

SLIDING DOORS

England & Wales · Charity number 1182432

Details

Status Registered

Legal form Other

Registered 2019-03-13

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

Contact

Address 26 Plantation Road
Blackburn
BB2 4QA

Phone 07789556727

Email slidingdoorssocial@gmail.com

Activities

Objects: TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY. FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PART OF SOCIETY, AS A RESULT OF BEING A MEMBER OF A SOCIALLY AND ECONOMICALLY DEPRIVED COMMUNITY'

Activities: Sliding Doors works with people with disabilities or who are otherwise isolated, to provide social, educational and volunteering opportunities

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Elderly/old People, People With Disabilities

Geography

- Blackburn With Darwen

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£97,735	£124,642	-	-
2024-03-31	£97,735	£124,642	-	-
2023-03-31	£88,094	£105,195	-	-
2022-03-31	£107,295	£91,000	-	-
2021-03-31	£93,228	£64,536	-	-

Trustees

Name	Role	Appointed
DARREN IAN WILLIAM PILKINGTON		2018-04-06
Janet Booth		2024-08-27
MARK HILTON		2024-09-01
PAUL JAMES FISH		2018-04-06
SANDRA McNEIL		2018-04-06

SLIDING DOORS

England & Wales - Charity number 1182432

Accounts

Sliding Doors

Registered Charity No 1182432

Trustees' Report and Independently Examined Financial

Statements For the period ended 31st March 2025

Vision. "To give vulnerable and isolated people, in the Blackburn with Darwen area, access to opportunities, support and enjoyment."

Address 26 Plantation Road Blackburn BB2 4QA

Bankers Lloyd's Bank

Church St Blackburn

Independent Examiner D Singh and Co

Contents

1. Trustees' and Activities Report
2. Financial Review
3. Trustees' Responsibility Statement (Report of the Trustees)
4. Structure, Governance and Management (Report of the Trustees)
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6. Financial Statements
7. Notes to Financial Statements

Trustees and Activities Report



We have had a busy year with new opportunities and experiences. Our team continue to support many vulnerable, socially isolated, disabled and people with learning difficulties.

Our focus has been ensuring we continue to deliver our regular groups to maintain the structure and continuity our service users like. Our volunteers have worked very hard to guide us ensuring all the sessions are inclusive and adapted to meet the needs of all our users. Their lived in experience is priceless and is always in the centre of our planning and delivery.

During the past year we have:

- Continued to deliver & grow all our regular groups.
- Increased the number & range of activities we deliver to reduce isolation & loneliness.
- Continued to deliver activities & training to increase skills & improve quality of life.
- Increased physical activity in most of our sessions.
- Recruited new volunteers & developed new roles for volunteers.
- Delivered training to upskill our volunteers.
- Welcomed new people.
- Engaged more people in training & development.
- Developed new partnerships with other agencies & community groups.
- Supported the new management of the Community Centre
- Taken people on day trips outside their local area.
- Taken people for a weekend break.

- Facilitated health & wellbeing projects.
- Helped to keep the community centre open.
- Increased fundraising & donation
- Secured funding through grants.

We continue to provide a broad and varied programme of activities, operating four full days and two evenings each week. Over 360 people with additional needs have attended, many joining multiple sessions. Our age range is from eighteen up to people in their 80's all coming together to have lots of fun and build friendships. All our sessions are supported by our volunteers, the majority of which have been service users themselves and understand the needs of people with additional needs. We run social sessions which include Games, Jigsaws, Quizzes, Bingo, Art, and Music etc. All adapted to meet the needs of the people attending. We also include a physical activity to get people moving, we have Boccia, Curling, Bowling, Javelin all with adaptations for use by people in wheelchairs or with mobility problems. We deliver informal training to encourage people to learn new skills & share their skills. Our Happy Songs & Music sessions are immensely popular, lots of karaoke, party dances and always much laughter at these sessions. We have people suffering from memory lost/dementia attending who really enjoy the music and sing a long, the feedback from family members are care home are so positive with comments like 'It so long since I saw my mum laugh' 'the residents are so much happier when they return home'





Our young peoples and lad's groups are continuing to grow; there is very little for young people with additional needs and many find themselves lost & lonely. We deliver a wide range of activities, training in life skills & other subjects they choose. We regularly take the young people out of the area, giving them experiences and opportunities in a supported way giving them the skills & confidence to get out and about themselves. We use public transport & go to places that are free or with low charges. Many of the young people now meet up outside of the groups and lasting friendships have been formed. There is a big need for this service but unfortunately, we only have resources to run these sessions one day and one evening per week, however this is something we are looking to grow, we are planning to seek funding to enable us to offer this much needed service to more vulnerable young people in the future.

