

SID VALLEY HELP

England & Wales - Charity number 1181458

Details

Status Registered

Legal form CIO

Registered 2019-01-07

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

Contact

Address Easterbrook Eaton Ltd
Cosmopolitan House
Old Fore Street
Sidmouth
Devon
EX10 8LS

Phone 01395892011

Email info@sidvalleyhelp.org.uk

Website www.sidvalleyhelp.org.uk

Activities

Objects: TO RELIEVE SICKNESS AND PROMOTE AND PROTECT THE GOOD MENTAL AND PHYSIC HEALTH OF PERSONS IN THE SID VALLEY AND SURROUNDING AREAS, IN PARTICULAR BUT NOT EXCLUSIVELY BY:1. SIGNPOSTING TO OTHER HEALTH AND CARE ORGANISATIONS AND SERVICES;2. BEFRIENDING THOSE SUFFERING POOR HEALTH OR AT RISK OF POOR HEALTH; AND3. BUILDING CAPACITY OF, AND ENCOURAGING HEALTH AND CARE SERVICES AND ORGANISATIONS TO NETWORK TO IMPROVE THE PROVISION OF SERVICES AND FILL ANY GAPS IN PROVISION.

Activities: Sid Valley Help aims to: - provide a signposting service to health and social care support services and organisations - build a network of local health and social care support organisations - develop the network by arranging training and networking events for members of the organisations - identify gaps in local non-statutory health and care support services and help to fill them.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Devon

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£55,129	£39,318	-	-
2024-03-31	£23,458	£33,143	-	-
2023-03-31	£35,970	£28,218	-	-
2022-03-31	£6,160	£16,509	-	-
2021-03-31	£23,802	£22,979	-	-

Trustees

Name	Role	Appointed
Keith Wilson Gillanders	Chair	2018-12-18
Andrew William Hardy		2022-01-18
Charles Louis King		2025-03-11
Dr Hazel Elizabeth Nelson		2024-07-25
Janet Catherine Campbell Young		2023-11-28
Judith Jeeves		2025-09-09
RONALD PETER GRAHAM PEPPIN		2019-09-11

SID VALLEY HELP

England & Wales - Charity number 1181458

Accounts

SID VALLEY HELP

**Report and Financial Statement
for the year ending 31 March 2025**



Registered Charity Number 1181458

SID VALLEY HELP
Year ending 31 March 2025

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SID VALLEY HELP

Year ending 31 March 2025

The Trustees are pleased to submit their report together with the financial statements of Sid Valley Help for the year ending 31 March 2025 which have been prepared in accordance with the charity's governing document and Charities SORP (FRS102).

Reference and Administrative Details

Charity Number: 1181458

Charity Registration: 7 January 2019

Organisation Type: Charitable Incorporated Organisation

Charity Address: Woodpeckers
Knowle Drive
Sidmouth
Devon EX10 8HW

Email: info@sidvalleyhelp.org.uk

Website: sidvalleyhelp.org.uk

Phone: 01395 892 011

Independent Examiner: Robert Underhill
Sidmouth, Devon

Bankers: Charities Aid Foundation Bank
25 Kings Hill Avenue, West Malling, ME19 4TA

Trustees: Keith Gillanders, Chair (re-elected 19 November 2024)
Diane Fuller, Vice-Chair, (re-elected 28 November 2023)
Andrew Hardy (elected 10 November 2022)
Deirdre Hounsom (retired 13 February 2025)
Peter McGauley (retired 19 November 2024)
Ronald Peppin (re-elected 28 November 2023)
Jan Campbell Young (elected 28 November 2023)
Hazel Nelson, Treasurer (elected 19 November 2024)
Charles King (co-opted 11 March 2025)

SID VALLEY HELP

Year ending 31st March 2025

Structure, Governance and Management

Governing Document

Sid Valley Help is registered as a charity with the Charity Commission, number 1181458. It is a Charitable Incorporated Organisation (CIO) and is governed by its Constitution Document.

Appointment of Trustees

All of the founding Trustees were elected by the members at the AGM on the 11th September 2019 and the Chair of the Trustees was elected by the Trustees. Other Trustees were elected at subsequent AGMs or co-opted. One third of the Trustees retire by rotation each year and are eligible to stand for re-election.

Charitable Objectives

To relieve sickness and promote and protect the good mental and physical health of persons in the Sid Valley and surrounding areas, in particular but not exclusively by:

- Signposting to other health and care organisations and services;
- Befriending those suffering poor health or at risk of poor health; and
- Building capacity of, and encouraging health and care services and organisations to network to improve the provision of services and fill any gaps in provision.

Report of the Trustees

Sid Valley Help provides easy access to information for people who need help from health and care organisations and we enable health and social care professionals to identify non-statutory and voluntary sector services in the community to support clients, patients, carers and their families. We continue to work closely with local councils and other VCSE sector organisations to provide information and we offer direct support to some of the most vulnerable members of our community.

We are very grateful for the dedication of over 30 volunteers who visit clients at home or help in delivering classes and events. They contribute hugely to the success of our charity.

We have also to thank the many people who given us donations and the organisations who have awarded us grants, in particular Sidmouth Town Council, the National Lottery Community Fund and two Charitable Trusts.

The following paragraphs describe progress under the headings of our charitable objectives:

1 Signposting to other health and care organisations and services:

- We continued to maintain our website and a data base of organisations providing help to those in need of health and wellbeing support and we receive positive feedback about the ease of using our website where people in need can access information and make direct contact with organisations.
- We have an email and phone Helpline that answers about 20 enquiries a month. People are referred to appropriate organisations or helped directly by Sid Valley Help. We provided signposting and referrals on behalf of those unable to do so themselves.
- We have had representation in person and online at the weekly NHS Community Health and Social Care team where the support required by the most vulnerable members of the community is discussed.

2 Befriending those suffering poor health or at risk of poor health

- All befriending provided by Sid Valley Help is offered face to face with occasional telephone calls as required. The demand for this service has continued at about 30 clients.
- Befriending volunteers who visit clients' homes require careful recruitment, training, on-going support and monitoring. We employed a part time Volunteer Manager during the year.
- Our volunteers run monthly Young at Heart meetings for women over 50 and these have proved very successful in developing friendships.

