



Annual Report

April 2022 – March 2023



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

- | | |
|---------------------|---------------------|
| ○ David Brewster | Chairman |
| ○ Keith Webster | Treasurer |
| ○ Richard Coates | Vice Chairman |
| ○ Elizabeth Davison | |
| ○ Robin Lakin | |
| ○ Bob Polley | |
| ○ Sue Sutermeister | |
| ○ Leisa Burniston | |
| ○ David Marston | Resigned March 2023 |
| ○ Ann Ferguson | |
| ○ John Humphreys | |

Staff

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

L-R Claire, Isabelle and Sam



L -R Jackie, Carol and Sarah



What we do:

- **Carers Sitting Service** – volunteers give the carer a break by sitting with the person being cared for
- **My Neighbourhood** – volunteer 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.
- **In My Day**– to build on the work done with the Plough to Plate workshops, Ryedale Carers Support has continued 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 explores a range of themes linked to the story of food, farming, music and leisure activities. Sessions provide the opportunity for participants to explore the remarkable collection of artifacts provided by heritage engagement consultant, Virginia Arrowsmith, who led the sessions.
- **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.
Lythe Farmers Breakfast, on the first Wednesday every month was set up because loneliness and isolation has become endemic in many of our rural areas in North Yorkshire and this monthly group enables those who are less able to interact and find themselves isolated to meet with friends old and new for a cup of tea, listen to a rural or locally inspired speaker and then most importantly have a bacon buttie and a chat.
- **On - Line Activities**
Ryedale Carers Support continues to provide 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 need help starting with Zoom, we can offer support to get them going.

‘They are interesting. Only been on one because I have only just joined, it was at Fountains Abbey where I have been since I was a child’

‘A breath of fresh air brought into our living room. We look forward to it every month’

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:

‘What a wonderful afternoon yesterday! M and I thoroughly enjoyed it. It really lifted my mood and left me feeling so cheerful and positive about life again.

On one occasion they had a ‘Desert Island’ disc type presentation: ‘I don’t know how to put into words my admiration and gratitude for all the hard work you do. We were both enjoying the tactile quality of the old vinyl, the sleeves, the record shop bags, and especially all that wonderful vintage technology. I was in Joni Mitchell heaven at one point, seeing all those album covers! One of my all-time favourites’

- **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. There are now 4 Community One Stops, they are held once a month in the 4 market towns: Pickering, Malton, Kirkbymoorside and Helmsley. At the Pickering event, Ryedale Carers Support holds a musical event in the afternoon, it’s called **Musical Mondays**. Over 35 people attend some by invitation other just drop in.

It’s great to get out and be with other people and without the transport you provide we would be stuck at home’

‘We need to get out and this is a great way to be with others and have a good time’

- **RCS 2023 Calendar**

It was so successful last year, Ryedale Carers Support decided to do another calendar for 2023 as a way to reach out and connect with all our clients and volunteers. 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.

○ **Volunteer 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 Integrated Care Board for continuing to support the Carers Sitting Service and My Neighbourhood. Ryedale Carers Support is delivering the NYCC sitting service contract for Scarborough, Whitby and Ryedale from 2018 – 2023
- Ryedale District Council for enabling our volunteers to keep connected and receive on-going support and training from Ryedale Carer Support
- NYCC Bright Sparks funding to help tackle loneliness and isolation through musical activities
- NYCC Stronger Community Grant to support Lythe Farmers Breakfast
- NYCC Stronger Community personalised care programme grant focussing on building organisational skills and knowledge and developing relationships with local Primary and Secondary Care based social prescribers.
- 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 315 carers and older people have received a service from us.

18- 64 years	65 – 74 years	75 – 84 years	85+ years
25	56	141	93

Learning Disability	Physical Disability	Frailty or Temporary Illness	Hearing Impairment	Visual Impairment	Mental Health	Dementia
1	79	54	0	3	87	91

Working with other groups

Ryedale Carers Support is known for responding to need and we can often do this by working with other community groups. For example, a cared for gentleman loved to grow vegetables but with his advancing dementia was unable to do this on his own. He was paired with Next Steps who run an allotment and with their support he is back doing what he loves and his carer is happy because she has a few hours respite knowing he is doing something that he loves.

Our Volunteers

Ryedale Carers' volunteers are the heart of the organisation and the 153 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 16 new volunteers via word of mouth and from publicity generated by adverts in the Handy Mag, the Gazette & Herald and social media. In May 2022 we arranged a cream tea at the Talbot Hotel in Malton with entertainment from the Thornton Dale Ukuleles. It was a way of saying a big 'thank you' to all our volunteers for all they do, 59 volunteers attended.

In 2023, 13 volunteers attended a volunteer induction training, in the summer of 2023, we held an informal meeting with clients and volunteers to look at ways of coping with dementia. This event was led by Professor June Andrews; author and specialist in dementia care. The event was so informative we have asked Professor Andrews to return this September and speak to a bigger group of clients and volunteers.



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.