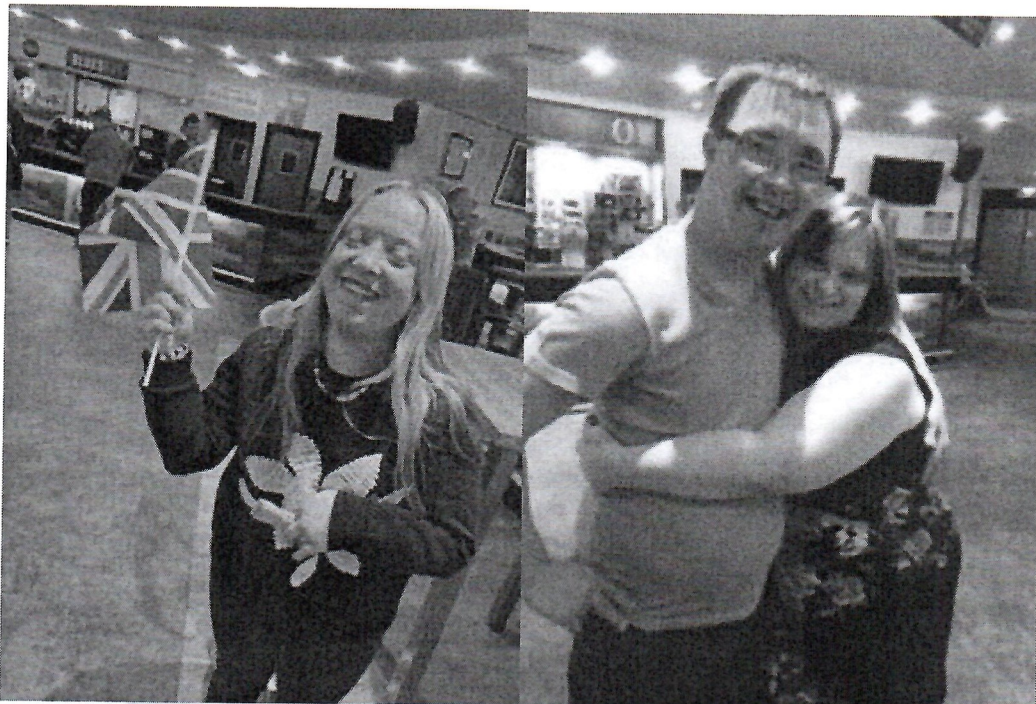




We deliver some smaller groups for those people who do not like big groups of people and/or lots of noise.

Our ladies groups has been running for over 10 years & the dynamics have changed with the age of the people attending increasing, they require more support and are less keen to get out and about so most of the sessions take place in the hub, we often bring in outside agencies to pass on any suitable information & support they can offer including: Age UK, Stroke Society, Council Health & wellbeing services, Pension/ Benefit advisors Community Transport, Food delivery services. Library Services. The ladies have become close friends and spend time together outside the group.





Our flagship Disco at Blackburn Rovers football club remains to be the highlight of the week for many people with additional needs and those who are lonely & isolated. We have around 150 people attend each week. It gives them the opportunity to get out meet others in a place they feel safe, can have a drink, sing & dance and just enjoy themselves. We have had several relationships started at these events, with one wedding and 2 engagements. We work with Blackburn Rover Community Trust to bring together people from their groups.

We have run several outings, taking over 300 people to Blackpool, Southport, Manchester Museum and Theatres to get people out of the area and enjoy new experiences with their friends. We also run a weekend away at a hotel in Blackpool, something that really brings people together. People find it difficult get out of the area due to accessibility, finance, fear and often the fact that they have no one to go with. With us they feel safe, and we ensure everything is accessible to all.

Our volunteers are the heart of Sliding Doors, and we would not be the charity we are without them. Sadly, this year Fred a volunteer who had been with us from the very beginning suddenly passed away. This loss has been taken very badly with so much sadness and grief for many weeks. Fred worked most days and was the main volunteers with the young people, who have found it exceedingly difficult to accept that they will never see him again. It has taken a lot of time to support people through this awful time, but with our close relationships with our users we have managed to help them move forward and remember many happy times. The volunteers have taken over many of Fred's roles and we have seen a lot of peer support between the lads. We have recruited three new volunteers from the lads/young people's groups.

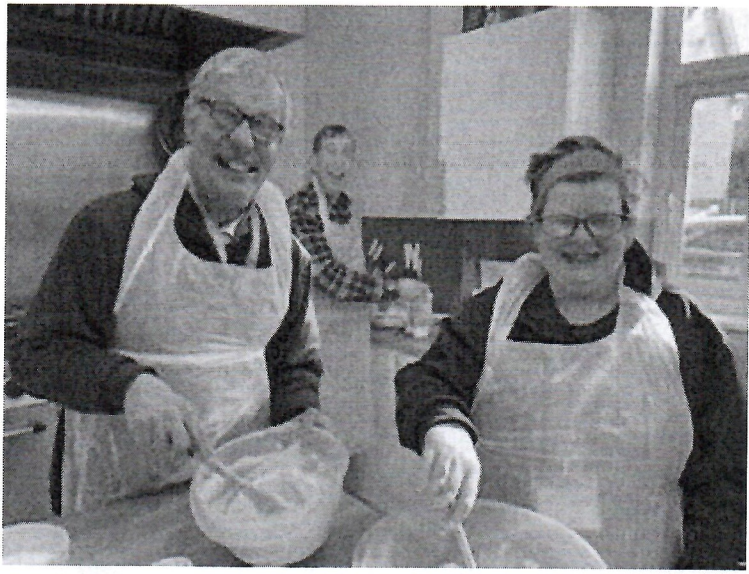


There are currently 21 volunteers, these numbers do change for a variety of reasons, we have been lucky that 2 of our volunteers secured work, 2 have gone to college, 1 moved away from the area and sadly we have had 2 volunteers pass away. However we continue to support other users from all our group and from outside the organisation to volunteer. We now have 2 groups that are predominantly planned and run by the volunteers with little support from staff, which has enabled us to increase our activities.



