.
- o **RCS 2022 Calendar**
New this year! For the first time, Ryedale Carers Support have put together a calendar as a way to reach out and connect with all clients. Each month features photographs linked to a different RCS activity with comments to encourage conversation. We have received many compliments from delighted clients and volunteers.
- o **Keeping Connected Newsletter**
A quarterly newsletter for Ryedale Carers Support volunteers to keep them informed and involved in what we have been doing. As well as a 'letter from Claire', we feature recent sessions and events; what's coming up; a humorous cartoon and useful contacts which the volunteer can share with the person they are visiting.

Funding:

We are very grateful to the following foundations, trusts, organisations and individuals for supporting us:

- The Robert McAlpine Foundation for enabling Ryedale Carers Support to recruit more volunteers and pay their out- of-pocket expenses. Our volunteers were not able to visit during lockdown so a surplus has developed. As we expand our activities and services this will be used to keep our volunteers connected with us and each other
- NYCC Health & Adult Services and the local Clinical Commissioning Groups for continuing to support the sitting service and My Neighbourhood. Ryedale Carers Support is delivering the NYCC sitting service contract for Scarborough, Whitby and Ryedale from 2018 – 2023

- Awards for All Community Fund £10,000 for a post covid recovery fund
- The Co-operative Local Community Fund - £3666
- NFU Donation - £6451
- NYCC Stronger Communities – funding the CSO partnership and the Community One Stop
- Ryedale Stroke Group – wound up and donated £4000 to RCS
- NYCC Stronger Communities for funding the NHS App promotion grant which will be spent in the next financial year.
- Noddy Skaife for £1000 raised on a sponsored bike ride
- The many individual carers and volunteers who have given so generously throughout the year.

Who we help?

Referrals to Ryedale Carers Support have increased year on year and in this financial year 349 carers and older people have received a service from us.

18- 64 years	65 – 74 years	75 – 84 years	85+ years
29	70	141	109

Learnin g Disabilit y	Physical Disabilit y	Frailty or Temporar y Illness	Hearing Impairme nt	Visual Impairme nt	Mental Health	Dementi a
1	98	94	1	4	40	111

Our Volunteers

Ryedale Carers' volunteers are the heart of the organisation and the 158 volunteers registered with us make a significant difference to the people they visit. We are very grateful for all their hard work and commitment. Over the year Ryedale Carers Support has recruited 12 new volunteers via word of mouth and from publicity generated by adverts in the Handy Mag, the Gazette & Herald and social media. In August 2021 we arranged a big 'thank you' party for our volunteers at the Bird of Prey Centre in Helmsley, 52 volunteers attended



In March 2022, 34 volunteers attended a volunteer induction training. Ryedale Carers' volunteers are the backbone of all that we do: we could not be the organisation we are without the hard work of all our volunteers and we are very grateful for the time they give us.

What people have said about Ryedale Carers Support

"A wonderful service that makes a big difference - please don't stop it."

"I am enormously grateful for this service; it is bringing me considerable support."

"This is an excellent service that has all-round benefits for the carer/person cared for. It sustains a sense of connection with the local community and brings fresh 'energy' into the home."

"You have helped our family over the years. We are very grateful and thankful. You should have your funding continued and increased. You are providing essential support for the cared for and local carers to maintain and improve their mental health. Thank you."



The RCS Quilts continue to be of great promotional value to RCS. Since they were created during lockdown they have been on permanent display at various libraries and now at The Bothies at Scampston Walled Garden. While on display a book of quotes has been collected:

'Beautiful and a lovely way to express what was happening in people's lives during covid'

IT Buddies – RCS has worked closely with Citizens Online: Carol Stevens is our Digital Champion and together with the rest of the staff, RCS has

successfully recruited 2 volunteers to be IT buddies. The volunteers and staff have been very successful in getting people on to Zoom and connected to our online activities. A quote from a client “I was so proud of myself that I did it on Zoom”.