3 Building capacity and encouraging health and care services and organisations to improve the provision of services and fill gaps.

- We continued to provide a network for partner organisations and held three stakeholders' meetings to improve understanding about services in the area and to improve collaborative working and building capacity.
- We provided training for our volunteers and partner organisations on safeguarding.
- We received funding from the RDUH Trust to deliver Strength & Balance classes for those who have had falls or are at risk of falling. This has proved to be very successful in improving the physical and mental wellbeing of the participants and the earlier cohorts have continued attending private classes in the same format.
- We represent Sidmouth VCSE groups on the Eastern region Local Care Partnership VCSE reference group.
- Sid Valley Help has continued to provide governance and funding for the WHAT Steering group made up from statutory and voluntary organisations that have a key role in working with or supporting the mental health and wellbeing of children and young people. Members include Sidmouth College, Sidmouth Primary School, Young Devon, Action East Devon, Parental Minds, Sidmouth Town Council, and Sidmouth Coastal Community Hub.
- Action East Devon part funded by Sid Valley Help continued one to one mentoring for young people in Sidmouth College.

- Parental Minds part funded by Sid Valley Help continued to provide a regular support hub in the Sid Valley for parents and carers struggling to support children with mental health issues.

Financial Review

During the year the total income was £55,129 of which £40,879 was restricted: £23,123 was restricted for work with Young People (WHAT); £2,598 from the NHS was restricted for Strength & Balance classes; and £15,158 was a National Lottery Community Fund grant for befriending in years 2025/6 and 2026/7.

Expenditure totalled £39,318. As in previous years, the largest category of expenditure was the WHAT project, at £23,368, primarily funding mentoring of Sidmouth College students and drop-in support Hubs for parents or carers of children with mental wellbeing issues. This was funded almost entirely from the restricted WHAT income received this year plus £214.27 carried over from last year (total = £23,338).

Income exceeded expenditure by £15,810. However, £15,158 of this excess is the National Lottery grant which is to be used to maintain and expand our Befriending service over the next two years. If this is taken out of the equation, our income exceeded expenditure by a more modest £652 in 2024/5. However, this is a welcome improvement on the income/expenditure loss of £9,685 in 2023/4.

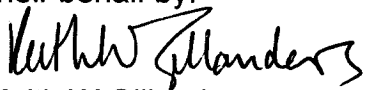
Going into the new financial year, the charity's total assets are £35,600, comprising the restricted National Lottery grant of £15,158 and £20,442 unrestricted cash. A full financial statement is appended to this Report.

The Trustees consider that the existing financial resources together with anticipated grants are sufficient to continue the current level of activities for the next twelve months, and to expand the Befriending service if additional volunteers can be recruited. We are very grateful to Sidmouth Town Council who awarded us a grant of £15,000. Trustees are pursuing further grants and fund-raising activities in order to continue the activities of the charity in 2025-26 and beyond.

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the annual report and financial statement in accordance with applicable law and UK generally accepted accounting practice. The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on the 9th September 2025 and signed on their behalf by:


Keith W Gillanders
Chair of the Board of Trustees

Sid Valley Help
Accounts for the year ending 31 March 2025 (see Note 1)

	31-Mar-2025			31-Mar-2024		
	Total	Restricted	Un-restricted	Total	Restricted	Un-restricted
Income						
Donations	3,504.45	2,123.73	1,380.72	5,443.99	1,762.42	3,681.57
Representation Fees	4,112.64		4,112.64	1,370.88		1,370.88
Grants (see Note 2)	41,158.00	36,158.00	5,000.00	12,500.00	9,000.00	3,500.00
Strength & Balance fees	4,363.50	2,598.00	1,765.50			
Miscellaneous	1,990.45		1,990.45	4,143.07		4,143.17
Total Income	55,129.04	40,879.73	14,249.31	23,457.94	10,762.42	12,695.62
Expenditure						
Payroll	9,448.75		9,448.75	7,552.52	1,098.00	6,454.52
Communications	96.20		96.20	77.96		77.96
Stationary & publicity (see Note 2)	807.52		807.52	740.01	506.96	233.05
Office & IT equip't (3)	198.45		198.45	405.60		405.60
Insurance	774.89		774.89	749.10		749.10
Training & Venues	498.00		498.00	5,468.00	1,252.95	4,215.05
WHAT project (see Notes 4 & 5)	23,368.29	23,338.00	30.29	15,320.00	15,320.00	0
Strength & Balance Classes	3,566.00	2,598.00	968.00			
Volunteers expenses	123.60		123.60	630.64		630.64
Miscellaneous	436.80		436.80	2,199.67	19.8	2,179.87
Total expenditure	39,318.50	25,936.00	13,382.50	33,143.50	18,197.71	14,945.79
Excess of income over Expenditure	15,810.54	14,943.73	866.81	-9,685.56	-7,435.29	-2,250.27
Assets						
Cash at Bank on 31 March	35,600.45	15,158.00	20,442.45	19,771.51	214.27	19,557.24
Petty cash	0	0	0	0	0	0
Total Assets	35,600.45	15,158.00	20,442.45	19,771.61	214.27	19,557.34

The Financial Statement was approved by the trustees on 9th September 2025 and signed on behalf of the trustees by:


Keith W. Gillanders
 Chair


Hazel E. Nelson
 Treasurer

SID VALLEY HELP

Notes to the accounts for the 12 months ending 31 March 2025

Note 1

The accounts have been prepared on a receipts and payments basis.

Note 2

The charity received the following grants during the financial year:

- Sidmouth Town Council £15,000
- E&J Hill CT £10,000 (restricted for Youth work)
- Woodroofe Benton £1,000 (restricted for Youth work)
- National Lottery £15,158 (restricted for Befriending)

Note 3

Office & IT Equipment, and Stationary & Publicity Material are written off in the year during which they are acquired.

Note 4

Advised by the Sid Valley Wellbeing & Health Action Team (WHAT) we commissioned CYPMH activities from (i) Parental Minds and (ii) Action East Devon (at Sidmouth College).

Note 5

WHAT project spending included £214.27 restricted funds carried over from last year.



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

**Independent examiner's
report on the accounts**

Report to the trustees/
members of

SIA VALLEY HELP

On accounts for the year
ended

31 MARCH 2025

Charity no
(if any)

1181458

Set out on pages

1 - 8

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 Trust'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 (other than that disclosed below *) 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.