We continue to deliver training in very informal ways, delivered in familiar surroundings always with a member of staff and volunteer supporting them. We have delivered food safety, First Aid, Football coaching, IT skills, Art & Crafts, Sewing, Money Management, Mental Health First Aid, Healthy Eating & Weight Management.

We bring in other people to deliver other activities such as Line Dancing, Bollywood Dancing, Sound Bath, Critters, Seated Exercise, Art Projects, Baking, Singing & Sports coaching. Our service users are always included in identifying what they want to learn. We deliver some of the training ourselves, encourage skill sharing and peer support between our service users and volunteers. Outside agencies are brought in to deliver specialised training. We are always looking for exciting new projects.



We closely work with other groups across the area including churches, community centres, care homes, sports clubs, local Council, GP's. Pharmacies and other support agencies. We get referrals to our services from a range of places including GP's, Age UK, Autism society, Council and NHS.

We have started to work closely with the local library who have been attending some sessions to encourage new users. We now take groups into the library and have started a reading group. The library staff have delivered some reminiscence sessions for our older users.

We have facilitated a Healthy Weight Management Programme with the local Councils Health & Wellbeing Team. Many people with disabilities and learning difficulties often find it difficult to manage their weight due to a range of factors including mobility problems, limited funds, accessibility, and lack of skills etc. We helped to design and deliver the programme to make it suitable for our users. The programme is delivered in a fun and interactive way over a period of 8 weeks. We have seen a change in the habits of many people, service users and their carers. We are continuing to encourage and include some of the learning in our regular sessions.

The local NHS attend annually to conduct Health Checks and Covid vaccinations.

A major change for us has been in the management of the Community Centre in which our Hub is based and at which we deliver many sessions. The centre was at risk of closing, we were asked if we could help. Julie our chief officer and Sandra one of the Trustees joined the Community Centre Board and by working closely together the Centre now has a new manager and Sliding Doors are playing an important role in supporting the running of the centre. Although this has had its challenges it has brought new opportunities for our volunteers, which they have embraced. We help to cover reception, take bookings, and keep the centre safe and tidy. We have devised training sessions giving the volunteers the confidence and skills required.

We have seen a big increase in our cost especially room hire, utilities & refreshments however we have felt unable to increase our prices as many of our users are finding it difficult to pay their bills and the change to the benefits systems has left some people worse off. We understand how important it is for people to attend the sessions, and many attend several times each week and understand that for many these are the only times they get spend time with other people and make friends. We have worked hard trying to increase our income through more fundraising and donations however the competition from other worthy causes is high and it is more difficult to get support. Fortunately, we have been able to maintain our regular programme, start new volunteer run sessions and still deliver one-off events and outings thanks to the funding from the lottery & lottery player. Thank you.

Financial Review

We have continued to receive superb support from the National Lottery and are very grateful to them and to a number of other grant-giving trusts who have supported us throughout the year.

General position

Lottery Grant. We are extremely grateful and fortunate to have received a further grant for 4 years, which will ensure our stability until the summer of 2026.

Group income. Before the pandemic, weekly group income had risen to its highest level ever, an average of £1,700 per month. This reduced to practically nothing throughout the 3 lockdown periods and had just begun to recover by the end of the 2020/21 financial year. By the end of 2021/22, group income was regularly over £2,000 per month. In 2022/23 this had increased to approximately £2,500 per month, this has been achieved mainly through additional footfall, rather than a large increase in sessional fees. In 2023/24 this amount has improved to an average of £3,000 per month. This amount has been sustained during 2024/5.

Reserves Policy. The Trustees have decided that a sum of £7,500 should be placed in a special reserve account, to pay the redundancy costs for staff as well as other winding up costs. When determining the appropriate level of reserves each year, the trustees monitor the economic background including the current climate of significant public sector funding cuts and massively increased competition for grant funding. In accordance with our Reserves Policy, we aim to maintain unrestricted reserves equivalent to a minimum of three months unrestricted expenditure. We currently have 2 months' running costs in unrestricted reserves. This position has remained static in 2023/24 and 2024/25.

Going Concern statement

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

Trustees' Responsibility Statement

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the “going concern basis” unless it is inappropriate to presume that the charity will continue in operation. The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. 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.