My Neighbourhood is about connecting communities and providing support to people who may be isolated, lonely or need a bit of extra help. My Neighbourhood with the help of our volunteers aims to:

- Help people stay well and active within their local community or neighbourhood
- Offer opportunities to meet new people, join in social activities and perhaps try something different

Throughout 2021/22 Ryedale Carers Support has worked closely with Carers Plus Yorkshire (formerly Scarborough and Ryedale Carers Resource) to enable this to happen.

Community Development in Northern Ryedale and Whitby District

Virtual meetings and letters carried on for the early part of 2021, with contact being maintained through letters and telephone calls.

In July 2021 Farmers Breakfast was able to have its first meeting and trip out to Mulgrave Castle gardens. A real treat to meet up and see all our old friends. In September the meetings started up properly with a regular meetings in September, October and November 2021. Unfortunately, the December Christmas party had to be cancelled due to the spike in local cases of Covid.

In January there was a small informal meeting held in a local coffee shop, which just got a few people out together, and our first speaker came in March 2022, where business resumed as normal.

During 2021, when possible, the book club was able to meet up once a month, in local coffee shops to maintain some contact and telephone befriending between clients themselves also continued.

Farmers Breakfast clients joined Caring Together Whitby clients for a fabulous trip on the steam train, including cake and coffee. A very welcome boost during the summer. Gemma from Caring Together Whitby started helping at Farmers Breakfast on a regular basis when the Breakfasts restarted in early 2022.

The Future

The arrangement of blended work will continue. Our online activities have been a great success and will continue as they have become part of our post-Covid recovery. One carer said, ‘It’s nice to do something without worrying about finding a sitter for my husband’ while another commented, ‘It is so hard to get out of the house now, my arthritis is so bad. Having an activity brought to me makes all the difference. I feel part of something again’.

Lockdown has taught RCS that it has the resilience to manage change and the ability to develop new initiatives that reflect the changing needs of

their clients. The future development of RCS lies in the development of sustainable partnerships, reflected in the number of new activities RCS is running with a wide variety of organisations across North Yorkshire. Working with others enables RCS to provide the best possible service for their clients.

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

Annual Report & Financial Statements for the period ended

31st March 2022

*Tracy Bramley ACMA, CGMA
Charity Accounts Preparation &
Independent Examination*

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

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Trustees' Annual Report

From: 1 April 2021

To: 31 March 2022

The Board of Trustees present their annual report and financial statements for Ryedale Carers Support CIO for the period ended 31st March 2022.

Reference and Administration details

Charity name Ryedale Carers Support

Other names the charity is known by None

Registered charity number 1175552

Charity's principal address The Old School
Tinley Garth
Kirkbymoorside
York
YO62 6AR

Names of the charity trustees who manage the charity

Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
David Brewster	Chair		
Keith Webster	Treasurer		
Micky Johnson	Vice Chair	Resigned 1 Nov 2021	
Sheila Shinman	Vice Chair	Resigned 1 Nov 2021	
Susan Sutermeister			
Robin Lakin			
Robert Polley			
Richard Coates			
Elizabeth Davison			
Leisa Burniston			
David Marston			

Chief Officer

Claire Hall

Names of any custodian trustees

None

Structure, governance and management

Governing Document Foundation CIO Constitution

How the charity is constituted Charitable Incorporated Organisation

Trustee selection methods Elected by Members

All trustees are required to stand down at the charity's annual general meeting, but being eligible, those who wish to, can offer themselves for re-election.

Objectives and activities

Summary of the objects of the charity set out in its governing document

- To enable carers to maintain their independence
- To enable carers to continue their caring role
- To increase the confidence and motivation of carers and the cared for
- To enhance the wellbeing of carers and the cared for
- To enable carers and those they care for to socialise together
- To enable the older person to re-engage with their community
- To inform and sign post to other organisations

Mission Statement

To provide practical and emotional support for adult carers, the people they care for and individuals who live alone in the community.

