



Romsey Young Carers Annual Report and Accounts 2023-2024



Romsey Young Carers

**Address: Unit 36, Romsey Industrial Estate, Greatbridge Road, Romsey
SO51 0HR**

Trustees:

**Ian Hibberd (Chair)
Clair Smith (Treasurer)
Saffron House (Secretary)
Elizabeth Richardson
Wendy Morrish
Phil Stone
Neil Sharman
Ron Bowater**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ROMSEY YOUNG CARERS

I report to the Trustees on my examination of the accounts for the year ended 31 March 2024, which are set out on pages 9-9

Responsibilities and basis of report

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

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

Independent examiner's statement

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

- accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
-
- the accounts do not accord with those records; or
- the accounts do not comply with 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.

D. Springthorpe.

Dated:

10 September 2024

D J Springthorpe FCA
89 Oxlease Meadows
Romsey
Hants SO51 7AB

Romsey Young Carers
Income and Expenditure Account
For the Year Ended 31 March 2024

| Income | 2024 | | | 2023 | | |
|-----------------------------------|-----------------|-------------------|----------------|-----------------|-------------------|----------------|
| | Restricted £ | U/Restricted £ | Total £ | Restricted £ | U/Restricted £ | Total £ |
| HCC Grant | 18,063 | - | 18,063 | 20,382 | | 20,382 |
| Donations | 34,856 | 20,000 | 54,856 | 30,000 | 9,645 | 39,645 |
| Big Lottery | 13,563 | - | 13,563 | 42,638 | | 42,638 |
| Bank int G.A Net | - | 730 | 730 | | 114 | 114 |
| Restricted grants | 1,572 | - | 1,572 | 4,258 | | 4,258 |
| Other Grants | - | - | - | 24,500 | | 24,500 |
| Club Subscriptions | - | 4,128 | 4,128 | 2,220 | | 2,220 |
| Net Local Fundraising | - | 695 | 695 | | 291 | 291 |
| Total receipts | 68,054 | 25,553 | 93,607 | 123,998 | 10,050 | 134,048 |
| Expenditure | | | | | | |
| Project manager | 39,670 | - | 39,670 | 35,216 | | 35,216 |
| Vol & Family support | 16,610 | - | 16,610 | 14,349 | | 14,349 |
| Sch/Activities.Clb | 23,843 | - | 23,843 | 22,378 | | 22,378 |
| Admin Support | 8,871 | - | 8,871 | 8,538 | | 8,538 |
| Total Salaries | 88,994 | | 88,994 | 80,481 | - | 80,481 |
| Bank Charges | - | 122 | 122 | | | |
| Training | 1,450 | - | 1,450 | 1,190 | | 1,190 |
| Travel staff/Vol | 1,246 | - | 1,246 | 1,601 | | 1,601 |
| Rent | - | 11,520 | 11,520 | | 11,520 | 11,520 |
| General Running Costs | - | | - | | | - |
| Phones | - | 900 | 900 | - | 2,522 | 2,522 |
| Insurance | - | 750 | 750 | - | 684 | 684 |
| IT Support | - | 996 | 996 | - | 325 | 325 |
| IT Equip | - | - | - | - | 2,428 | 2,428 |
| New office/Kitchen | - | - | - | - | 3,325 | 3,325 |
| DBS Costs | - | 200 | 200 | - | 150 | 150 |
| Residential | 2,000 | - | 2,000 | 1,995 | | 1,995 |
| Activities and Clubs | 8,675 | - | 8,675 | 2,143 | | 2,143 |
| Fund raising Exp | - | - | - | - | | - |
| Total Expenditure | 102,365 | 14,488 | 116,853 | 87,410 | 20,954 | 108,364 |
| Excess of Expenditure over Income | - 34,311 | 11,065 | - 23,246 | 36,588 | - 10,904 | 25,684 |