Structure, Governance and Management

Sliding Doors became a registered Charity on 19th March 2019 and is governed by a constitution and set of rules, which have been approved by the Charity Commission

The Board of Trustees is the body responsible for the government and management of the organisation. The trustees, who served during the year and up to the date of signature of the financial statements were:

Paul Fish

Sandra McNeil

Ian Parker (Resigned 27/8/24)

Darren Pilkington

Diane Turner (Resigned 27/8/24)

Janet Booth (Appointed 27/8/24)

Mark Hilton (Appointed 27/8/24)

The trustees are responsible for the strategic direction and policy of the charity.

The Trustees have delegated the day-to-day running of the charity to the Director and staff team.

Approved by the board of trustees on 28th January 2026 and signed on its behalf by:



Mark Hilton

Trustee

SLIDING DOORS
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31st MARCH 2025

Independent Examiner's Report to the Trustees of Sliding Doors

I report on the accounts of the charity for the year ended 31st March 2025, which are set out on the following 3 pages.

Respective responsibilities of Trustees and Examiner

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').

It is my responsibility to:

examine the accounts under section 145 of the 2011 Act

to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 act

to state whether particular matter have come to my attention.

Basis of Independent Examiner's Report


My examination was carried out in accordance with the 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 no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent Examiner's Statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.



Mr. Daljinder Singh

Date: 28th January 2026

D Singh & Co
Chartered Certified Accountants
2 Wookey Close, Preston
PR2 9HE

SLIDING DOORS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31st MARCH 2025

	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
Income				
Income from activities/Groups	33,254	910	34,164	37,157
Grants Received	-	57,800	57,800	60,026
Fundraising income	2,681	250	2,931	-
Bank interest received	546	-	546	552
One Lottery-Other income	7	829	836	-
Donations	500	-	500	-
Total Income	<u>36,988</u>	<u>59,789</u>	<u>96,777</u>	<u>97,735</u>
Expenditure				
Accountants fee	1,100	-	1,100	1,100
Food	-	1,422	1,422	2,281
Insurance	215	-	215	96
Telephone	-	335	335	384
Resources	3,312	6,838	10,150	10,216
Room Hire	5,371	1,500	6,871	6,450
Salary & Pensions	35,460	35,970	71,430	91,891
Subscriptions	-	195	195	379
Sundries	-	-	-	16
Training	-	1,114	1,114	1,260
Travelling Expenses	-	3,078	3,078	3,527
Volunteers Expenses	250	7,186	7,436	7,042
Total Expenses	<u>45,708</u>	<u>57,638</u>	<u>103,346</u>	<u>124,642</u>
Net of Income/ (expenditure)	(8,720)	2,151	(6,569)	(26,907)
Transfer between funds	22,927	(22,927)	-	-
Total Funds brought forward	<u>930</u>	<u>34,513</u>	<u>35,443</u>	<u>62,350</u>
Total Funds carried forward	<u>15,137</u>	<u>13,737</u>	<u>28,874</u>	<u>35,443</u>

SLIDING DOORS

BALANCE SHEET AS AT 31ST MARCH 2025

	Notes	2025		2024	
		£	£	£	£
Current Assets:					
Bank balances	1	28,874		35,443	
Debtors & Prepayments		-		-	
		<u>28,874</u>		<u>35,443</u>	
Current Liabilities:					
Creditors and Accruals		-		-	
		<u>-</u>		<u>-</u>	
Net Current Assets			<u>28,874</u>		<u>35,443</u>
Total Assets			<u>28,874</u>		<u>35,443</u>
Represented by:					
Reserves					
Unrestricted Reserves	2	15,137		930	
Restricted Reserves	2	<u>13,737</u>	<u>28,874</u>	<u>34,513</u>	<u>35,443</u>

The notes on the appended pages form part of these financial statements.

Approved and signed on behalf of the Board of Trustees on 28th January 2026 by:

M Hilton

Mark Hilton (Trustee)

Date: 28th January 2026

SLIDING DOORS
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2025

	2025 £	2024 £
1. Bank balances		
Current Account	18,873	12,323
Deposit Account	1	9,879
Fixed Term Deposit	10,000	13,241
	28,874	35,443

2. Reserves

<u>Details</u>	<u>Details</u>	<u>Opening Balance (01/04/2024)</u>	<u>Receipt</u>	<u>Expenses</u>	<u>Transfer between reserves</u>	<u>Closing Balance (31/03/2025)</u>
Unrestricted						
Unrestricted	Sewing	<u>930</u>	<u>36,988</u>	<u>(45,708)</u>	<u>22,927</u>	<u>15,137</u>
Total unrestricted Reserves		<u>930</u>	<u>36,988</u>	<u>(45,708)</u>	<u>22,927</u>	<u>15,137</u>
Restricted						
CVS -Youth/lads		32	1000	(595)	(32)	405
CVS		790	-	-	(790)	-
CVS		770	-	-	(770)	-
CVS SDYPC		981	300	-	-	1,281
Progress		75	-	-	(75)	-
Baily		10,000	-	-	(10,000)	-
Lottery-covid		5,000	-	-	(5000)	-
Postcode		3,000	-	-	(3000)	-
FAFFA- SUST		-	2,164	(1,921)	1837	2,080
FAFFA		12,143	49,150	(52,844)	(4661)	3,788
Bailey Thomas		-	4,250	-	-	4,250
Peter Harrison		-	2,400	(515)	-	1,885
Sport England		1,172	-	(688)	(436)	48
CSV Ladies		393	525	(918)	-	-
Skelton		157	-	(157)	-	-
Total restricted Reserves		<u>34,513</u>	<u>59,789</u>	<u>(57,638)</u>	<u>(22,927)</u>	<u>13,737</u>
Total Reserves		<u>35,443</u>	<u>96,777</u>	<u>(103,346)</u>	=	<u>28,874</u>