Summary of the main activities undertaken for the public benefit in relation to these objects

Carers Sitting Service – volunteers give the carer a break by sitting with the person being cared for

My Neighbourhood – befriending and activities to reduce loneliness and social isolation

Carers Support Group – we organise a monthly meeting to offer carers the opportunity to share concerns, receive support and simply take time out to relax

Musical Monday's – is a monthly event to replace songs and scones, for older people to come together to participate in a performance by local musicians, followed by conversation, tea and cake. It is run in partnership with the Community One Stop

Plough to Plate – From September 2021 to replace Farmers Breakfast, Ryedale Carers Support has been working in partnership with North Yorkshire County Record Office (NYCRO), to deliver an exciting programme of reminiscence-based workshops exploring the stories of people and places in Ryedale through the ages.

The programme of 6 sessions, delivered in 2 blocks of 3 in North and South Ryedale respectively, uses some of the fascinating archive collection from the North Yorkshire County Record Office to explore a range of themes linked to the story of food and farming; how food has been grown, reared and produced; how it has been prepared and cooked over the centuries; and explores the ways in which food has been used to mark our customs and traditions over the ages.

Sessions provide the opportunity for participants to explore the remarkable collection of historic photographs, recipes, maps, diaries and parish records held by the County Record Office and are led by heritage engagement consultant, Virginia Arrowsmith.

Walking Group – the group meets monthly and every client has a dedicated volunteer walking with them. The carer (husband/wife/son/daughter) has a day off knowing their loved one is doing something they love. The benefits of physical exercise and good company are incalculable

Community Development in Northern Ryedale and Whitby District – our Activities Coordinator runs a Farmers Breakfast in Lythe and has supported the development of a number of friendship groups in small rural communities in northern Ryedale and rural parts of Whitby District.

On - Line Activities the silver lining of lockdown has been the development of 2 online activities that have filled an unmet need and have proved to be very popular

Virtual Walks Volunteer Rangers Jim Hall & Davy Major from North York Moors National Parks lead monthly virtual walks, enabling people to enjoy the countryside and a chat from the comfort of their sofas through Zoom. Walks include views, local and historical information and show the best of the national park in all seasons. Time for a chat, questions and sharing is always a part of these two friendly and informal groups. If people are interested and need help starting with Zoom, we can offer support to get them going.

'I still don't get to socialise so these meetings are very important to me after 2 years of solitary confinement'

'I like the interaction between the leader and the Zoomers'

'When there is so much disturbing news it can be nice just to switch off for an hour. I know that some walkers now log on twenty minutes before the walk to just chat.'

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2022

13.2 Details of Funds Held cont....

Support for Carers Scarborough & Caring Together Whitby - in partnership with Ryedale Carers Support delivering a range of services across Scarborough, Whitby and Ryedale.

My Neighbourhood - in partnership with Carers Plus Yorkshire – providing volunteer befriending and activities such as plough to plate, musical Mondays, Lythe Farmers Breakfast and the walking group to reduce loneliness and social isolation

Carers Support Group - one monthly support group to offer carers the opportunity to share concerns, receive support and take a break from their caring role.

Volunteer Expenses - supported by The Robert McAlpine Foundation to enable Ryedale Carers Support to recruit more volunteers and pay their out of pocket expenses.

Awards for All equipment grant - a grant received in a previous year for the purchase and set up of new computer equipment. This is has been capitalised and depreciated over 4 years. Each year an equivalent amount of grant is released to match the depreciation shown in the accounts.

NYCC Stronger Communities/CSO partnership & Covid 19 grant - RCS became part of the NYCC Community Support Organisation and received funding to set up a network of new and existing volunteers to provide emergency shopping and prescription collection for those shielding and self-isolating. The balance of this fund has now been transferred to the new project 'One Stop' to continue these activities.

One Stop - run in conjunction with Ryedale Charities Together the Community One Stop is a doorway into the voluntary sector providing information, advice and free activities.

Post Covid Recovery project - a new grant from Awards for All Lottery Fund to provide a development worker.

NYCC FEF Fund - a grant received in 2020/21 of £2,000 for 'Food and Essentials Fund'; to ease cashflow and can be used to reimburse volunteers for any up-front costs incurred by them when purchasing food or essential items for people.