* Please delete the words in the brackets if they do not apply.

Signed:

Robert Underhill

Date:

24.06.2025

Name:

ROBERT UNDERHILL

Relevant professional
qualification(s) or body
(if any):

A.I.B.

Address:

FARTHINGS, COTTINGTON MEAD,

SISMAUTH

EX10 8HB

SID VALLEY HELP

England & Wales - Charity number 1181458

Accounts

Sid Valley HELP

**Report and Financial Statement
for the year ending 31 March 2024**



Registered Charity Number 1181458

Sid Valley HELP
Year ending 31 March 2024

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Sid Valley HELP

Year ending 31 March 2024

The Trustees are pleased to submit their report together with the financial statements of Sid Valley HELP for the year ending 31 March 2024 which have been prepared in accordance with the charity's governing document and Charities SORP (FRS102).

Reference and Administrative Details

Charity Number: 1181458

Charity Registration: 7 January 2019

Organisation Type: Charitable Incorporated Organisation

Charity Address: Woodpeckers
Knowle Drive
Sidmouth
Devon EX10 8HW

Email: info@sidvalleyhelp.org.uk

Website: sidvalleyhelp.org.uk

Phone: 01395 892 011

Independent Examiner: Robert Underhill
Sidmouth, Devon

Bankers: National Westminster Bank
Honiton (D) Branch, 94 High Street, Honiton EX14 1JL

Charities Aid Foundation Bank
25 Kings Hill Avenue, West Malling, ME19 4TA

Trustees: Keith Gillanders, Chair (re-elected 10 November 2022)
Diane Fuller, Vice-Chair, (re-elected 28 November 2023)
Andrew Hardy, Treasurer (elected 10 November 2022)
Deirdre Hounsom (re-elected 10 November 2022)
Peter McGauley (re-elected 4 November 2021)
Ronald Peppin (re-elected 28 November 2023)
Jan Campbell Young (elected 28 November 2023)
Hazel Nelson (co-opted 25 July 2024)

Sid Valley HELP

Year ending 31 March 2024

Structure, Governance and Management

Governing Document

Sid Valley HELP is registered as a charity with the Charity Commission, number 1181458. It is a Charitable Incorporated Organisation (CIO) and is governed by its Constitution Document.

Appointment of Trustees

All of the founding Trustees were elected by the members at the AGM on the 11 September 2019 and the Chair of the Trustees was elected by the Trustees. Other Trustees were elected at subsequent AGMs or co-opted. One third of the Trustees retire by rotation each year and are eligible to stand for re-election.

Charitable Objectives

To relieve sickness and promote and protect the good mental and physical health of persons in the Sid Valley and surrounding areas, in particular but not exclusively by:

1. Signposting to other health and care organisations and services;
2. Befriending those suffering poor health or at risk of poor health; and
3. Building capacity of, and encouraging health and care services and organisations to network to improve the provision of services and fill any gaps in provision.

Report of the Trustees

Sid Valley HELP provides easy access to information for people who need help from health and care organisations and it enables Health and Social Care professionals to identify non-statutory and voluntary sector services in the community to support clients, patients, carers and their families.

We continue to work closely with local councils and other VCSE sector organisations to provide information and offer direct support to the most vulnerable members of our community.

The following paragraphs describe progress under the headings of our charitable objectives:

- 1 Signposting to other health and care organisations and services:**
 - We continued to maintain our website and a data base of organisations providing help to those in need of health and wellbeing support and we receive positive feedback about the ease of using our website where people in need can access information and make direct contact with organisations.
 - We have provided phone help to those who are not computer literate, so they have access to the information they need. All callers were referred to appropriate organisations or helped directly by Sid Valley Help.
 - We provided signposting and referrals on behalf of those unable to do so themselves.
 - We have had representation in person and via Microsoft Teams at the weekly NHS Community Health and Social Care team where the support required by the most vulnerable members of the community is discussed.

- 2 Befriending those suffering poor health or at risk of poor health**
 - All befriending provided by Sid Valley Help is offered face to face with occasional telephone calls as required. The demand for this service has continued at about 30 clients. Many referrals are made from the Community Health and Social Care team.
 - Befriending volunteers that visit clients' homes require careful recruitment, training, on-going support and monitoring. We employed a part time Volunteer Manager during the year.
 - Two of our volunteers have run monthly Young at Heart meetings for women over 50 through the year and these have proved very successful in providing a opportunity for friendships to develop.

- 3 Building Capacity of and encouraging health and care services and organisations to improve the provision of services and fill any gaps in provision.**
 - We continued to provide a network for partner organisations and met three times to improve understanding about services in the area and to improve collaborative working and building capacity.
 - We provided training for our volunteers and partner organisations on safeguarding and avoiding falls.
 - We received funding from the RDUH Trust to deliver Strength and Balance classes for those who have had falls or are at risk of falling. This has proved to be very successful in improving the physical and mental wellbeing of the participants and the first cohort has continued attending private classes in the same format.
 - Together with the Sidmouth Memory Café and Sidmouth Hospice at Home we prepared for the launch of Dementia Friendly Sidmouth, which took place in June 2024. There is a part-time coordinator and a website at www.dementiafriendlysidmouth.org.uk
 - We represent Sidmouth VCSE groups on the Eastern region Local Care Partnership VCSE reference group.

- Sid Valley Help has continued to provide governance and funding for the WHAT Steering group made up from statutory and voluntary organisations that have a key role in working with or supporting the mental health and wellbeing of children and young people. Members include Sidmouth College, Sidmouth Primary School, Young Devon, Action East Devon, Parental Minds, the Charlie Waller Trust, Sidmouth Town Council, and Sidmouth Coastal Community Hub.
- Action East Devon part funded by Sid Valley Help continued one to one mentoring for young people in Sidmouth College.
- Parental Minds part funded by Sid Valley Help continued to provide a regular support hub in the Sid Valley for parents and carers struggling to support children with mental health issues.

Financial Review

During the year income was £23,458 of which £10,762 was restricted. A total of £12,500 was received in grants and the balance was made up principally of donations, fees and through fund-raising activities.