IT Buddies a large number of our clients were still struggling to get on line which meant that one avenue of 'getting connected' was closed to them. RCS has recruited 3 or 4 volunteers whose role is to become an IT buddy and to help set up laptops and tablets for our clients and to sit with them for the first couple of zoom sessions. We have also bought 3 or 4 tablets that can be leant to clients for 6 months to see if on line activity is for them. As a result of this initiative, we have some flourishing on line activities.

What the client said about her IT support:

'I am definitely a lot more confident is using technology now, I sometimes have problems with the signal going down but can easily get on again. All thanks to my IT bubby who was so patient'

What the volunteer said:

'Overall, I don't feel I really did much but it is nice to know that with my little contribution that they could join in the activities'

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 and 2022/23 Ryedale Carers Support has worked closely with Carers Plus Yorkshire to enable this to happen.

Community Development in Northern Ryedale and Whitby District

Farmers Breakfast continues to go from strength to strength with over 45 bacon butties now being made on a regular basis. There is a core of 4 regular volunteers and some volunteers who also drop in when they can. In total 12 volunteers help with Farmers



Breakfast to a greater or lesser degree. Gemma's help was invaluable during 2022 and early 2023 until she unfortunately left Caring Together to go to happier times. In April, Farmers Breakfast clients were lucky enough take part in the pre-season trials for Wet Wheels and a marvellous trip in a very choppy Whitby Harbour was had by all. Due to curtailed nature of the trips, Wet Wheels kindly offered to repeat the sessions for us in July. So, we were able to have 2 trips on Wet Wheels. After the April trip Isabelle had negotiated a 'special' discount for 40 of us to have fish and chips in town so a lovely day was had by all.

In June we had a special event to celebrate the Platinum Jubilee of Queen Elizabeth 2nd. HRH even managed to drop in.

July saw Farmers Breakfast Lythe and clients from Ryedale Carers Support meet up for a joint visit as part of the Ryedale Green Event. 35 members of Lythe Farmers Breakfast went to the Ryedale Folk Museum, they all had a lovely day out, with many activities arranged on our behalf by the museum.

Several clients commented on knowing some of the buildings from their original position in Danby and many still used many of the tools on show in the grounds. Farmers Breakfast continued over the autumn and winter with luckily no sessions being cancelled due to weather or illness. October 2022 saw the last of 3 visits from Virginia Arrowsmith. These were hugely popular, and had originally been funded with a grant from the Yorkshire Agricultural Society.

In early 2023 Isabelle made several funding bids in order to be able to continue Farmers Breakfast as My Neighbourhood was no longer able to fund activities. Successful bids were made to ICL Boulby, Stronger Communities, The Grocers Fund and will ensure the continuation of Lythe Farmers Breakfast until March 2024.

The book/coffee club meet ups continued on a monthly basis until March 2023. They stopped when the My Neighbourhood funding was reduced for the area north of Whitby.

In January 2023, Isabelle also took over the running of the Monday Virtual Walks group from Carol. After a few teething problems this seems to be working well. All in all, a very busy and successful year.

The Future

The arrangement of blended work will continue, our online activities have been a great success and I am sure will go from strength to strength. Our funding is once again more secure having successfully secured the sitting service contract with North Yorkshire County Council. This service will be renamed the Carers Break Service. The funding that enabled us to support people living on their own is called 'My Neighbourhood', we are still delivering this with Carers Plus Yorkshire but it will now be called "Our Neighbourhood". Here, there is less money which has meant having to concentrate on the volunteer befriending and working with other organisations to deliver activities. However, since we have stopped 'Songs and Scones' and latterly 'Musical Mondays' we have realised how valued these activities are and how important it is to provide transport. It is the aim of RCS to deliver 2 flagship activities: Farmers Breakfast in Lythe and a quarterly musical event in Ryedale.

We know that 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 2023

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 2022

To: 31 March 2023

The Board of Trustees present their annual report and financial statements for Ryedale Carers Support CIO for the period ended 31st March 2023.

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		
Susan Sutermeister			
Robin Lakin			
Robert Polley			
Richard Coates			
Elizabeth Davison			
Leisa Burniston			
David Marston		Resigned 19/5/2023	
John Humphreys		Appointed 9/11/2022	
Ann Ferguson		Appointed 9/11/2022	

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

In My Day– to build on the work done with the Plough to Plate workshops, Ryedale Carers Support has continued 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 explores a range of themes linked to the story of food, farming, music and leisure activities. Sessions provide the opportunity for participants to explore the remarkable collection of artifacts provided by heritage engagement consultant, Virginia Arrowsmith, who led the sessions.

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.

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:

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. There are now 4 Community One Stops, they are held once a month in the 4 market towns: Pickering, Malton, Kirkbymoorside and Helmsley.

RCS 2023 Calendar

It was so successful last year, Ryedale Carers Support decided to do another calendar for 2023 as a way to reach out and connect with all our clients and volunteers. 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.

