



Romsey Young Carers

Charity NO. 1182278

Trustees Annual Report and Accounts

For 2022 - 2023

Romsey Young Carers

Charity number 1182278

Trustees Annual Report and Accounts 2022-2023

Address	Unit 36 Romsey Industrial Estate Greatbridge Road Romsey, Hampshire SO51 0HR
Trustees	Ian Hibberd (Chair) Janet Chierchia Elizabeth Richardson Neil Sharman Saffron House Ron Bowater (Co-opted 2023) Phil Stone (Co-opted 2023)
Independent Examiner	MJ Rowles Chartered Accountant 11 Depden Gardens Dibben Purlieu Hampshire SO45 4RX

Romsey Young Carers:

Annual Report 22/23

The Trustees present their report and accounts for the period from April 2022 to March 2023.

Objects

The object of the CIO is to help children and young people residing in the area known as Southern Test Valley, whose lives are affected by looking after; supporting; or living with someone who has a disability; is misusing drugs or alcohol; or who has a long-term illness (physical or mental) by:

- Identifying needs;
- Providing support and services to relieve those needs; and
- Gathering and disseminating information.
- Work in partnership with others to fill any identifies gaps in provision, which could benefit young carers and their families.
- Enabling members of the public to volunteer, and or raise funds for the charity, to use to achieve its objectives

Trustees

The Trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO. There must be a minimum of three Trustees, who are appointed for three years, agreed at a properly convened meeting of the charity trustees. When selecting individuals for appointment the existing trustees must have regard to skills, knowledge and experience for the effective administration of new Trustees for the CIO.

Reserves Policy

The Trustees have a responsibility to only spend Restricted Funds on activities designated by the donor. Any unrestricted Funds can be used at the discretion of the Trustees as long as it is within the objects of the Charity. In line with the Charity Commissions guidelines the Trustees have agreed to maintain 9-12 months running costs to ensure that the children, young people and their families are supported in the event of the Charity not receiving on going funding. The This report was approved by the Trustees on 13 January 2024.



Review of year's activities

The project is now supporting children and young people 148 at end of March 2023. The Charity has continued to offer regular age-appropriate youth clubs for young carers aged 8-18. We have seen a growing number of referrals from a range of sources which has left us with the highest number of young people being supported in the charity's history. We have continued to develop our work with schools offering a range of support and awareness raising activities and this continues to be a successful area of development for the project generating income from the schools who continue to value our work.

We have continued to develop our support work outside of our clubs and normal activities with a renewed focus on our befriender project matching young people with suitable volunteers to allow those most in need to get further support and opportunities beyond our core offer. We have also further formalised our support of young helpers. This has given many former and current young carers the opportunity to gain experience and training whilst still maintaining a regular connection to the project and its staff.

We have continued to be an active member of the Hampshire Young Carers Alliance and have worked to support the alliance as it moves into the final year of its current funding with the National Lottery and Hampshire County Council. We have supported the consortium with recruitment of a new lead and have been advocating for the other independent projects to push for development and progression in young carers support across the county.

RYC has continued to further its links with other community organisations and have strengthened these links. Not least our work with the Rotary Club of Romsey with several members volunteering with the charity and taking a real interest at various levels of our delivery. We continue to develop our work with the University of Southampton supporting the Occupational Therapist Course Students access other projects in Hampshire whilst also developing our own work and opportunities.

The Trustees would like to thank the large number of volunteers, who give an incredible number of hours to the project and support our experienced and valued staff in delivering so much support to young carers and their families.

Signed on behalf of the Trustees by Janet Chierchia

Staff Overview

Keren's highlight this year has been securing schools currently paying for the exploration programs. So far four schools have committed to pay and we're waiting to hear from three more.

In addition, most of our local schools have also dedicated their annual fundraising events to raise money for RYC.

This remarkable achievement marks years of cultivating relationships with school head teachers, helping to establish young carers lead roles and working closely with them as well as of course developing the school based support programs and gaining positive feedback and outcomes.

The support program RYC offers is vital to young carers mental health and wellbeing especially in the aftermath of covid and the rise in numbers of SEN young carers on our registers which has affected how we run our services. Another related highlight has been working with OT design students on a program I piloted in one of the primary schools based on nautical themes called "The unsinkables". The OT students amalgamated my ideas together with input from young carers to create a visually stunning pack which I now use in all the primary schools.

HYCA sets out an overview of the exploration program, upon which projects base their support element of their services. It is based on WRAP (wellness recovery action plan), a framework to help people overcome distress and unhelpful behaviour patterns and a practical tool with which to gain more control over one's problems. Even prior to HYCA'S overview I have been using and adapting this program following my training as a WRAP facilitator.

The HYCA exploration overview is set out in 7 adaptable sessions with specific aims and outcomes, such as understanding the caring role, challenges and impact of being a young carer, and developing coping skills and strategies and creating a wellbeing tool box.

The UNSINKABLES is my therapeutic and creative brain child of many years of experience working with children in educational settings.

The themes are based on the exploration overview and offer a range of child friendly adaptable worksheets which can be completed in a group setting as well as individually or at home with a parent. It is a flexible program which can be extended over a year or reduced to half a term of weekly sessions.