NHS App fund - a new grant from NYCC Stronger Communities to promote the NHS App. This has been received in this financial year but to be spent in 2022/23.

14 Net assets between funds	Unrestricted Funds	Designated Funds	Restricted Funds	Total 2022	Total 2021
Balances at 31st March 2022	£	£	£	£	£
Fixed assets	1,170		1,848	3,018	5,450
Current assets	58,709	72,314	95,800	226,824	186,389
Current liabilities	(9,954)	(12,261)	(16,243)	(38,459)	(39,480)
	49,925	60,053	81,405	191,383	152,359

15 Transactions with trustees and related parties

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

There were no reimbursements to trustees for out of pocket expenses during the year (2021: Nil).

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2022

Transfers between funds

From	To	Reason	£ Amount
General funds	Restricted funds	To make up the shortfall in the Carers Sitting Service	9,641
Restricted	Restricted funds	Tfr from Songs & Scones to My Neighbourhood Ryedale	3,545
Restricted	Restricted funds	Tfr from Carers Trip to Carers Support Group	1,000
Restricted	Restricted funds	Tfr from Farmer's Breakfast to Plough to Plate	6,529
Restricted	Restricted funds	Tfr from NYCC Stronger Communities to One Stop	17,219
General funds	Designated funds	To increase the redundancy & wind down provision to reflect expected cost	7,500
General funds	Designated funds	To set aside funds for a telephone upgrade	7,500
			<u>52,934</u>

2021 Fund name	Donated Funds b/fwd £	Incoming resources £	Outgoing resources £	Transfers £	Balance c/fwd £
Unrestricted Funds					
General unrestricted funds	54,745	25,464	7,300	(17,755)	55,154
Designated funds	30,053	-	-	15,000	45,053
	<u>84,798</u>	<u>25,464</u>	<u>7,300</u>	<u>(2,755)</u>	<u>100,207</u>
Restricted Funds					
NYCC Carers Sitting Service Ryedale	3,845	59,750	66,350	2,755	-
Support for Carers Scarborough	-	45,553	45,553	-	-
Caring Together Whitby	-	29,903	29,903	-	-
My Neighbourhood	1,413	38,356	32,195	-	7,574
Support Groups	1,937	-	-	-	1,937
Volunteers Expenses	16,777	10,000	2,088	-	24,689
Carers Trip	1,000	-	-	-	1,000
Songs & Scones	6,000	-	2,455	-	3,545
Farmers Breakfast	6,529	-	-	-	6,529
Awards for All equipment grant	-	1,847	1,847	-	-
NYCC Stronger Communities/CSO partnership	-	29,024	23,783	-	5,241
NYCC FEF Fund	-	2,000	363	-	1,637
	<u>37,501</u>	<u>216,433</u>	<u>204,537</u>	<u>2,755</u>	<u>52,152</u>
Total Funds	<u>122,299</u>	<u>241,897</u>	<u>211,837</u>	<u>-</u>	<u>152,359</u>

13.2 Details of Funds Held

Unrestricted Funds (General)

The General fund is unrestricted and available for the general purposes of Ryedale Carers Support.

Designated Funds

Comprise a redundancy and wind down provision of £52,553 and a new provision of £7,500 to upgrade the telephone system. The previous year provision of £10,000 for a post covid recovery project has been fulfilled by a Community Fund grant under restricted projects.

Restricted Funds

The current restricted funds are only available for the purposes specified for each fund, which are:

NYCC Carers Sitting Service Ryedale - supported by NYCC Health & Adult Services and the local Clinical Commissioning Groups to provide a sitting service, using volunteers to give carers a break.