Expenditure totalled £33,143 and the largest category of expenditure was the WHAT project at £15,320.

Expenditure exceeded income by £9,685 and at the 31 March 2024 the charity had cash reserves of £19,771 (£29,457 at the previous year end). A financial statement is appended to this Report.

The Trustees consider that the existing financial resources together with anticipated grants are sufficient to continue the current level of activities for the next twelve months. We are very grateful to Sidmouth Town Council who awarded us a grant of £15,000 that was paid in April 2024. Trustees are pursuing further grants and fund-raising activities in order to continue the activities of the charity in 2025-26.

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the annual report and financial statement in accordance with applicable law and UK generally accepted accounting practice.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 10 September 2024 and signed on their behalf by:



Keith W Gillanders
Chair of the Board of Trustees

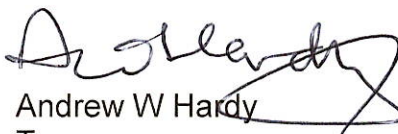
Sid Valley Help
Accounts for the year ending 31 March 2024

The accounts have been prepared on a receipts and payments basis.

These financial statements were approved by the trustees on 10 September 2024 and signed on behalf of the trustees by:

	31-Mar-24			31-Mar-23		
	Total	Restricted	Unrestricted	Total	Restricted	Unrestricted
Income						
Donations	5,443.99	1,762.42	3,681.57	6,582.88		6,582.88
Representation Fees	1,370.88		1,370.88			
Grants (see Note 1)	12,500.00	9,000.00	3,500.00	26,220.08	23,367.64	2,852.44
Miscellaneous	4,143.07		4,143.17	3,172.02		3,172.02
Total Income	23,457.94	10,762.42	12,695.62	35,974.98	23,367.64	12,607.32
Expenditure						
Payroll	7,552.52	1,098.00	6,454.52			
Communications	77.96		77.96	74.28		74.28
Stationary & publicity (see Note 2)	740.01	506.96	233.05	2,388.04		2,388.04
Office & IT equip't (2)	405.60		405.6			
Insurance	749.10		749.10	612.08		612.08
Training & Venues	5,468.00	1,252.95	4,215.05	6,434.45		6,434.45
WHAT project	15,320.00	15,320.00	0	15,718.18	15,718.18	
Volunteers expenses	630.64		630.64	30		30
Miscellaneous	2,199.67	19.8	2,179.87	2,961.05		2,961.05
Total expenditure	33,143.50	18,197.71	14,945.79	28,218.08	15,718.18	12,499.90
Excess of Income over Expenditure						
	-9,685.56	-7,435.29	-2,250.27	7,756.90	7,649.56	107.42
Assets						
Cash at Banks	19,771.51	214.27	19,557.24	29,457.07	0	29,457.07
Petty cash	0	0	0	0	0	0
Total Assets	19,771.61	214.27	19,557.34	29,457.07	0	29,457.07


 Keith W Gillanders
 Chair


 Andrew W Hardy
 Treasurer

Sid Valley HELP

Notes to the accounts for the 12 months ending 31 March 2024

Note 1

The charity received the following grants during the financial year:

- Sidmouth Town Council £3,000
- Devon County Council £500
- Norman Family Charitable Trust £2,500
- Sidmouth Consolidated Charities £2,500
- David Gibbons Foundation £2,000
- Allen Lane Foundation £2,000

Note 2

Office & IT Equipment and Stationary & Publicity Material are written off in the year during which they are acquired.



Section A Independent Examiner's Report

Report to the trustees SID VALLEY HELP

On accounts for the year ended 31 MARCH 2024 Charity no (if any) 1181458

Set out on pages 1-7

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

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

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
the accounts did 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 this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature] Date: 22.7.2024

Name: ROBERT UNDERHILL

Relevant professional qualification(s) or body R.I.B.

(if any):

Address:

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

SID VALLEY HELP

England & Wales - Charity number 1181458

Accounts

Sid Valley HELP

**Report and Financial Statement
for the year ending 31 March 2023**



Registered Charity Number 1181458

Sid Valley HELP

Year ending 31 March 2023

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Sid Valley HELP

Year ending 31 March 2023

The Trustees are pleased to submit their report together with the financial statements of Sid Valley HELP for the year ending 31 March 2023 which have been prepared in accordance with the charity's governing document and Charities SORP (FRS102).

Reference and Administrative Details

Charity Number: 1181458

Charity Registration: 7 January 2019

Organisation Type: Charitable Incorporated Organisation

Charity Address: Woodpeckers
Knowle Drive
Sidmouth
Devon EX10 8HW

Email: info@sidvalleyhelp.org.uk

Website: sidvalleyhelp.org.uk

Phone: 01395 892 011

Independent Examiner: Robert Underhill
Sidmouth, Devon

Bankers: National Westminster Bank
Honiton (D) Branch, 94 High Street, Honiton EX14 1JL

Charities Aid Foundation Bank
25 Kings Hill Avenue, West Malling, ME19 4TA

Trustees: Diane Fuller, Chair, (re-elected 4 November 2021)
Keith Gillanders (re-elected 10 November 2022)
Andrew Hardy (elected 10 November 2022)
Deirdre Hounsom (re-elected 10 November 2022)
Peter McGauley (re-elected 4 November 2021)
Ronald Peppin (elected 11 September 2019)
Jan Campbell Young (co-opted 1 August 2023)

Sid Valley HELP

Year ending 31 March 2023

Structure, Governance and Management

Governing Document

Sid Valley HELP is registered as a charity with the Charity Commission, number 1181458. It is a Charitable Incorporated Organisation (CIO) and is governed by its Constitution Document.

Appointment of Trustees

All of the founding Trustees were elected by the members at the AGM on the 11 September 2019 and the Chair of the Trustees was elected by the Trustees. At the AGM on 10 November 2022 Deidre Hounsom and Keith Gillanders retired by rotation and were re-elected unanimously by the members and Andrew Hardy was elected as a Trustee.

Charitable Objectives

To relieve sickness and promote and protect the good mental and physical health of persons in the Sid Valley and surrounding areas, in particular but not exclusively by:

1. Signposting to other health and care organisations and services;
2. Befriending those suffering poor health or at risk of poor health; and
3. Building capacity of, and encouraging health and care services and organisations to network to improve the provision of services and fill any gaps in provision.