Volunteer 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 2022 - March 2023'

Financial Review

The results for the period ending 31st March 2023 show final balances of £57,971 unrestricted general funds; £52,553 designated funds and £65,159 restricted funds. In year, the overall operational deficit, after transfers was £15,700; comprising a surplus in year of £8,046 on unrestricted funds offset by a transfer of £7,500 from designated funds and a deficit of £16,246 on restricted funds.

Whilst the general unrestricted funds include spend this year on the telephone upgrade of £4,637, this had been set aside in designated funds last year to a value of £7,500, hence this provision has been transferred back to general funds now that it has been completed. The deficit in year on restricted funds reflects several grants still catching up on spend due to the suspension of some activities during the pandemic. The restricted funding grants are listed in note 13 to the accounts, 'Movement of Funds', all of which show favourable balances at 31 March 2023.

The level of free reserves, that is those unrestricted funds not tied up in tangible fixed assets, nor held in designated funds, stands at £57,386 at 31st March 2023. 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

The arrangement of blended work will continue, our online activities have been a great success and I am sure will go from strength to strength. Our funding is once again more secure having successfully secured the sitting service contract with North Yorkshire County Council. This service will be renamed the Carers Break Service. The funding that enabled us to support people living on their own is called 'My Neighbourhood', we are still delivering this with Carers Plus Yorkshire but it will now be called "Our Neighbourhood". Here, there is less money which has meant having to concentrate on the volunteer befriending and working with other organisations to deliver activities. However, since we have stopped 'Songs and Scones' and latterly 'Musical Mondays' we have realised how valued these activities are and how important it is to provide transport. It is the aim of RCS to deliver 2 flagship activities: Farmers Breakfast in Lythe and a quarterly musical event in Ryedale.

We know that working with others enables RCS to provide the best possible service for their clients.

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

11/8/23

Date:

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 2023

which are set out on pages 6 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

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; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 CGMA
Orchard House Accounting
Orchard House, 72 Low Moorgate
Rillington, Malton
North Yorkshire
YO17 8JW

Date 14/5/2023

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

Statement of Financial Activities for the year ended:

31st March 2023

	Note	Unrestricted funds	Designated funds	Restricted funds	Total 2023	Total 2022
		£	£	£	£	£
Income and endowments from:						
Donations and legacies	3.1	12,982	-	-	12,982	21,699
Charitable activities	3.2	-	-	196,539	196,539	231,882
Other trading activities	3.3	1,460	-	-	1,460	1,340
Investments	3.4	688	-	-	688	80
Total income	3	15,130	-	196,539	211,669	255,001
Expenditure on:						
Raising funds	4.1	985	-	-	985	370
Charitable activities	4.2	11,022	-	215,362	226,384	215,607
Total expenditure	4	12,007	-	215,362	227,369	215,977
Net income/(expenditure)		3,123	-	(18,823)	(15,700)	39,024
Transfers between funds		4,923	(7,500)	2,577	-	-
Net movement in funds		8,046	(7,500)	(16,246)	(15,700)	39,024
Total funds brought forward		49,925	60,053	81,405	191,383	152,359
Total funds carried forward		57,971	52,553	65,159	175,683	191,383

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Balance Sheet as at: 31st March 2023

	Note	2023 £	2022 £
Fixed Assets			
Tangible assets	8	585	3,018
Total Fixed Assets		<u>585</u>	<u>3,018</u>
Current Assets			
Debtors	9	1,855	805
Cash at bank and in hand	10	208,895	226,019
Total Current Assets		<u>210,750</u>	<u>226,824</u>
Current Liabilities: Amounts falling due within one year			
Creditors and accruals	11	35,652	38,459
Net Current Assets/(Liabilities)		<u>175,098</u>	<u>188,365</u>
Current Liabilities: Amounts falling due after more than one year			
Creditors and accruals		-	-
Net Assets/(Liabilities)		<u>175,683</u>	<u>191,383</u>
Funds of the Charity	13		
Unrestricted Funds (General)		57,971	49,925
Unrestricted Funds (Designated)		52,553	60,053
Restricted Funds		65,159	81,405
Total Funds	13	<u>175,683</u>	<u>191,383</u>

The financial statements were approved by the trustees on *11 August 2023*
and signed on their behalf by:


D Brewster
Chair
Date *11/8/23*


K Webster
Treasurer
Date *11/8/23*

Notes to the accounts for the year ended:

31st March 2023

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 2023

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.