Virtual Singalongs over 25 people who can't get out meet on line to sing along to a variety of musical genres, music from the shows, country, sounds of the 60's and much more. The social connection has helped people feel less isolated:

'I have enjoyed connecting with others'

Nice to have an appointment and be welcomed to something" Getting used to using Zoom has been a Bonus"

RCS and Scarborough & Ryedale Carers Resource became the **Community Support Organisation (CSO)** in Ryedale. In partnership with North Yorkshire County Council, the role of the CSO was to act as a single point of contact in Ryedale and respond to demands for help. Our role as a CSO finished at the end of January 2022 and any money left over was (with the permission of NYCC), rolled over to support the Community One Stop (COS)

Community One Stop run in conjunction with Ryedale Charities Together the Community One Stop is a doorway into the voluntary sector. Most people know how to access their GP and Health and Adult Services but the voluntary sector can be very confusing. The COS has a phone number as a single point of contact which is provided by Carers Plus Yorkshire. In addition to this, on the first Monday of every month a number of voluntary and community groups meet at Pickering Methodist Church to provide a drop in facility that members of the public can access to find out if the voluntary and community sector can help their particular need. Alongside the information and advice free activities such as arm chair yoga and Boccia are put on in the main meeting room. In the afternoon North Yorkshire Music Therapy and RCS put on an afternoon of music such as our Musical Mondays.

RCS 2022 Calendar

New this year! For the first time, Ryedale Carers Support have put together a calendar as a way to reach out and connect with all clients. Each month features photographs linked to a different RCS activity with comments to encourage conversation. We have received many compliments from delighted clients.

Keeping Connected Newsletter

A quarterly newsletter for Ryedale Carers Support volunteers to keep them informed and involved in what we have been doing. As well as a 'letter from Claire', we feature recent sessions and events; what's coming up; a humorous cartoon and useful contacts which the volunteer can share with the person they are visiting

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the objectives and activities and in the planning of future activities.

Achievements and performance

A detailed review of the charity's activities and achievements in year are contained in the separate document 'Ryedale Carers Support Annual Report April 2021 - March 2022'

Financial Review

The results for the period ending 31st March 2022 show final balances of £49,925 unrestricted general funds; £60,053 designated funds and £81,405 restricted funds. In year, the overall operational surplus, after transfers was £39,024; comprising a deficit in year of £5,229 on unrestricted funds, a surplus (transfer) of £15,000 on designated funds and a surplus of £29,253 on restricted funds.

Whilst the general unrestricted funds show another successful year in general donations, the transfer out to make up the shortfall in the restricted NYCC - Sitting service and a transfer to designated has resulted in an overall in year deficit. The surplus in year on restricted funds reflects several grants still catching up on spend due to the suspension of some activities during the pandemic and also some new grants received for projects commencing in the new financial year. The restricted funding grants are listed in note 13 to the accounts, 'Movement of Funds', all of which show favourable balances at 31 March 2022.

The trustees have moved a further £7,500 into the designated redundancy and wind down provision to reflect a realistic estimate of cost and established a new designated fund of £7,500 to enable an upgrade to the telephone system, both transferred from unrestricted general funds.

The level of free reserves, that is those unrestricted funds not tied up in tangible fixed assets, nor held in designated funds, stands at £48,755 at 31st March 2022. The trustees consider that this level of free reserves is in line with the target level set in the reserves policy of one quarter of the annual projected expenditure for the forthcoming year.

Plans for the future

Lockdown has taught RCS that it has the resilience to manage change and the ability to develop new initiatives that reflect the changing needs of their clients. The future development of RCS lies in the development of sustainable partnerships, reflected in the number of new activities RCS is running with a wide variety of voluntary and community organisations.

Working with others enables RCS to provide the best possible service for their clients.

A three year business plan (2020 – 2023), for the partnership of Ryedale Carers Support, Caring Together Whitby and Support for Carers Scarborough outlines the strategic aims and plans for the future and addresses any weaknesses and threats in the SWOT analysis.

Trustee's responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period.

In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are also responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Declaration

The trustees declare that they have approved the trustees' annual report above.