Report of the Trustees

Sid Valley HELP provides easy access to information for people who need help from health and care organisations and it enables Health and Social Care professionals to identify non-statutory and voluntary sector services in the community to support clients, patients, carers and their families.

We continue to work closely with local councils and other VCSE sector organisations to provide information and offer direct support to the most vulnerable members of our community.

The following paragraphs describe progress under the headings of our charitable objectives:

1 Signposting to other health and care organisations and services:

- We continued to develop and maintain our website and a data base of organisations providing help to those in need of health and wellbeing support and we receive positive feedback about the ease of using our website where people in need can access information and make direct contact with organisations.
- We have provided phone help to those who are not computer literate, so they have access to the information they need. All callers were referred to appropriate organisations or helped directly by Sid Valley Help.
- We provided signposting and referrals on behalf of those unable to do so themselves.
- We have had representation via Microsoft Teams at a weekly NHS Community Health and Social Care team where the support required by the most vulnerable members of the community is discussed.
- We produced and distributed 4000 leaflets providing information on where to get support and advice on the cost of living crisis.
- We produced booklets "Support for Carers" and "What to do when someone dies".

2 Befriending those suffering poor health or at risk of poor health

- All befriending provided by Sid Valley Help is offered face to face with occasional telephone calls as required. The demand for this service has levelled out to between 25 and 30 clients. Many referrals are made from the Community Health and Social Care team.
- Befriending volunteers that visit clients' homes require careful recruitment, training, on-going support and monitoring. To enhance the experience for volunteers we employed a part time volunteer manager during this year.

3 Building Capacity of and encouraging health and care services and organisations to improve the provision of services and fill any gaps in provision.

- We continue to provide a network for partner organisations via Zoom and face to face and met three times to improve understanding about services in the area and to improve collaborative working and building capacity.
- We provided training for our volunteers and partner organisations on safeguarding and avoiding falls and ran a course, called I-Belong for connecting communities to support everyday wellbeing.
- We received funding from the University Hospital Royal Devon & Exeter Trust to deliver Strength and Balance classes for those who have had falls or are at risk of falling.
- We have worked closely with Sidmouth Hospice at Home to support their Information Centre on Sidmouth High Street.
- We represent Sidmouth VCSE groups on the Eastern region Local Care Partnership VCSE reference group.
- Sid Valley Help has continued to provide governance and funding for the WHAT Steering group made up from statutory and voluntary organisations that have a key role in working with or supporting the mental health and wellbeing of children and young people.

- Action East Devon part funded by Sid Valley Help, began one to one mentoring for young people in Sidmouth College. This provision has been a great success and supports 20 young people at any one time.
- A gap in provision was identified for parents and carers struggling to support children with mental health issues. Sid Valley Help has part funded Parental Minds to provide a parent support hub in the Sid Valley.

Financial Review

During the year Income was £35,969 of which £22,102 was restricted. A total of £23,602 was received by way of grants, and the balance was made up principally of fees, donations and through fund-raising activities.

Expenditure totalled £28,218 the largest category of expenditure was the WHAT project at £21,068.

Income exceeded expenditure by £7,751 and at the 31 March 2023 the charity had cash reserves of £29,457. A financial statement is appended to this Report.

The Trustees consider that the existing financial resources, together with anticipated grants are sufficient to continue the current level of activities for the next twelve months. They are however pursuing further grants and fund raising activities with a view to continuing the activities of the charity in 2023-24.

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the annual report and financial statement in accordance with applicable law and UK generally accepted accounting practice.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 24 October 2023 and signed on their behalf by:



Diane M Fuller

Chair of the Board of Trustees

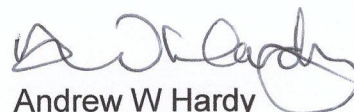
Sid Valley Help
Accounts for the year ending 31 March 2023

	12 months ending 31 March 2023			12 months ending 31 March 2022			Notes
	Total	Restricted	Unrestricted	Total	Restricted	Unrestricted	
Income							
Fund raising							
Donations	6,582.88		6,582.88	1,471.57		1,471.57	
Representation Fees	3,413.76		3,413.76	2,688.00		2,688.00	
Grants	23,602.64	22,102.64	1,500.00	2,000.00		2,000.00	2
Miscellaneous	2,370.70		2,370.70				
Total Income	35,969.98	22,102.64	13,867.34	6,159.57		6,159.57	
Expenditure							
Rent							
Co-ordination							
Communications	74.28		74.28	383.92		383.92	
Stationary & publicity	2,204.00	2,184.00	20.00	253.95		253.95	3
Office and IT equip't	184.05		184.05				3
Insurance	612.08		612.08	612.08		612.08	
Training	1,084.45	1,084.45		37.50		37.50	
WHAT	21,068.18	13,068.18	8,000.00	15,000.00	15,000.00		
Volunteers expenses	30.00		30.00	100.05		100.05	
Miscellaneous	2,961.05	2,888.30	72.75	121.50		121.50	
Total expenditure	28,218.09	19,224.93	8,993.16	16,509.00	15,000.00	1,509.00	
Excess of Income over Expenditure	7,751.89	2,877.71	4,874.18	(10,349.43)	(15,000.00)	4,650.57	
Assets							
Cash at Banks	29,457.07	2,877.71	26,579.36	21,705.18	0	21,705.18	
Petty cash	0	0	0	0	0	0	
Total Assets	29,457.07	2,877.71	26,579.36	21,705.18	0	21,705.18	

These financial statements were approved by the trustees on 24 October 2023 and signed on behalf of the trustees by:



Diane M Fuller
Chair



Andrew W Hardy
Treasurer

Sid Valley HELP

Notes to the accounts for the 12 months ending 31 March 2023

Note 1

The accounts have been prepared on a receipts and payments basis.

Note 2

The Charity received the following grants during the financial year:

- Sidmouth Town Council £ 1,500
- RD&E NHS Trust - VCSE Supporting Discharge Pathway £22,102.64

Note 3

Office & IT Equipment and Stationary & Publicity Material are written off in the year during which they are acquired.



Section A Independent Examiner's Report

Report to the trustees

Charity Name: SIS VALLEY HELP

On accounts for the year ended

31 MARCH 2023 Charity no (if any) 1181458

Set out on pages

1 - 7 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD/MM/YYYY.