Balance Sheet as at 31 March 2024

| | 2024 | | | 2023 | | |
|----------------------------------------------------------|-----------------|-------------------|------------|-----------------|-------------------|------------|
| | Restricted £ | U/Restricted £ | Total £ | Restricted £ | U/Restricted £ | Total £ |
| Current Assets | | | | | | |
| Bank Accounts | 66,786 | - 9,656 | 57,130 | 101,097 | - 20,721 | 80,376 |
| Income and Expenditure Account | | | | | | |
| Balance brought forward 1 April 2023 | 101,097 | - 20,721 | 80,376 | 64,509 | - 9,817 | 54,692 |
| Less: Excess of Expenditure over income for the year end | - 34,311 | 11,065 | - 23,246 | 36,588 | - 10,904 | 25,684 |
| Balance at Bank 31.3.2024 | 66,786 | - 9,656 | 57,130 | 101,097 | - 20,721 | 80,376 |

Trustees

I Hibberd

C Smith


 10/9/24



Romsey Young Carers: Annual Report 23/24

The Trustees present their report and accounts for the period from April 2023 to March 2024.

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 identify and fill 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.



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Review of year's activities

The project is now supporting 153 children and young people as at end of March 2024. The Charity has continued to offer regular age-appropriate youth clubs for young carers aged 8-18. We continue to see more referrals from a range of sources, most notably schools which has seen the charities numbers continue to grow. We have also seen the level of need and diversity of that need increase for the young people we support.

We have continued to respond to the needs of our young carers and their families expanding our service in every way possible to maximise the funds we have and to have the biggest meaningful impact possible for the charity.

We have continued to be an active member of the Hampshire Young Carers Alliance (HYCA) and have worked to support the alliance in the final year of its current funding with the National Lottery and Hampshire County Council. Chris Hall, Manager has acted as a member of the management committee for HYCA to support in the times of transition. We are working closely with Hampshire County Council around a new service tender and working on a developed and re-structured version of HYCA that is better placed to grow and develop over the next 10 years. RYC has also supported the consortium in offering a young carers strategy day which saw 50 young people attend the university of Southampton and offer their voices to help evaluate their current support and identify the changing needs for young carers that need addressing moving forward.

In further recognition of RYC's Impact our manager Chris was invited to deliver a workshop at the International Young Carers conference held in Manchester in April 2024. This was an exciting opportunity for RYC to showcase our innovative work with Occupational Therapists and learn from other services across the country and across the world.

RYC has continued to develop its external links building on what had been achieved in 22/23. With 2024 being our 20th year of existence we aim to use this as a vehicle to expand this, not least by hosting a celebration event with a focus on fundraising and building links between the business and civic community. With so much uncertainty around funding in 24/25 we plan to focus on securing larger donations to help us with funding security in moving forward. This is especially important given the competitive nature of the bid writing currently.

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.

Charity Activity Overview

Working with Schools

Romsey Young Carers (RYC) has continued to develop our relationships with its schools and has seen how this has developed with more referrals coming from our schools. We have worked hard to develop our offer to schools into a more formalized three tier system (Gold, Silver and Bronze) ranging from our free baseline offering ensuring all schools will have a core offering of our service to an advanced offering incorporating our specialist resources derived from our tailored exploration program. This year we have been delivering a tailored and less structured approach to schools which has been well received which has seen RYC noted in Ofsted reports highlighting the impact of our work.

"Having Romsey Young Carers work with our children has been a huge support for both them and staff at school. The children have been able identify how their skills as young carers can be transferrable to other aspects of their school lives; enabling them to feel positive about themselves with the aim to further develop their self-esteem.

Within a nurturing environment, the young carers have been expertly guided to discover ways to support their mental health and identify who to turn to if they need help. The activities have equipped them with practical self-help tools, to manage challenges in their lives at home and in school, through a Growth Mindset approach."