Signed on behalf of the charity's trustees



David Brewster, Chair

Date

22/7/22

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2022

10 Cash at bank and in hand

	Total 2022	Total 2021
	£	£
Current bank account	103,248	63,542
Deposit bank accounts	92,292	92,241
Reserve account	30,111	30,081
Cash in hand	368	95
	226,019	185,959

11 Creditors and accruals

Analysis of creditors falling due within one year

	2022	2021
	£	£
Trade creditors	428	461
Payments received on account for contracts or performance-related grants	32,985	34,832
Accruals	5,046	4,187
	38,459	39,480

12 Contingent Liabilities

The charity has no contingent liabilities at 31 March 2022 (2021: None).

13 Movement of funds

13.1 Movement of major funds

2022 Fund name	Donated Funds b/fwd £	Incoming resources £	Outgoing resources £	Transfers £	Balance c/fwd £
Unrestricted Funds					
General unrestricted funds	55,154	23,745	4,333	(24,641)	49,925
Designated funds	45,053	-	-	15,000	60,053
	100,207	23,745	4,333	(9,641)	109,978
Restricted Funds					
Carers Sitting Service Ryedale	-	59,750	69,391	9,641	-
Support for Carers Scarborough(SFCS)	-	39,200	39,200	-	-
Caring Together Whitby(CTW)	-	25,600	25,600	-	-
My Neighbourhood Ryedale	7,574	39,615	32,441	3,545	18,293
My Neighbourhood SFCS	-	5,495	5,495	-	-
My Neighbourhood CTW	-	4,473	4,473	-	-
Carers Support Group	1,937	119	197	1,000	2,859
Volunteers Expenses	24,689	10,016	5,185	-	29,520
Carers Trip (tfr to Carers Support group)	1,000	-	-	(1,000)	-
Songs & Scones (tfr to My Neighbourhood)	3,545	-	-	(3,545)	-
Farmer's Breakfast (tfr to Plough to Plate)	6,529	-	-	(6,529)	-
Plough to Plate	-	1,239	1,756	6,529	6,012
Lythe Farmer's Breakfast	-	1,750	44	-	1,706
Awards for All (release of equipment grant)	-	1,847	1,847	-	-
NYCC Stronger Communities/CSO &	5,241	26,850	14,872	(17,219)	-
Covid grant (tfr to One Stop)	-	-	-	-	-
One Stop	-	3,302	1,095	17,219	19,426
Post Covid Recovery project (Awards 4	-	-	-	-	-
All Lottery Fund)	-	10,000	10,000	-	-
NYCC FEF Fund	1,637	-	48	-	1,589
NHS App fund	-	2,000	-	-	2,000
	52,152	231,256	211,644	9,641	81,405
Total Funds	152,359	255,001	215,977	-	191,383

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2022

5 Fees for examination of the accounts

	2022	2021
	£	£
Independent Examiner's fees for reporting on the accounts	800	790
Other fees	-	-
	<u>800</u>	<u>790</u>

6 Staff costs and emoluments

	2022	2021
	£	£
Gross salaries	88,221	83,066
Employers National Insurance	1,373	1,318
Pension Contributions	2,852	2,567
Other benefits - car allowance	3,751	3,215
	<u>96,197</u>	<u>90,166</u>
	<u>6</u>	<u>6</u>

Average number of employees (head count)

No employee received remuneration in excess of £60,000 (2021: Nil)

The total employee benefits of the key management personnel of the charity were £32,063 (2021: £33,634).

No redundancy payments were made during the year (2021: Nil)

7 Defined contribution pension scheme

The charity contributes to each employee's chosen defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity and amounted to £2,852. There were £161.41 contributions outstanding at the end of the year.

The employer pension cost is allocated between the restricted and unrestricted funds in line with the allocation of the corresponding staff salaries.