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

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
the accounts did 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 this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature]

Date: 05.10.2023

Name: ROBERT UNDERHILL

Relevant professional qualification(s) or body

ASSOCIATE OF THE INSTITUTE OF BANKERS

(if any):

Address:

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

SID VALLEY HELP

England & Wales - Charity number 1181458

Accounts

Sid Valley HELP

**Report and Financial Statement
for the year ending 31 March 2022**



Registered Charity Number 1181458

Sid Valley HELP
Year ending 31 March 2022

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Sid Valley HELP

Year ending 31 March 2022

The Trustees are pleased to submit their report together with the financial statements of Sid Valley HELP for the year ending 31 March 2022 which have been prepared in accordance with the charity's governing document and Charities SORP (FRS102).

Reference and Administrative Details

Charity Number: 1181458

Charity Registration: 7 January 2019

Organisation Type: Charitable Incorporated Organisation

Charity Address: Woodpeckers
Knowle Drive
Sidmouth
Devon EX10 8HW

Email: sidvalleyhelp@gmail.com
Website: sidvalleyhelp.org.uk
Phone: 01395 892 011

Independent Examiner: Michael J Newman
1 Sid Lane
Sidmouth
Devon EX10 9AN

Bankers: National Westminster Bank
Honiton (D) Branch, 94 High Street, Honiton EX14 1JL

Charities Aid Foundation Bank
25 Kings Hill Avenue, West Malling, ME19 4TA

Trustees: Diane Fuller, Chair, (re-elected 4 November 2021)
Keith Gillanders (elected 11 September 2019)
Andrew Hardy (co-opted 18 January 2022)
Deirdre Hounsom (elected 11 September 2019)
Peter McGauley (re-elected 4 November 2021)
Ronald Peppin (elected 11 September 2019)

Sid Valley HELP

Year ending 31 March 2022

Structure, Governance and Management

Governing Document

Sid Valley HELP is registered as a charity with the Charity Commission, number 1181458. It is a Charitable Incorporated Organisation (CIO) and is governed by its Constitution Document.

Appointment of Trustees

All of the founding Trustees were elected by the members at the AGM on the 11 September 2019 and the Chair of the Trustees was elected by the Trustees. At the AGM on 4 November 2021 Di Fuller and Peter McGauley retired by rotation and were re-elected unanimously by the members. Andrew Hardy was co-opted as a Trustee on 18 January 2022.

Charitable Objectives

To relieve sickness and promote and protect the good mental and physical health of persons in the Sid Valley and surrounding areas, in particular but not exclusively by:

1. Signposting to other health and care organisations and services;
2. Befriending those suffering poor health or at risk of poor health; and
3. Building capacity of, and encouraging health and care services and organisations to network to improve the provision of services and fill any gaps in provision.

Report of the Trustees

Sid Valley Help provides easy access to information for people who need help from health and care organisations and it enables Health and Social Care professionals to identify non-statutory and voluntary sector services in the community to support clients, patients, carers and their families.

From April 2021 the specific support that we provided as a key partner in community support during the Covid-19 pandemic slowed down as individuals re-started their normal activities and volunteers returned to work. We continued to work closely with local councils and other VCSE sector organisations to provide information and to offer direct support to vulnerable members of our community.

Meetings with Trustees and with volunteers have resumed face-to-face. The number of our volunteers are less than during the pandemic peak and have stabilised at about 30. We have ensured that those volunteering with us were checked and trained in line with our policies.

The following paragraphs describe progress under the headings of our charitable objectives:

1 Signposting to other health and care organisations and services:

- We continued to develop and maintain our website and a data base of organisations providing help to those in need of health and wellbeing support and we receive positive feedback about the ease of using our website where people in need can access information and make direct contact with organisations. There were 2,750 visits to the site this report period, of which 1,950 were unique visitors and 6,560 pages were visited.
- We provided help by phone to those who are not online so they have access to the information they need and over 120 people accessed our phone line asking for information about health and care services. All were referred to appropriate organisations or helped directly by Sid Valley Help.
- We provided signposting and referrals on behalf of those unable to do so themselves.
- We have had representation via Microsoft Teams at the Sidmouth weekly NHS Community Health and Social Care team meeting where the support required by vulnerable and unwell members of the community is discussed. Sid Valley Help raised concerns about the wellbeing of 28 patients to the team over the year 2021/2022.
- We have promoted the services we provide through a regular column in the local newspaper, leafleting and by having a community presence.

2 Befriending those suffering poor health or at risk of poor health

As face-to-face restrictions imposed by the pandemic eased, Sid Valley Help provided more face-to-face support. The legacy of isolation during lockdown increased the demand for our service of befriending. Some clients were those we had supported by phone or with shopping during lockdown and others were new, mostly referred by the Community Health and Social Care team. An average of 30 clients were supported throughout the year by our volunteers who provided weekly face-to-face visits.

3 Building capacity and encouraging health and care services and organisations to improve the provision of services and fill any gaps in provision.

- We have continued to provide a network for partner organisations via Zoom and held three sessions to improve understanding about services in the area and to improve collaborative working and build capacity.
- We provided training for our volunteers and partner organisations on safeguarding.
- We have worked closely with organisations to improve services for the elderly, the lonely and those with mental health needs, especially dementia.
- We have worked closely with Sidmouth Hospice at Home to support their Information Centre on Sidmouth High Street.
- Our Chair represents Sidmouth VCSE groups on the Eastern region Local Care Partnership VCSE reference group.
- We have continued to manage the WHAT (Wellbeing and Health Action Team) steering group of statutory and voluntary organisations that have a key

role in working with or supporting the mental health and wellbeing of young people. 'Headlight' is a peer support provision delivered by Action East Devon and funded by Sid Valley Help and it began face-to-face support for young people at Sidmouth College. There was a high demand for one-to-one support and so a school mentoring programme was developed with great success and is supporting 20 young people.

Financial Review

During the year Income was £6,159 none of which was restricted. A total of £2,000 was received by way of grants, and the balance was made up principally of fees, donations and through fund-raising activities.

Expenditure totalled £16,509 and the largest category of expenditure was the WHAT project at £15,000.