– Mrs Pearce Cupernham, Junior School Family Support Coordinator and Young Carers Lead

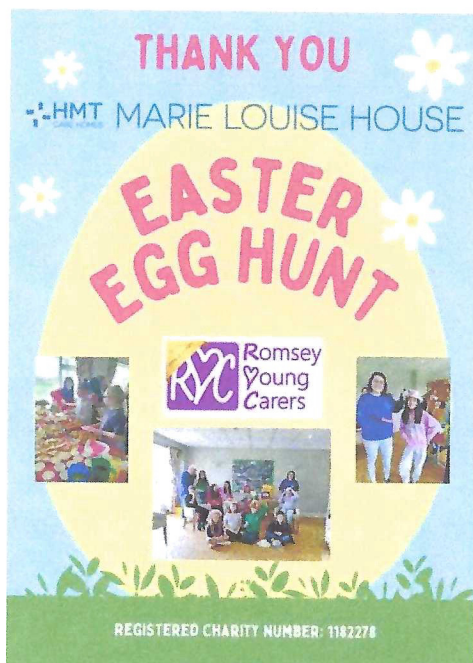
Working with Families (Whole Family Approach)



This is another area that has been continuing to progress for RYC with the development of our Parents Program. This has seen our family link worker offer craft and information sessions to parents around various themes to engage parents in an informative and enjoyable way. This allows them a forum to share experiences and worries in a supportive space. This has proved valuable for parents who feel isolated and with so many struggling with poor mental health this has been invaluable for the project to have as a core offering.

We also continued to offer whole family activities across the project including a family water activity day on Beaulieu River, Family Day at Paulton's Park, Pantomime Show and Family Day at Cameron's Cottage.

RYC has also continued to support families struggling in the cost of living crisis and has continued to support families with access to foodbanks and has distributed shopping vouchers to families across the year inline with our reviewing process.



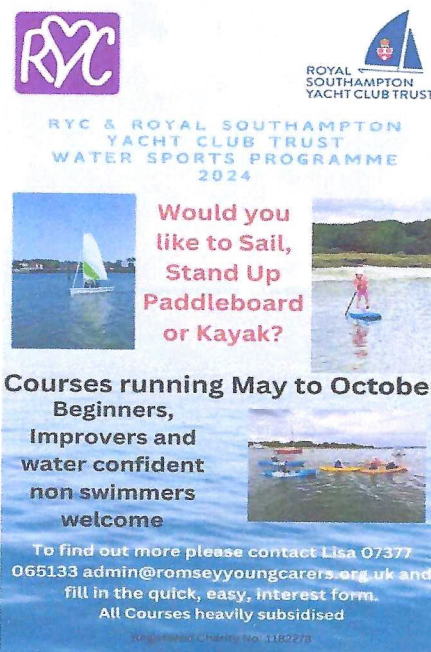
Activities and Outings

RYC has continued to offer an extensive range of activities and outings to offer respite to the young people and families that we support. We have continued to offer four youth clubs on a fortnightly basis to those young people able to attend. We also continue to offer an outings-based group for those who are over 16 years of age.

During the school holidays RYC runs between 3 and four activities per week with themes ranging from life skills (cooking, skill development

workshops resilience through water activity programmes) to fun experiences such as Beaulieu Motor Museum and Paddleboarding. We have also continued to work with local providers, most notably Places for People to develop our physical activity offering swimming lessons and a professional studio for dance lessons provided by a former RYC young carer.

We have maintained our offering of four residential breaks. We continue to utilize Honeypot for our younger children on a referral basis for breaks to Honeypot House in the New Forest. We continue to offer our amazing break for 15 young people to Fairthorne Manor for the annual Young





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Carers Festival as well as a getaway to Cameron's Cottage for nurture through nature for 13 of our young carers aged 14+.

Our partnership with the Royal Southampton Yacht Club Trust continues to grow with many opportunities both for fun taster sessions of sailing, kayaking and Paddle boarding with staged courses validated by the RYA offered as accredited development for our young carers. This supplements our continued referrals to the Ocean Youth Trust South, seeing young carers attend and participate in longer voyages.

This report was approved by the on behalf of the trustees by:

Signed:

Date

10/9/2024

10/9/24

ROMSEY YOUNG CARERS

Registered Charity No: 1182278

ACCOUNTS FOR YEAR END

31ST MARCH 2024