SLIDING DOORS

England & Wales - Charity number 1182432

Accounts

Sliding Doors

Registered Charity No 1182432

Trustees' Report and Independently Examined Financial
Statements For the period ended 31st March 2024

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Trustees and Activities Report



We have continued to develop and grow during the past 12 months. We have new people attending and new activities taking place in our regular groups, we have delivered smaller one-off projects, however growing and developing our regular groups has been our priority.

People with additional needs tend to like structure and stability, it can take time for them to feel safe and comfortable but when they do, they do not like things to change. We are very aware of this and are very careful when make changes and bringing in new activities and support. We work closely with our volunteers who have lived in experience, they guide us with everything we do. We regularly take time to chat to our service users and their carers/parents to ensure they are happy and take on board any suggestions for improvement.

We have over 350 people attending each week, many attending multiple times. Many people have disabilities or learning difficulties with others who are lonely and isolated. We have seen an increase in the number of older people joining our daytime sessions and more younger people coming to our evening sessions.

During the past 12 months we have:

- Continued to deliver and grow all our regular groups.
- Increased the numbers of people attending.
- Increased the number and range of activities & project.
- Developed new partnerships with other community groups and outside agencies.
- Increased the level of physical activities available.
- Taken people out of the local area on outings.
- Recruited new volunteers.
- Engaged more people in training and development.
- Increased our funding raising.
- Improved our focus on health & wellbeing.

One of our existing volunteers has secured employment for the first time in his life, he is a different person from the quiet, shy young man who started attending a group 5 years ago. He became a volunteer 3 years ago, during this time we have seen his confidence and mental health improve substantially and are all very proud of him.

We have recruited 4 new volunteers all with additional needs who have never previously had the opportunity to help others. Working & supporting people to become more independent is a big part of what we do, whether they want to become a volunteer or just learn new skills we take the time to get to know everyone, understanding that no matter their abilities have skills everyone has something to give others. We spend time finding out what they are interested in, what they would like to do and any barriers there have been in the past that have stopped them reaching their potential and most importantly gaining their trust. We buddy people up with our existing volunteers and slowly offering training without scaring them. For someone who has had bad experiences or very little in the way of education, the mention of training can be very scary. Our regular volunteer meetings are the place we begin to introduce some learning enabling people to support each other, this is delivered by a member of staff someone they all know and trust and is done in a very light-hearted fun way which is adapted in ways to meet the needs of each person. We introduce other training delivered by ourselves or other providers gradually for those who wish to participate. For some people the fact they can make brews or set up tables is a massive step, and they don't want to do anything else. For others with support assist or even deliver their own sessions. We value all our volunteers and celebrate all their achievements and continually praise and reward their input and support. Our volunteers played a big role in supporting a local music festival which was attended by over 2000 people, they helped to plan the event, assisted at the event and raised some money for the charity by selling garlands.





Case Study Janet

Janet is a lady in her 40's who has suffered from mental health issues for most of her adult life, she has been mistreated and abused by her previous partners and now lives alone. Janet was referred to us by the council's community integrated services department who had concerns that she was becoming isolated and depressed. We visited Janet several times and explained what we do and how it could help her. Eventually Janet did attend one of the groups, a very big step for her and once she relaxed, she had a great time, everyone made her feel welcome and she was soon chatting away, she even sang in the karaoke! That was 7 months ago, Janet is now not only a regular at several of our groups each week she volunteers at our over 60's ladies' group, she also helps with refreshments, calls the bingo and even sings to the ladies she generally make the experience for the ladies who attend a happy one. Janet has brought a new energy to the groups and has made many new friends. The feedback from the council has been so positive and they have now discharged her. She says she feel like she belongs somewhere at last and has people to talk to when things start getting too much for her.

We are strongly focus on the health & wellbeing of all our users and volunteers. We ensure every session we deliver has some form of physical activity included, we have a wide range of disabled friendly equipment and play games including Boccia, Soft Archery, Bowling, Curling etc. We continue to have our regular line dancing sessions which everyone loves. We have had a couple of Bollywood dancing sessions when went down very well. The local gym attend delivering armchair and low-level exercise sessions. We run quizzes, name that tune, bingo, play your cards right etc and have a wide range of board games and jigsaws to keep people mentally fit. Our healthy cooking and baking sessions are always well received especially with our young users, the volunteers play a big role in these sessions, happily showing off their skills.



We have invited in agencies to deliver health messages that are relevant to our users.