The program has scope to include group games, arts and craft activities, as well as other creative pursuits such as drama. For example, one of the highlights at Cupernham school was the treasure hunt which included searching around the room for items that symbolise

meaningful aspects such as, a pearl symbolising they are precious or a small bouncy ball representing their ability to bounce back when times are hard. Once their searches were completed they took their decorated treasure boxes home.

Another highlight has been creating a lighthouse (made of plastic staggered pots) representing hope and aspirations, using messages the children wrote which they hid inside, as well as decorations and messages of aspirations dotted on the outside. These are just two examples of many other powerful activities which have been life affirming for many of our young carers who attended these sessions. Sessions have resulted in increased school attendance, reduced isolation and increased self confidence and an awareness of coping strategies.

Keren Ben Dor

Proud moment for RYC Volunteering:

In 2023 we won Unity's Volunteer Team of the Year. This may have something to do with the fact Charlotte nominated a vast number of our volunteers because they are all so dedicated, caring, proactive and absolute assets to RYC. We celebrated at our first Volunteers Meeting in June 2023 and had another volunteer meeting catch up to round of the year in December.



Proud moment for RYC Families:



In September Charlotte launched a Parent Program! Having seen how many parents feel isolated and struggle with similar issues such as school support and their own Mental health the parent program was born. This gives parents a monthly/ bimonthly informative talk or fun activity. The aim is to give them a break and a chance to meet others in similar situations, reducing isolation. We had a very successful learn to paint night and in February are planning a Gonks and Glass Hearts craft evening.

Charlotte Anthony

ROMSEY YOUNG CARERS

Registered Charity No. 1182278

ACCOUNTS FOR THE YEAR ENDED

31 MARCH 2023

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF

ROMSEY YOUNG CARERS

FOR THE YEAR ENDED 31 MARCH 2023

I report on the financial statements which are set out hereto.

Respective Responsibilities of the Trustees

As the charity's trustees you are responsible for the preparation of the accounts. You consider that the audit requirement of section 43 (2) of the Charities Act 1993 (the Act) does not apply. It is our responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under section 43 (7) (b) of the Act, whether particular matters have come to our attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently We do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In my opinion the financial statements give a true and fair view of the state of the charity's affairs at 31 March 2023 and of its results for the period then ended and have been properly prepared in accordance with the provisions of the Companies Act 1985 applicable to small companies.

 11 December 2023

M J Rowles
Chartered Accountant
11 Depden Gardens
Dibden Purlieu
Hampshire
SO45 4RX

ROMSEY & DISTRICT YOUNG CARERS PROJECT

INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Income	Restricted £	Unrestricted £	Total £	2022		Total £
				Restricted £	Unrestricted £	
HCC Grant	20,382	-	20,382	17,082	-	17,082
Donations	30,000	9,645	39,645	-	13,682	13,682
Big Lottery	42,638	-	42,638	18,024	-	18,024
Bank Interest and Gift Aid	-	114	114	-	235	235
Restricted Grants	4,258	-	4,258	5,734	-	5,734
Other Grants	24,500	-	24,500	20,000	-	20,000
Club subscriptions	2,220	-	2,220	601	-	601
Net Local Fundraising	-	291	291	-	-	-
	<u>123,998</u>	<u>10,050</u>	<u>134,048</u>	<u>61,441</u>	<u>13,917</u>	<u>75,358</u>
Expenditure						
Salaries - Project Manager	35,216	-	35,216	25,000	8,211	33,211
Administration	14,349	-	14,349	10,000	4,245	14,245
Schools and Activities	22,378	-	22,378	22,048	-	22,048
Admin Support	8,538	-	8,538	-	7,912	7,912
Bank Charges	-	-	-	97	-	97
Training	1,190	-	1,190	-	-	-
Travel - Staff	1,601	-	1,601	957	-	957
Rent	-	11,520	11,520	-	12,286	12,286
General Running Costs	-	9,434	9,434	7,486	-	7,486
Residential	1,995	-	1,995	-	4,494	4,494
Activities/Club	2,143	-	2,143	-	-	-
	<u>87,410</u>	<u>20,954</u>	<u>108,364</u>	<u>65,588</u>	<u>37,148</u>	<u>102,736</u>
Excess of Expenditure over Income	<u>36,588</u>	<u>(10,904)</u>	<u>25,684</u>	<u>(4,147)</u>	<u>(23,231)</u>	<u>(27,378)</u>

BALANCE SHEET as at 31 MARCH 2023

	BALANCE SHEET as at 31 March 2023					
				2022		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
Current Assets						
Bank Accounts	<u>64,509</u>	<u>(9,817)</u>	<u>54,692</u>	<u>64,509</u>	<u>(9,817)</u>	<u>54,692</u>
Income and Expenditure Account						
Balance brought forward 1 April 2022	64,509	(9,817)	54,692	68,656	13,414	82,070
Less: Excess of Expenditure over Income for the year	36,588	(10,904)	25,684	(4,147)	(23,231)	(27,378)
Balance carried forward 31 March 2023	<u>101,097</u>	<u>(20,721)</u>	<u>80,376</u>	<u>64,509</u>	<u>(9,817)</u>	<u>54,692</u>

I Hibberd

Trustees

J Chierchia