

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.

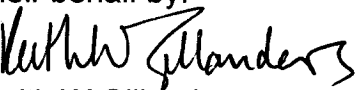
Going into the new financial year, the charity's total assets are £35,600, comprising the restricted National Lottery grant of £15,158 and £20,442 unrestricted cash. A full financial statement is appended to this Report.

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)
- Woodroffe 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

SID 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:

Date:

24.06.2025

Name:

ROBERT UNDERHILL

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

A.I.B.

Address:

FARTHINGS, COTTINGTON MEAD,

SIDMOUTH

EX10 8HB