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

3 Income and endowments	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
3.1 Donations and legacies						
<u>Voluntary Income - donations</u>						
General Donations	12,346		12,346	20,930		20,930
Gift Aid	636		636	769		769
	12,982	-	12,982	21,699	-	21,699
3.2 Charitable activities						
<u>* NYCC & CCG Sitting Service</u>						
Ryedale Carers Support		59,750	59,750		59,750	59,750
Caring Together Whitby		25,600	25,600		25,600	25,600
Support for Carers Scarborough		39,200	39,200		39,200	39,200
<u>* NYCC My Neighbourhood Service</u>						
Ryedale Carers Support		55,635	55,635		39,545	39,545
Caring Together Whitby			-		4,473	4,473
Support for Carers Scarborough			-		5,495	5,495
The Robert McAlpine Foundation - volunteers expenses		10,000	10,000		10,000	10,000
Other grants & donations to projects			-		4,027	4,027
Awards for All equipment grant (release of grant to match dep'n)		1,847	1,847		1,847	1,847
* Community One Stop (including £2k NYC)		2,509	2,509			-
Lythe Farmer's Breakfast		1,830	1,830			-
* NYCC Stronger Communities Covid grant			-		29,200	29,200
* NYCC Stronger Communities NHS App fund			-		2,000	2,000
Support Groups		168	168	80	119	199
Awards for All Lottery Fund - post covid recovery project			-		10,000	10,000
Volunteers Event funds			-	546		546
	-	196,539	196,539	626	231,256	231,882
3.3 Other trading activities						
Fundraising	1,460		1,460	1,340		1,340
	1,460	-	1,460	1,340	-	1,340
3.4 Investments						
Bank interest received	688		688	80		80
	688	-	688	80	-	80
Total Income	15,130	196,539	211,669	23,745	231,256	255,001

* denotes government grants received this year, totalling

£182,141 (2022: £205,263)

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

4 Expenditure	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
4.1 Raising funds						
200 Club	555		555	370	-	370
Fundraising costs	430		430	-	-	-
	985	-	985	370	-	370
4.2 Charitable activities						
<u>Direct Project costs</u>						
Salaries, NI & Pensions	4,239	91,288	95,527		96,197	96,197
Staff training & travel expenses		5,411	5,411	95	3,935	4,030
Volunteer training & travel expenses		8,169	8,169		5,142	5,142
Subscriptions		202	202		142	142
Supporting Carers		395	395	132	187	319
Sundry & cleaning expenses	100	751	851	71	1,049	1,120
Volunteers Events	63	765	828	533	526	1,059
Lythe Farmers Breakfast		1,129	1,129		1,033	1,033
My Neighbourhood activities & service delivery		15,631	15,631		3,369	3,369
COVID-19 expenses		-	-		2,350	2,350
Community One Stop expenses		1,337	1,337		299	299
FEF Fund shopping payments		-	-		48	48
<u>Partner payments</u>						
Support for Carers Scarborough		39,200	39,200		44,695	44,695
Caring Together Whitby		25,600	25,600		30,073	30,073
<u>Central support costs</u>						
Telephone		3,031	3,031		2,276	2,276
Telephone upgrade	4,637		4,637		-	-
Postage, stationery, printing & photocopying	6	6,007	6,013	73	4,533	4,606
Advertising & website	92	508	600		169	169
Rent, room hire & service charges		6,890	6,890		5,773	5,773
Insurance		3,809	3,809		3,523	3,523
Office & Computer Equipment	1,300	1,745	3,045	2,474	3,068	5,542
Depreciation	585	1,847	2,432	585	1,847	2,432
<u>Governance</u>						
Professional fees		1,553	1,553		1,410	1,410
Trustee expenses		94	94		-	-
	11,022	215,362	226,384	3,963	211,644	215,607
Total expenditure	12,007	215,362	227,369	4,333	211,644	215,977

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

5 Fees for examination of the accounts

	2023	2022
	£	£
Independent Examiner's fees for reporting on the accounts	950	800
Other fees	-	-
	<u>950</u>	<u>800</u>

6 Staff costs and emoluments

	2023	2022
	£	£
Gross salaries	87,316	88,221
Employers National Insurance	1,637	1,373
Pension Contributions	2,956	2,852
Other benefits - car allowance	3,618	3,751
	<u>95,527</u>	<u>96,197</u>
	<u>6</u>	<u>6</u>

Average number of employees (head count)

No employee received remuneration in excess of £60,000 (2022: Nil)

The total employee benefits of the key management personnel of the charity were £32,444 (2022: £32,063).

No redundancy payments were made during the year (2022: 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 £2,956. There were £195.38 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 2022	9,729	9,729
Additions in year	-	-
Disposals in year	-	-
At 31st March 2023	<u>9,729</u>	<u>9,729</u>

Depreciation

	£	£
At 1st April 2022	6,711	6,711
Charge for the year	2,433	2,433
At 31st March 2023	<u>9,144</u>	<u>9,144</u>

Net Book Value

	£	£
At 31st March 2023	<u>585</u>	<u>585</u>
At 31st March 2022	<u>3,018</u>	<u>3,018</u>

9 Debtors and prepayments

	2023	2022
	£	£
Debtors and prepayments	1,855	805
Prepayments and accrued income	<u>1,855</u>	<u>805</u>

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

10 Cash at bank and in hand

	Total 2023 £	Total 2022 £
Current bank account	85,717	103,248
Deposit bank accounts	92,794	92,292
Reserve account	30,223	30,111
Cash in hand	161	368
	208,895	226,019

11 Creditors and accruals

Analysis of creditors falling due within one year

	2023 £	2022 £
Trade creditors	-	428
Payments received on account for contracts or performance-related grants	31,137	32,985
Accruals	4,515	5,046
	35,652	38,459

12 Contingent Liabilities

The charity has no contingent liabilities at 31 March 2023 (2022: None).