Expenditure exceeded income by £10,349 and at the 31 March 2019 the charity had cash reserves of £21,705. A financial statement is appended to this Report.

The Trustees consider that the existing financial resources, together with anticipated grants are sufficient to continue the current level of activities for the next twelve months. They are however pursuing further grants and fund raising activities with a view to expanding the activities of the charity.

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the annual report and financial statement in accordance with applicable law and UK generally accepted accounting practice.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 22 October 2022 and signed on their behalf by:



Diane M Fuller

Chair of the Board of Trustees

Sid Valley Help
Accounts for the year ending 31 March 2022

	12 months ending 31 March 2022			12 months ending 31 March 2021			Notes
	Total	Restricted	Unrestricted	Total	Restricted	Unrestricted	
Income							
Fund raising	0			721.22	689.52	31.70	
Donations	1,471.57		1,471.57	3064.40	150.00	29,14.40	
Representation Fees	2,688.00		2,688.00	2016.00		2,016.00	
Grants	2,000.00		2,000.00	18,000.00	17,500.00	500	2
Miscellaneous	0						
Total Income	6,159.57		6,159.57	23,801.62	18,339.52	5,462.10	
Expenditure							
Rent	0			76.00		76.00	
Co-ordination	0						
Communications	383.92		383.92	215.76		215.76	
Website	0			124.21		124.21	
Stationary & publicity	253.95		253.95	305.00		305.00	
Office and IT equipment	0						3
Insurance	612.08		612.08	593.87		593.87	
Training Groups	37.50		37.50	1,889.44		1,889.44	
WHAT project	15,000.00	15,000.00		5,000.00	5,000.00		
I-Belong project	0			13,724.98	13,724.98		
Volunteers expenses	100.05		100.05	628.79		628.79	
Miscellaneous	121.50		121.50	421.39		421.39	
Total expenditure	16,509.00	15,000.00	1,509.00	22,979.44	18,724.98	4,254.46	
Excess of Income over Expenditure							
	(10,349.43)	(15,000.00)	4,650.57	822.18	(385.46)	1,207.64	
Assets							
Cash at Banks	21,705.18	0	21,705.18	32,054.61	13,564.43	18,490.18	
Petty cash	0	0	0	0	0	0	
Total Assets	21,705.18	0	21,705.18	32,054.61	13,564.43	18,490.18	

Sid Valley HELP

Notes to the accounts for the 12 months ending 31 March 2022

Note 1

The accounts have been prepared on a receipts and payments basis.

Note 2

The Charity received the following grants during the year under review:

Sidmouth Town Council	£ 1,000
Devon County Council – Locality Budget Payment	£ 1,000

Note 3

Office & IT Equipment and Stationary & Publicity Material are written off in the year during which they are acquired.



Section A Independent Examiner's Report

**Report to the trustees/
members of** SID VALLEY HELP

**On accounts for the year
ended** 31 March 2022 **Charity no
(if any)** 1181458

Set out on pages 1-6

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2022

**Responsibilities and
basis of report** As the charity trustees of the Trust, 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 Trust'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 (other than that disclosed below *) 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.

** Please delete the words in the brackets if they do not apply.*

Signed:  **Date:** 13/10/2022

Name: Michael John Newman

**Relevant professional
qualification(s) or body
(if any):** Associate Chartered Institute of Bankers

Address: 1 Sid Lane Sidmouth Devon EX10 9AN

SID VALLEY HELP

England & Wales - Charity number 1181458

Accounts

Sid Valley HELP

Report and Financial Statements
for the year ending 31 March 2021



Registered Charity Number: 1181458

Sid Valley HELP

Year ending 31 March 2021

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Sid Valley HELP

Year ending 31 March 2021

The Trustees are pleased to submit their report together with the financial statements of Sid Valley HELP for the year ending 31 March 2021 which have been prepared in accordance with the charity's governing document and Charities SORP (FRS102).

Reference and Administrative Details

Charity Number:	1181458
Charity Registration:	7 January 2019
Organisation Type:	Charitable Incorporated Organisation
Charity Address:	Woodpeckers Knowle Drive Sidmouth Devon EX10 8HW
	Email: sidvalleyHELP@gmail.com Website: sidvalleyhelp.org.uk
Independent Examiner:	Michael J Newman 1 Sid Lane Sidmouth Devon EX10 9AN
Bankers:	National Westminster Bank Honiton (D) Branch 94 High Street Honiton Devon EX14 1JL
Trustees:	Diane Mary Fuller (Chair) Keith Wilson Gillanders Deirdre Anne Hounsom Peter Joseph McGauley Ronald Peter Graham Peppin

Sid Valley HELP

Year ending 31 March 2021

Structure, Governance and Management

Governing Document

Sid Valley HELP is registered as a charity with the Charity Commission. It is a Charitable Incorporated Organisation (CIO) and is governed by its Constitution Document.

Appointment of Trustees

All of the Trustees were elected by the members at the AGM on the 11 September 2019. The Chair of the Trustees was elected by the Trustees.

Charitable Objectives

To relieve sickness and promote and protect the good mental and physical health of persons in the Sid Valley and surrounding areas, in particular but not exclusively by:

1. Signposting to other health and care organisations and services;
2. Befriending those suffering poor health or at risk of poor health; and
3. Building capacity of, and encouraging health and care services and organisations to network to improve the provision of services and fill any gaps in provision.

Achievements

Sid Valley HELP provides easy access to information for people who need help from health and care organisations and it enables Health and Social Care professionals to identify non-statutory and voluntary sector services in the community to support clients, patients, carers and their families.

From April 2020 we became a key partner in community support during the Covid-19 pandemic. We worked closely with local councils and other CVS sector organisations to provide information and offer direct support to the most vulnerable members of our community. By midsummer we were managing 140 volunteers and had over 600 requests for help. The support our volunteers provided included prescription collection, shopping, dog walking, transport to medical appointments and support for loneliness.

Our meetings as Trustees and with volunteers continued using Zoom. As lockdown was lifted and volunteers returned to work we ensured that our remaining larger team of volunteers received appropriate training and security checks.