8 Fixed assets

Tangible fixed assets

Cost or valuation

	Equipment	Total
	£	£
At 1st April 2021	9,729	9,729
Additions in year	-	-
Disposals in year	-	-
At 31st March 2022	<u>9,729</u>	<u>9,729</u>

Depreciation

	£	£
At 1st April 2021	4,279	4,279
Charge for the year	2,432	2,432
At 31st March 2022	<u>6,711</u>	<u>6,711</u>

Net Book Value

	£	£
At 31st March 2022	<u>3,018</u>	<u>3,018</u>
At 31st March 2021	<u>5,450</u>	<u>5,450</u>

9 Debtors and prepayments

Debtors and prepayments

	2022	2021
	£	£
Prepayments and accrued income	805	430
	<u>805</u>	<u>430</u>

Independent examiner's report to the trustees of Ryedale Carers Support CIO

I report on the accounts of:

Ryedale Carers Support CIO

for the year ended:

31 March 2022

which are set out on pages 5 to 15.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5) (b) of the Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Chartered Institute of Management Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Tracy Bramley ACMA
Orchard House Accounting
Orchard House, 72 Low Moorgate
Rillington, Malton
North Yorkshire
YO17 8JW

Date: 26/7/22

Notes to the accounts for the year ended:

31st March 2022

4 Expenditure		Unrestricted funds	Restricted funds	Total 2022	Unrestricted funds	Restricted funds	Total 2021
4.1 Raising funds		£	£	£	£	£	£
200 Club		370	-	370	612	-	612
Fundraising costs		-	-	-	20	-	20
		370	-	370	632	-	632
4.2 Charitable activities							
Direct Project costs							
Salaries, NI & Pensions		96,197	96,197	-	90,166	90,166	-
Ex-gratia payments		95	3,935	4,030	2,500	2,508	2,508
Staff training & travel expenses			5,142	5,142	2,603	2,603	2,603
Volunteer training & travel expenses			142	142	142	142	142
Subscriptions		132	187	319			-
Supporting Carers		71	1,049	1,120	886	995	1,881
Sundry & cleaning expenses			-	-		20	20
Songs & Scores							-
Volunteers Events		533	526	1,059			-
Farmers Breakfast			1,033	1,033			-
My Neighbourhood activities			3,369	3,369		328	328
COVID-19 expenses			2,350	2,350		3,241	3,241
Community One Stop expenses			299	299			-
FEF Fund shopping payments			48	48		363	363
Partner payments							
Support for Carers Scarborough			44,695	44,695		47,217	47,217
Caring Together Whitby			30,073	30,073		31,351	31,351
Central support costs							
Telephone			2,276	2,276		2,844	2,844
Postage, stationery, printing & photocopying			4,533	4,606		7,440	7,550
Advertising & website	73		169	169	110	624	624
Rent, room hire & service charges			5,773	5,773		5,573	5,573
Insurance			3,523	3,523		2,469	2,469
Office & Computer Equipment	2,474		3,068	5,542	2,587	3,356	5,943
Depreciation	585		1,847	2,432	585	1,847	2,432
Governance							
Professional fees			1,410	1,410		1,450	1,450
		3,963	211,644	215,607	6,668	204,537	211,205
		4,333	211,644	215,977	7,300	204,537	211,837
Total expenditure							

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Ryedale Carers Support CIO
(Registered Charity Number 1175552)

31st March 2022

Statement of Financial Activities for the year ended:

Note	Unrestricted funds	Designated funds	Restricted funds	Total 2022	Total 2021
	£	£	£	£	£
Income and endowments from:					
Donations and legacies	3.1	21,699	-	21,699	22,272
Charitable activities	3.2	626	-	231,882	217,433
Other trading activities	3.3	1,340	-	1,340	2,099
Investments	3.4	80	-	80	93
Total income	3	23,745	-	231,256	241,897
Expenditure on:					
Raising funds	4.1	370	-	370	632
Charitable activities	4.2	3,963	-	211,644	211,205
Total expenditure	4	4,333	-	211,644	211,837
Net income/(expenditure)		19,412	-	19,612	30,060
Transfers between funds		(24,641)	15,000	9,641	-
Net movement in funds		(5,229)	15,000	29,253	30,060
Total funds brought forward		55,154	45,053	52,152	122,299
Total funds carried forward		49,925	60,053	81,405	152,359

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Balance Sheet as at:

31st March 2022

	Note	2022 £	2021 £
Fixed Assets			
Tangible assets	8	3,018	5,450
Total Fixed Assets		3,018	5,450
Current Assets			
Debtors	9	805	430
Cash at bank and in hand	10	226,019	185,959
Total Current Assets		226,824	186,389
Current Liabilities: Amounts falling due within one year			
Creditors and accruals	11	38,459	39,480
Net Current Assets/(Liabilities)		188,365	146,909
Current Liabilities: Amounts falling due after more than one year			
Creditors and accruals		-	-
Net Assets/(Liabilities)		191,383	152,359
Funds of the Charity 31 March 2019	13		
Unrestricted Funds (General)		49,926	55,154
Unrestricted Funds (Designated)		60,053	45,053
Restricted Funds		81,405	52,152
Total Funds	13	191,383	152,359

The financial statements were approved by the trustees on 22 JULY 2022
and signed on their behalf by:

D Brewster
Chair
Date:


22/7/22

K Webster
Treasurer
Date:


22/7/22

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2022

3 Income and endowments

3.1 Donations and legacies

Voluntary Income - donations
General Donations
Gift Aid

3.2 Charitable activities

* NYCC & CCG Sitting Service
Ryedale Carers Support
Caring Together Whitby
Support for Carers Scarborough
* NYCC My Neighbourhood Service
Ryedale Carers Support
Caring Together Whitby
Support for Carers Scarborough
The Robert McAlpine Foundation - volunteers expenses
Other grants & donations to projects
Awards for All equipment grant (release of grant to match dep'n)
* NYCC Stronger Communities/CSO partnership
* NYCC Stronger Communities Covid grant
* NYCC Stronger Communities NHS App fund
* NYCC FEF Fund
Support Groups
Awards for All Lottery Fund - post covid recovery project
Volunteers Event funds

3.3 Other trading activities

Fundraising

3.4 Investments

Bank interest received

Total income

Unrestricted funds	Restricted funds	Total 2022	Unrestricted funds	Restricted funds	Total 2021
£	£	£	£	£	£
20,930	59,750	20,930	21,858	59,750	21,858
769	25,600	769	414	25,600	414
21,699	-	21,699	22,272	-	22,272
626	231,256	231,882	1,000	216,433	217,433
546	10,000	10,000	2,099	-	2,099
1,340	-	1,340	2,099	-	2,099
80	-	80	93	-	93
23,745	231,256	255,001	25,464	216,433	241,897

* denotes government grants received this year, totalling

Notes to the accounts for the year ended: 31st March 2022

1 Basis of preparation

1.1 Basis of accounting

The financial statements are prepared under the historical cost convention. These accounts have been prepared in accordance with: the Statement of Recommended Practice: 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) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Going concern

The financial statements have been prepared on a going concern basis.

2 Accounting policies

2.1 Income

Recognition of income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the charity has evidence of entitlement to the resources and receipt is probable.

Government grants

The charity has received government grants in the reporting period.

Tax reclaims on donations and gifts

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation.

Contractual income and performance related grants

In the case of contractual income and performance related grants, income is only recognised once the charity has provided the specified services or performance related conditions.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the Trustees' Annual Report.

Investment income

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

Notes to the accounts for the year ended: 31st March 2022

2.2 Expenditure and Liabilities

Raising funds

Cost of raising funds comprise those costs associated with attracting voluntary income.

Charitable activities

Charitable activities expenditure comprises those costs incurred by the charity in the delivery of its activities and services. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them. Where costs are apportioned between projects, it is on the basis of staff time spent on each activity.

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Redundancy cost

The cost of redundancies are calculated using the statutory redundancy pay guidelines.

2.3 Assets

Tangible fixed assets for use by the charity

These are capitalised if they can be used for more than one year and cost at least £700 each. They are valued at cost. Depreciation is provided at rates to write off the cost of the asset over a four year period leaving a nil residual value.

Taxation

The company is a registered charity and is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds that are resources set aside for specific purposes at the discretion of the trustees.

Restricted funds are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.