13 Movement of funds

13.1 Movement of major funds

2023 Fund name	Donated Funds b/fwd £	Incoming resources £	Outgoing resources £	Transfers £	Balance c/fwd £
Unrestricted Funds					
General unrestricted funds	49,925	15,130	12,007	4,923	57,971
Designated funds	60,053	-	-	(7,500)	52,553
	109,978	15,130	12,007	(2,577)	110,524
Restricted Funds					
Carers Sitting Service Ryedale	-	59,750	62,327	2,577	-
Support for Carers Scarborough(SFCS)	-	39,200	39,200		-
Caring Together Whitby(CTW)	-	25,600	25,600		-
My Neighbourhood Ryedale	18,293	55,635	68,095		5,833
Carers Support Group	2,859	168	232		2,795
Volunteers Expenses	29,520	10,000	8,149		31,371
Plough to Plate	6,012		3,731		2,281
Lythe Farmer's Breakfast	1,706	1,830	1,963		1,573
Awards for All (release of equipment grant)	-	1,847	1,847		-
One Stop	19,426	2,509	2,218		19,717
NYCC FEF Fund	1,589				1,589
NHS App fund	2,000		2,000		-
	81,405	196,539	215,362	2,577	65,159
Total Funds	191,383	211,669	227,369	-	175,683

Transfers between funds

From	To	Reason	£ Amount
General funds	Restricted funds	To make up the shortfall in the Carers Sitting Service	2,577
Designated funds	General funds	Originally set aside for telephone upgrade which has been completed in year within general funds	7,500
			10,077

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

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
	<u>100,207</u>	<u>23,745</u>	<u>4,333</u>	<u>(9,641)</u>	<u>109,978</u>
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 & Covid grant (tfr to One Stop)	5,241	26,850	14,872	(17,219)	-
One Stop	-	3,302	1,095	17,219	19,426
Post Covid Recovery project (Awards 4	-	10,000	10,000	-	-
NYCC FEF Fund	1,637	-	48	-	1,589
NHS App fund	-	2,000	-	-	2,000
	<u>52,152</u>	<u>231,256</u>	<u>211,644</u>	<u>9,641</u>	<u>81,405</u>
Total Funds	<u>152,359</u>	<u>255,001</u>	<u>215,977</u>	<u>-</u>	<u>191,383</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

Reflects the redundancy and wind down provision of £52,553. The previous year provision of £7,500 to upgrade the telephone system has been completed in year within general funds.

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.

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, is about connecting communities and providing support to people who may be isolated, lonely or need a bit of extra help. Funded by NYCC. £5k of the balance remaining 31 March 2023 reflects a grant from Transforming Community Mental Health Services via Next Steps to provide a 1:1 Befriending service in 2023/24.

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

13.2 Details of Funds Held cont....

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.

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.

Lythe Farmer's Breakfast - a monthly group to enable those who are less able to interact and find themselves isolated, to meet for a chat and refreshments and listen to a rural or locally inspired speaker.

Awards for All equipment grant - a grant received in a previous year for the purchase and set up of new computer equipment. This 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. This is the final year and all assets are now fully depreciated.

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.

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 grant from NYCC Stronger Communities to promote the NHS App.

14 Net assets between funds

	Unrestricted Funds	Designated Funds	Restricted Funds	Total 2023
	£	£	£	£
Balances at 31st March 2023				
Fixed assets	585	-	-	585
Current assets	69,070	63,253	78,426	210,750
Current liabilities	(11,684)	(10,700)	(13,267)	(35,652)
	57,971	52,553	65,159	175,683

	Unrestricted Funds	Designated Funds	Restricted Funds	Total 2022
	£	£	£	£
Balances at 31st March 2022				
Fixed assets	1,170	-	1,848	3,018
Current assets	58,709	72,314	95,800	226,824
Current liabilities	(9,954)	(12,261)	(16,243)	(38,459)
	49,925	60,053	81,405	191,383

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.

One trustee received out of pocket expenses during the year of £94.40 (2022: Nil).

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

Annual Report & Financial Statements for the period ended

31st March 2023

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 2022

To: 31 March 2023

The Board of Trustees present their annual report and financial statements for Ryedale Carers Support CIO for the period ended 31st March 2023.

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		
Susan Sutermeister			
Robin Lakin			
Robert Polley			
Richard Coates			
Elizabeth Davison			
Leisa Burniston			
David Marston		Resigned 19/5/2023	
John Humphreys		Appointed 9/11/2022	
Ann Ferguson		Appointed 9/11/2022	

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

In My Day– to build on the work done with the Plough to Plate workshops, Ryedale Carers Support has continued 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 explores a range of themes linked to the story of food, farming, music and leisure activities. Sessions provide the opportunity for participants to explore the remarkable collection of artifacts provided by heritage engagement consultant, Virginia Arrowsmith, who led the sessions.