The following paragraphs describe progress under the headings of our charitable objectives:

1 Signposting to other health and care organisations and services:

- We have continued to develop and maintain our website and a data base of organisations providing help to those in need of health and wellbeing support and we receive positive feedback about the ease of using our website where people in need can access information and make direct contact with organisations. There were 2,375 visits to the site this report period, of which 1,248 were unique visitors. There were 7,208 pages visited.
- We provided Covid-19 updated information throughout the pandemic and ensured local service and support information was up to date.
- We have provided phone help to those who are not computer literate, so they have access to the information they need.
- We provided signposting and referrals on behalf of those unable to do so themselves.
- We have had representation via Microsoft Teams at a weekly NHS Community Health and Social Care team where the support required by the most vulnerable members of the community is discussed.
- We have promoted the service through a regular column in the local newspaper, leafletting and having a community presence whenever Covid restrictions have allowed.

2 Befriending those suffering poor health or at risk of poor health

All face to face interaction to support those who are lonely had to stop during the whole year under Covid restrictions. We provided telephone befriending and bereavement support as requested to the most lonely and vulnerable.

3 Building Capacity of and encouraging health and care services and organisations to improve the provision of services and fill any gaps in provision.

- We have continued to provide a network for partner organisations via Zoom and have met three times to improve understanding about services in the area and to improve collaborative working and building capacity. The network events focussed on ‘Local support during the pandemic’ and two networks on ‘Support for Dementia locally.’
- We provided training for our volunteers and partner organisations on safeguarding.
- We have worked closely with organisations to improve services for the elderly, the lonely and those with mental health needs, especially dementia.
- Sid Valley Help has continued to manage the WHAT Steering group made up from key statutory and voluntary organisations that have a key role in working with or supporting young people. ‘Headlight’ a peer support provision delivered by Action East Devon and funded by Sid Valley Help, began remotely in September 2020 and using face to face support when they could.

Financial Review

During the year Income was £23,801 of which £18,339 was restricted (£11,000 in respect of the I Belong project, and £7,339 in respect of the WHAT project). A total of £18,000 was received by way of grants, and the balance was made up principally of fees, donations and through fund-raising activities.

Expenditure totalled £22,979 and the three largest categories of expenditure were the I Belong project, the WHAT project and volunteer training.

Income exceeded expenditure by £822 and at the 31 March 2019 the charity had cash reserves of £32,054 of which £13,564 is restricted. A financial statement is appended to this Report.

The Trustees consider that the existing financial resources, together with anticipated grants are sufficient to continue the current level of activities for the next twelve months. They are however pursuing further grants and fund raising activities with a view to expanding the activities of the charity.

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the annual report and financial statement in accordance with applicable law and UK generally accepted accounting practice.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on the 6 October 2021 and signed on their behalf by:



Diane M Fuller

Chair of the Board of Trustees

Sid Valley Help

Accounts for the 12 Months ending 31 March 2021

	12 Months ending 31st March 2021			7th January 2019 to 31st March 2020			Notes
	Total	Restricted	Unrestricted	Total	Restricted	Unrestricted	
Income							
Fund Raising	721.22	689.52	31.70	555.55		555.55	
Donations	3,064.40	150.00	2,914.40	9,578.72	8,799.89	778.83	
Representation Fees	2,016.00		2,016.00	2,016.00		2,016.00	
Grants	18,000.00	17,500.00	500.00	39,680.00	24,250.00	15,430.00	2
Miscellaneous	-			220.00	-	220.00	
	<u>23,801.62</u>	<u>18,339.52</u>	<u>5,462.10</u>	<u>52,050.27</u>	<u>33,049.89</u>	<u>19,000.38</u>	
Expenditure							
Rent	76.00		76.00	958.30		958.30	
Co-ordination	-		-	1,410.00		1,410.00	
Communications	215.76		215.76	116.69		116.69	
Website	124.21		124.21	111.75		111.75	
Stationary	-			3.95		3.95	
Publicity Material	305.00		305.00	1,040.17		1,040.17	
Office & Computer Equip.	-			41.21		41.21	3
Insurance	593.87		593.87	690.98		690.98	
Training	1,889.44		1,889.44	442.50		442.50	
Groups	-			513.80		513.80	
WHAT Project Expenses	5,000.00	5,000.00		100.00	100.00	-	
Ibelong Project Expenses	13,724.98	13,724.98		19,072.50	19,000.00	72.50	
Volunteers Expenses	628.79		628.79				
Miscellaneous	421.39		421.39	177.56		177.56	
	<u>22,979.44</u>	<u>18,724.98</u>	<u>4,254.46</u>	<u>24,679.41</u>	<u>19,100.00</u>	<u>5,579.41</u>	
Excess of Income over Expenditure							
	<u>822.18</u>	<u>(385.46)</u>	<u>1,207.64</u>	<u>27,370.86</u>	<u>13,949.89</u>	<u>13,420.97</u>	
Assets							
Cash at Bank	32,054.61	13,564.43	18,490.18	31,197.14	13,949.89	17,247.25	
Petty Cash	-			35.29		35.29	
Total Assets	<u>32,054.61</u>	<u>13,564.43</u>	<u>18,490.18</u>	<u>31,232.43</u>	<u>13,949.89</u>	<u>17,282.54</u>	4

Sid Valley HELP

Notes to the accounts for the 12 months ending 31 March 2021

Note 1

The accounts have been prepared on a receipts and payments basis.

Note 2

The Charity received the following grants during the year under review:

Sidmouth Town Council in respect of the WHAT project	£ 1,500
Devon County Council – Locality Budget Payment	£ 500
The Edwin and Joyce Charitable Trust in respect of the WHAT project	£ 5,000
NHS Devon CCG in respect of the I Belong Project	£11,000

Note 3

Office & Computer Equipment and Publicity Material are written off in the year during which they are acquired.

Note 4

£12,539 of the restricted assets relates to the WHAT project, and the balance of £1,025 relates to the I Belong project.



Section A Independent Examiner's Report

Report to the trustees/
members of Sid Valley HELP

On accounts for the year ended 31st March 2021 Charity no (if any) 1181458

Set out on pages Pages 1 - 6

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2021.

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

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did 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 this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:  Date: 20/5/2021

Name: Michael John Newman

Relevant professional qualification(s) or body Associate Chartered Institute of Bankers

(if any):

Address: Frog Cottage
1 Sid Lane
SIDMOUTH EX10 9AN

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