We were contacted by the NHS who were have difficulty getting people with learning difficulties to attend their clinics/GP surgeries for their annual health checks. We invited them to run sessions alongside our groups. The take up was amazing with 90% of our users taking up the checks. People with additional needs are often scared to attend clinical settings or do not have the ability or means to get to the venues, it can cause anxiety and upset when they receive a letter with the appointment. By delivering the checks in a place they are already visiting, where they feel safe and with their friends the fear and anxiety is taken away. The feedback from the staff carrying out the checks was very positive, and they agree this is the best way to reach this target group and will return every year.

We are often seen as the Charity to go to when agencies want to reach people with additional needs. We work with them to ensure they can deliver their messages in a way that our users will understand and engage with.



We now have people with Dementia from 2 care homes attending our music afternoons with their carers. To see someone come into the centre not really knowing where they are and looking sad with their head down, to seeing them start to sing along to the music and at times get up and dance around is quite magical, they certainly leave the session looking far happier than when they arrived.

Our young people's groups are very popular and successful, we get many referrals from the Council and other agencies. The groups are run in our Hub a safe, friendly place that the young people have taken ownership of, and the activities are often decided and led by the young people themselves. We deliver a lot of basic life skills during the sessions, always in ways that the young people find fun and understand considering the skills and abilities of each person. We take the young people out of the hub whenever we can to give them new experiences and teaching them how to get about safely, we work and use public transport whenever we can. Strong friendships have been formed with many of the young people meeting up outside the groups.



Case Study Jordan

Jordan is a young man in his late 20's who joined the Youth Club 10 months ago. Jordan is a carer for both his parents, his father is wheelchair bound and has cancer, his mother has serious mental health problems. We were contacted by Jordans father who had read about our groups. Jordan was extremely nervous when he first joined us, we buddied him up with one of our young volunteers and slowly we began to see him come out of his shell. He is a very intelligent young man who unfortunately spends all his time at home with his parents. The 3 hours he spends with us is the only time he gets a break. We have spoken to his father about him attending the lad's group, however he said it wasn't possible as he was needed at home. He has been with us on 2-day trips which he thoroughly enjoyed it was very emotional seeing his reaction when we visited Lancaster Castle, something he had never previously had the opportunity to see anything like. Jordan is a popular member of the youth club he likes to play his own music and is brilliant at the quizzes and learned to play pool

In Jordans own words " I never had a friend before I came here, now I have lots and everyone knows my name" heartbreaking situation for this young man and we wish we could do more for him but for the 3 hours he is with us he is happy.

This year we have increased the number of trips and outings. The feedback we got from our consultations highlighted how much people appreciated and enjoyed the trips and outings. For many people living with additional needs the world can be a small place with some never leaving their local area. Accessibility, transport, fear, finance or a lack of people to go with are just some of the barriers stopping people. We always ensure the places we attend are suitable for people with mobility problems, that they have disabled facilities and are affordable. We hire coaches that are disabled friendly and always have staff and volunteers to ensure everyone is safe and happy.

Some of the places we have visited

- Liverpool Docks
- Lytham St Annes
- Christmas shopping at Trafford Centre
- Crown Green Bowling
- Outdoors Activity Centre
- Farm
- Lancaster Museum
- Local Museum
- Parks
- Town Centre Library
- Lunch at Blackpool Hotel
- Scenic Train journeys

We are taking 50 people to Blackpool for a weekend away in November.



The cost-of-living crisis has hit us quite hard this year with the rising costs of goods & food, but the biggest challenge is the cost of room hire, it has doubled this year and will almost certainly rise again next year. The amount of funding we receive for room hire now only cover 1/3rd of what we must pay which has an impact on our funds to carry out other things.

Overall, we have had a good year, lots of fun and many friendships formed.

Thank you to the Lottery and all Lottery players for your continued support.

Financial Review

We have continued to receive superb support from the National Lottery and are very grateful to them and to a number of other grant-giving trusts who have supported us throughout the year.

General position

Lottery Grant. We are extremely grateful and fortunate to have received a further grant for 4 years, which will ensure our stability until the summer of 2026.

Group income. Before the pandemic, weekly group income had risen to its highest level ever, an average of £1,700 per month. This reduced to practically nothing throughout the 3 lockdown periods and had just begun to recover by the end of the 2020/21 financial year. By the end of 2021/22, group income was regularly over £2,000 per month. In 2022/23 this had increased to approximately £2,500 per month, this has been achieved mainly through additional footfall, rather than a large increase in sessional fees. In 2023/24 this amount has improved to an average of £3,000 per month.

Reserves Policy. The Trustees have decided that a sum of £7,500 should be placed in a special reserve account, to pay the redundancy costs for staff as well as other winding up costs. When determining the appropriate level of reserves each year, the trustees monitor the economic background including the current climate of significant public sector funding cuts and massively increased competition for grant funding. In accordance with our Reserves Policy, we aim to maintain unrestricted reserves equivalent to a minimum of three months unrestricted expenditure. We currently have 2 months' running costs in unrestricted reserves. This position has remained static 2023/24.