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.

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:

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. There are now 4 Community One Stops, they are held once a month in the 4 market towns: Pickering, Malton, Kirkbymoorside and Helmsley.

RCS 2023 Calendar

It was so successful last year, Ryedale Carers Support decided to do another calendar for 2023 as a way to reach out and connect with all our clients and volunteers. 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.

Volunteer 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 2022 - March 2023'

Financial Review

The results for the period ending 31st March 2023 show final balances of £57,971 unrestricted general funds; £52,553 designated funds and £65,159 restricted funds. In year, the overall operational deficit, after transfers was £15,700; comprising a surplus in year of £8,046 on unrestricted funds offset by a transfer of £7,500 from designated funds and a deficit of £16,246 on restricted funds.

Whilst the general unrestricted funds include spend this year on the telephone upgrade of £4,637, this had been set aside in designated funds last year to a value of £7,500, hence this provision has been transferred back to general funds now that it has been completed. The deficit in year on restricted funds reflects several grants still catching up on spend due to the suspension of some activities during the pandemic. The restricted funding grants are listed in note 13 to the accounts, 'Movement of Funds', all of which show favourable balances at 31 March 2023.

The level of free reserves, that is those unrestricted funds not tied up in tangible fixed assets, nor held in designated funds, stands at £57,386 at 31st March 2023. 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

The arrangement of blended work will continue, our online activities have been a great success and I am sure will go from strength to strength. Our funding is once again more secure having successfully secured the sitting service contract with North Yorkshire County Council. This service will be renamed the Carers Break Service. The funding that enabled us to support people living on their own is called 'My Neighbourhood', we are still delivering this with Carers Plus Yorkshire but it will now be called "Our Neighbourhood". Here, there is less money which has meant having to concentrate on the volunteer befriending and working with other organisations to deliver activities. However, since we have stopped 'Songs and Scones' and latterly 'Musical Mondays' we have realised how valued these activities are and how important it is to provide transport. It is the aim of RCS to deliver 2 flagship activities: Farmers Breakfast in Lythe and a quarterly musical event in Ryedale.

We know that working with others enables RCS to provide the best possible service for their clients.

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

11/8/23

Date:

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 2023

which are set out on pages 6 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

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; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 CGMA
Orchard House Accounting
Orchard House, 72 Low Moorgate
Rillington, Malton
North Yorkshire
YO17 8JW

Date 14/5/2023

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

Statement of Financial Activities for the year ended:

31st March 2023

	Note	Unrestricted funds	Designated funds	Restricted funds	Total 2023	Total 2022
		£	£	£	£	£
Income and endowments from:						
Donations and legacies	3.1	12,982	-	-	12,982	21,699
Charitable activities	3.2	-	-	196,539	196,539	231,882
Other trading activities	3.3	1,460	-	-	1,460	1,340
Investments	3.4	688	-	-	688	80
Total income	3	15,130	-	196,539	211,669	255,001
Expenditure on:						
Raising funds	4.1	985	-	-	985	370
Charitable activities	4.2	11,022	-	215,362	226,384	215,607
Total expenditure	4	12,007	-	215,362	227,369	215,977
Net income/(expenditure)		3,123	-	(18,823)	(15,700)	39,024
Transfers between funds		4,923	(7,500)	2,577	-	-
Net movement in funds		8,046	(7,500)	(16,246)	(15,700)	39,024
Total funds brought forward		49,925	60,053	81,405	191,383	152,359
Total funds carried forward		57,971	52,553	65,159	175,683	191,383

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Balance Sheet as at: 31st March 2023

	Note	2023 £	2022 £
Fixed Assets			
Tangible assets	8	585	3,018
Total Fixed Assets		<u>585</u>	<u>3,018</u>
Current Assets			
Debtors	9	1,855	805
Cash at bank and in hand	10	208,895	226,019
Total Current Assets		<u>210,750</u>	<u>226,824</u>
Current Liabilities: Amounts falling due within one year			
Creditors and accruals	11	35,652	38,459
Net Current Assets/(Liabilities)		<u>175,098</u>	<u>188,365</u>
Current Liabilities: Amounts falling due after more than one year			
Creditors and accruals		-	-
Net Assets/(Liabilities)		<u>175,683</u>	<u>191,383</u>
Funds of the Charity	13		
Unrestricted Funds (General)		57,971	49,925
Unrestricted Funds (Designated)		52,553	60,053
Restricted Funds		65,159	81,405
Total Funds	13	<u>175,683</u>	<u>191,383</u>

The financial statements were approved by the trustees on 11 August 2023
and signed on their behalf by:


D Brewster
Chair
Date 11/8/23


K Webster
Treasurer
Date 11/8/23

Notes to the accounts for the year ended:

31st March 2023

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 2023

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.

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

3 Income and endowments	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
3.1 Donations and legacies						
<u>Voluntary Income - donations</u>						
General Donations	12,346		12,346	20,930		20,930
Gift Aid	636		636	769		769
	12,982	-	12,982	21,699	-	21,699
3.2 Charitable activities						
<u>* NYCC & CCG Sitting Service</u>						
Ryedale Carers Support		59,750	59,750		59,750	59,750
Caring Together Whitby		25,600	25,600		25,600	25,600
Support for Carers Scarborough		39,200	39,200		39,200	39,200
<u>* NYCC My Neighbourhood Service</u>						
Ryedale Carers Support		55,635	55,635		39,545	39,545
Caring Together Whitby			-		4,473	4,473
Support for Carers Scarborough			-		5,495	5,495
The Robert McAlpine Foundation - volunteers expenses		10,000	10,000		10,000	10,000
Other grants & donations to projects			-		4,027	4,027
Awards for All equipment grant (release of grant to match dep'n)		1,847	1,847		1,847	1,847
* Community One Stop (including £2k NYC)		2,509	2,509			-
Lythe Farmer's Breakfast		1,830	1,830			-
* NYCC Stronger Communities Covid grant			-		29,200	29,200
* NYCC Stronger Communities NHS App fund			-		2,000	2,000
Support Groups		168	168	80	119	199
Awards for All Lottery Fund - post covid recovery project			-		10,000	10,000
Volunteers Event funds			-	546		546
	-	196,539	196,539	626	231,256	231,882
3.3 Other trading activities						
Fundraising	1,460		1,460	1,340		1,340
	1,460	-	1,460	1,340	-	1,340
3.4 Investments						
Bank interest received	688		688	80		80
	688	-	688	80	-	80
Total Income	15,130	196,539	211,669	23,745	231,256	255,001

* denotes government grants received this year, totalling

£182,141 (2022: £205,263)

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

4 Expenditure	Unrestricted funds	Restricted funds	Total 2023	Unrestricted funds	Restricted funds	Total 2022
	£	£	£	£	£	£
4.1 Raising funds						
200 Club	555		555	370	-	370
Fundraising costs	430		430	-	-	-
	985	-	985	370	-	370
4.2 Charitable activities						
<u>Direct Project costs</u>						
Salaries, NI & Pensions	4,239	91,288	95,527		96,197	96,197
Staff training & travel expenses		5,411	5,411	95	3,935	4,030
Volunteer training & travel expenses		8,169	8,169		5,142	5,142
Subscriptions		202	202		142	142
Supporting Carers		395	395	132	187	319
Sundry & cleaning expenses	100	751	851	71	1,049	1,120
Volunteers Events	63	765	828	533	526	1,059
Lythe Farmers Breakfast		1,129	1,129		1,033	1,033
My Neighbourhood activities & service delivery		15,631	15,631		3,369	3,369
COVID-19 expenses			-		2,350	2,350
Community One Stop expenses		1,337	1,337		299	299
FEF Fund shopping payments			-		48	48
<u>Partner payments</u>						
Support for Carers Scarborough		39,200	39,200		44,695	44,695
Caring Together Whitby		25,600	25,600		30,073	30,073
<u>Central support costs</u>						
Telephone		3,031	3,031		2,276	2,276
Telephone upgrade	4,637		4,637			-
Postage, stationery, printing & photocopying	6	6,007	6,013	73	4,533	4,606
Advertising & website	92	508	600		169	169
Rent, room hire & service charges		6,890	6,890		5,773	5,773
Insurance		3,809	3,809		3,523	3,523
Office & Computer Equipment	1,300	1,745	3,045	2,474	3,068	5,542
Depreciation	585	1,847	2,432	585	1,847	2,432
<u>Governance</u>						
Professional fees		1,553	1,553		1,410	1,410
Trustee expenses		94	94			-
	11,022	215,362	226,384	3,963	211,644	215,607
Total expenditure	12,007	215,362	227,369	4,333	211,644	215,977

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

5 Fees for examination of the accounts

	2023	2022
	£	£
Independent Examiner's fees for reporting on the accounts	950	800
Other fees	-	-
	<u>950</u>	<u>800</u>

6 Staff costs and emoluments

	2023	2022
	£	£
Gross salaries	87,316	88,221
Employers National Insurance	1,637	1,373
Pension Contributions	2,956	2,852
Other benefits - car allowance	3,618	3,751
	<u>95,527</u>	<u>96,197</u>
	<u>6</u>	<u>6</u>

Average number of employees (head count)

No employee received remuneration in excess of £60,000 (2022: Nil)

The total employee benefits of the key management personnel of the charity were £32,444 (2022: £32,063).