Going Concern statement

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable

future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

Trustees' Responsibility Statement

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the “going concern basis” unless it is inappropriate to presume that the charity will continue in operation. The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. 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.

Structure, Governance and Management

Sliding Doors became a registered Charity on 19th March 2019 and is governed by a constitution and set of rules, which have been approved by the Charity Commission

The Board of Trustees is the body responsible for the government and management of the organisation. The trustees, who served during the year and up to the date of signature of the financial statements were:

Paul Fish

Sandra McNeil

Ian Parker (Resigned 27/8/24)

Darren Pilkington

Diane Turner (Resigned 27/8/24)

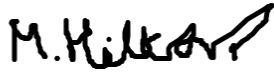
Janet Booth (Appointed 27/8/24)

Mark Hilton (Appointed 27/8/24)

The trustees are responsible for the strategic direction and policy of the charity.

The Trustees have delegated the day-to-day running of the charity to the Director and staff team.

Approved by the board of trustees on 28th December 2024 and signed on its behalf by:

A handwritten signature in black ink that reads "M. Hilton". The signature is written in a cursive style with a prominent flourish at the end.

Mark Hilton

Trustee

SLIDING DOORS
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31ST MARCH 2024

Independent Examiner's Report to the Trustees of Sliding Doors

I report on the accounts of the charity for the year ended 31st March 2024, which are set out on the following 3 pages.

Respective responsibilities of Trustees and Examiner

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').

It is my responsibility to:

examine the accounts under section 145 of the 2011 Act

to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 act

to state whether particular matter have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the 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 no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent Examiner's Statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Mr. Daljinder Singh

Date: 28th December 2024

D Singh & Co
Chartered Certified Accountants
2 Wookey Close, Preston
PR2 9HE

SLIDING DOORS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31ST MARCH 2024

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
Income				
Income from activities/Groups	35,867	1,290	37,157	38,613
Grants Received	-	60,026	60,026	43,562
Job retention scheme payments received	-	-	-	-
Bank interest received	552	-	552	59
Donations	-	-	-	5,860
Total Income	36,419	61,316	97,735	88,094
Expenditure				
Accountants fee	1,100	-	1,100	735
Activities	-	-	-	-
Cleaning materials	-	-	-	-
Equipment expensed	-	-	-	830
Food	289	1,992	2,281	1,371
Insurance	96	-	96	259
Telephone	-	384	384	384
Raffle Prices	-	-	-	87
Resources	1,142	9,074	10,216	8,003
Room Hire	4,090	2,360	6,450	7,480
Salary & Pensions	38,797	53,094	91,891	79,156
Stationery	-	-	-	-
Subscriptions	140	239	379	289
Sundries	16	-	16	100
Training	-	1,260	1,260	300
Travelling Expenses	-	3,527	3,527	731
Volunteers Expenses	75	6,967	7,042	5,470
Total Expenses	45,745	78,897	124,642	105,195
Net of Income/ (expenditure)	(9,326)	(17,581)	(26,907)	(17,101)
Transfer between funds	(4,599)	4,599	-	-
Total Funds brought forward	14,855	47,495	62,350	79,451
Total Funds carried forward	930	34,513	35,443	62,350


SLIDING DOORS

BALANCE SHEET AS AT 31ST MARCH 2024

	Notes	2024		2023	
		£	£	£	£
Current Assets:					
Bank balances	1	35,443		62,350	
Current Liabilities:					
Creditors and Accruals		<u>-</u>		<u>-</u>	
Net Current Assets			<u>35,443</u>		<u>62,350</u>
Total Assets			<u>35,443</u>		<u>62,350</u>
Represented by:					
Reserves					
Unrestricted Reserves		930		14,855	
Restricted Reserves		<u>34,513</u>	<u>35,443</u>	<u>47,495</u>	<u>62,350</u>

The notes on the appended pages form part of these financial statements.

Approved and signed on behalf of the Board of Trustees on 28th December 2024 by:



Mark Hilton (Trustee)

Date: 28th December 2024

SLIDING DOORS

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2024

		2024	2023			
		£	£			
1. Bank balances						
Current Account		12,323	19,782			
Deposit Account		9,879	29,568			
Fixed Term Deposit		13,241	13,000			
		<u>35,443</u>	<u>62,350</u>			
2. Reserves						
<u>Details</u>	<u>Details</u>	<u>Opening Balance (01/04/2023)</u>	<u>Receipt</u>	<u>Expenses</u>	<u>Transfer between reserves</u>	<u>Closing Balance (31/03/2024)</u>
Unrestricted						
Unrestricted	Reserves	13,380	35,777	(45,735)	(3,422)	-
Unrestricted	Sewing	<u>1,475</u>	<u>642</u>	<u>(10)</u>	<u>(1,177)</u>	<u>930</u>
Total unrestricted Reserves		<u>14,855</u>	<u>36,419</u>	<u>(45,745)</u>	<u>(4,599)</u>	<u>930</u>
Restricted						
CVS	Youth	32	-	-	-	32
CVS		790	-	-	-	790
CVS		770	-	-	-	770
CVS	SDYPC	742	355	(116)	-	981
RC		12,144	-	-	-	12,144
Progress		75	-	-	-	75
Baily		10,000	-	-	-	10,000
Lottery-covid		5,000	-	-	-	5,000
Postcode		3,000	-	-	-	3,000
FAFFA		9,762	54,170	(68,531)	4,599	-
Lottery	Coronation	5,180	-	(5,180)	-	-
Sport	England	-	4,194	(3,022)	-	1,172
CSV	Ladies	-	1,435	(1,042)	-	393
Skelton		=	<u>1,162</u>	<u>(1,006)</u>	=	<u>156</u>
Total restricted Reserves		<u>47,495</u>	<u>61,316</u>	<u>(78,897)</u>	<u>4,599</u>	<u>34,513</u>
Total Reserves		<u>62,350</u>	<u>97,735</u>	<u>(124,642)</u>	=	<u>35,443</u>