No redundancy payments were made during the year (2022: 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 £2,956. There were £195.38 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 2022	9,729	9,729
Additions in year	-	-
Disposals in year	-	-
At 31st March 2023	<u>9,729</u>	<u>9,729</u>

Depreciation

	£	£
At 1st April 2022	6,711	6,711
Charge for the year	2,433	2,433
At 31st March 2023	<u>9,144</u>	<u>9,144</u>

Net Book Value

	£	£
At 31st March 2023	<u>585</u>	<u>585</u>
At 31st March 2022	<u>3,018</u>	<u>3,018</u>

9 Debtors and prepayments

	2023	2022
	£	£
Debtors and prepayments	1,855	805
Prepayments and accrued income	<u>1,855</u>	<u>805</u>

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

10 Cash at bank and in hand

	Total 2023 £	Total 2022 £
Current bank account	85,717	103,248
Deposit bank accounts	92,794	92,292
Reserve account	30,223	30,111
Cash in hand	161	368
	208,895	226,019

11 Creditors and accruals

Analysis of creditors falling due within one year

	2023 £	2022 £
Trade creditors	-	428
Payments received on account for contracts or performance-related grants	31,137	32,985
Accruals	4,515	5,046
	35,652	38,459

12 Contingent Liabilities

The charity has no contingent liabilities at 31 March 2023 (2022: None).

13 Movement of funds

13.1 Movement of major funds

2023 Fund name	Donated Funds b/fwd £	Incoming resources £	Outgoing resources £	Transfers £	Balance c/fwd £
Unrestricted Funds					
General unrestricted funds	49,925	15,130	12,007	4,923	57,971
Designated funds	60,053	-	-	(7,500)	52,553
	109,978	15,130	12,007	(2,577)	110,524
Restricted Funds					
Carers Sitting Service Ryedale	-	59,750	62,327	2,577	-
Support for Carers Scarborough(SFCS)	-	39,200	39,200		-
Caring Together Whitby(CTW)	-	25,600	25,600		-
My Neighbourhood Ryedale	18,293	55,635	68,095		5,833
Carers Support Group	2,859	168	232		2,795
Volunteers Expenses	29,520	10,000	8,149		31,371
Plough to Plate	6,012		3,731		2,281
Lythe Farmer's Breakfast	1,706	1,830	1,963		1,573
Awards for All (release of equipment grant)	-	1,847	1,847		-
One Stop	19,426	2,509	2,218		19,717
NYCC FEF Fund	1,589				1,589
NHS App fund	2,000		2,000		-
	81,405	196,539	215,362	2,577	65,159
Total Funds	191,383	211,669	227,369	-	175,683

Transfers between funds

From	To	Reason	£ Amount
General funds	Restricted funds	To make up the shortfall in the Carers Sitting Service	2,577
Designated funds	General funds	Originally set aside for telephone upgrade which has been completed in year within general funds	7,500
			10,077

Ryedale Carers Support CIO

(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

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
	<u>100,207</u>	<u>23,745</u>	<u>4,333</u>	<u>(9,641)</u>	<u>109,978</u>
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 & Covid grant (tfr to One Stop)	5,241	26,850	14,872	(17,219)	-
One Stop	-	3,302	1,095	17,219	19,426
Post Covid Recovery project (Awards 4	-	10,000	10,000	-	-
NYCC FEF Fund	1,637	-	48	-	1,589
NHS App fund	-	2,000	-	-	2,000
	<u>52,152</u>	<u>231,256</u>	<u>211,644</u>	<u>9,641</u>	<u>81,405</u>
Total Funds	<u>152,359</u>	<u>255,001</u>	<u>215,977</u>	<u>-</u>	<u>191,383</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

Reflects the redundancy and wind down provision of £52,553. The previous year provision of £7,500 to upgrade the telephone system has been completed in year within general funds.

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.

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, is about connecting communities and providing support to people who may be isolated, lonely or need a bit of extra help. Funded by NYCC. £5k of the balance remaining 31 March 2023 reflects a grant from Transforming Community Mental Health Services via Next Steps to provide a 1:1 Befriending service in 2023/24.

Ryedale Carers Support CIO
(Registered Charity Number 1175552)

Notes to the accounts for the year ended:

31st March 2023

13.2 Details of Funds Held cont....

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.

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.

Lythe Farmer's Breakfast - a monthly group to enable those who are less able to interact and find themselves isolated, to meet for a chat and refreshments and listen to a rural or locally inspired speaker.

Awards for All equipment grant - a grant received in a previous year for the purchase and set up of new computer equipment. This 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. This is the final year and all assets are now fully depreciated.

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.

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 grant from NYCC Stronger Communities to promote the NHS App.

14 Net assets between funds

	Unrestricted Funds	Designated Funds	Restricted Funds	Total
	£	£	£	£
Balances at 31st March 2023				
Fixed assets	585	-	-	585
Current assets	69,070	63,253	78,426	210,750
Current liabilities	(11,684)	(10,700)	(13,267)	(35,652)
	57,971	52,553	65,159	175,683
	Unrestricted Funds	Designated Funds	Restricted Funds	Total
	£	£	£	£
Balances at 31st March 2022				
Fixed assets	1,170	-	1,848	3,018
Current assets	58,709	72,314	95,800	226,824
Current liabilities	(9,954)	(12,261)	(16,243)	(38,459)
	49,925	60,053	81,405	191,383

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.

One trustee received out of pocket expenses during the year of £94.40 (2022: Nil).