SLIDING DOORS

England & Wales - Charity number 1182432

Accounts

Sliding Doors

Registered Charity No 1182432

Trustees' Report and Independently Examined Financial Statements

For the period ended 31st March 2023

Vision. "to give vulnerable and isolated people, in the Blackburn with Darwen area, access to opportunities, support and enjoyment."

Address 26 Plantation Road Blackburn BB2 4QA

Bankers Lloyd's Bank

Church St Blackburn

Independent Examiner D Singh and Co

Contents

1. Trustees' and Activities Report
2. Financial Review
3. Trustees' Responsibility Statement (Report of the Trustees)
4. Structure, Governance and Management (Report of the Trustees)
5. Independent Examiner's Report
6. Financial Statements
7. Notes to Financial Statements

Trustees' and Activities Report

The year started with much excitement, following the announcement that we have been successful in our Lottery bid for 4 years funding. The fear of us losing some of our services and support had been a real concern for many of our volunteers, service users and their carers.

We held a big celebration event at a local working men's club which was organised by our volunteers supported by the staff team. The evening was a big success with approx. 200 people attending, it was good to see some of our partners joining us. One of our volunteers became DJ for the evening for the first time and did a great job, he now is our regular DJ for our parties and events. We also held a coffee morning in the hub inviting people from the local community centre to join us for a coffee and cake to meet the staff and volunteers and find out more about what we do and how they can get involved. Several of the people who attended now are regular visitors to the hub for our coffee mornings and 2 ladies joined our ladies group.

We recruited Alison our sustainability Officer who soon settled in and became a very well-liked member of the team. Alison has worked hard getting to know our volunteers and service users, we pride ourselves in saying that all the staff team know each person who attends, Alison soon became one of us and made many new friends. She works closely with a group of young people looking at the enterprise project and is making good links with local businesses and local trusts.

We gave presentations at several multi-agency meetings informing them of our success of our funding bid and outlined our plans and explained how they could refer people to the project and how we could work together and avoid any possible duplication.

During the past 12 months we have:

- Increased the number of activities and projects.
- Increased the range and variety of activities.
- Increased the number of people using our services.
- Increased the opening hours of the Hub.
- Developed a programme of more active/sporting projects for all our groups.
- Started an enterprise project.
- Widen the scope of participants, especially with the lads group.
- Recruited new volunteers.
- Increased training available to volunteer and service users.
- Made new partnerships with other groups/agencies.
- Developed better relationships with local businesses.
- Delivered sessions in other areas of the Town.
- Supported local events.
- Taken people out of their local area.

We always involve our volunteers and service users in all our projects from the start right through to delivery and evaluation. We value the input from the people who have lived in experience of the issue we are trying address.

We have recruited 12 new volunteer all with additional needs who have never previously had the opportunity to help others. It has put a structure and sense of purpose into their lives, and we have seen these people grow in confidence and self-belief.

Everyone no matter their abilities have skills and something to give others. We spend time with everyone individually finding out what they are interested in and what they would like to do and any barriers there have been in the past that have stopped then reaching their potential and most importantly gaining their trust. We buddy people up with our existing volunteers and slowly offering training without scaring them. For someone who has had bad experiences or very little in the way of education, the mention of training can be very scary. Our regular volunteer meetings are the place we begin to introduce some learning enabling people to support each other, this is delivered by a member of staff someone they all know and trust and is done in a very light-hearted fun way which is adapted in ways to meet the needs of each person. We introduce other training delivered by our selves or other providers gradually for those who wish to participate. For some people the fact they can make brews or set up tables is a massive step, and they don't want to do anything else. For others with support assist or even deliver their own sessions. We value all our volunteers and celebrate all their achievements and continually praise and reward their input and support. We speak to our service users and carers at regular intervals to ensure we are providing the right activities/support and often adapt or try new activities form ideas we have been given from our users. We invite outside agencies to attend sessions when we feel the information would be relevant and delivered in a way our service users understand.

We have over 300 people attending our activities on a regular basis, many attending 2 or more session, we have some people who attend every day. We have 24 registered volunteers and many more people who help on a regular basis. Many of our volunteers have some type of additional need. Our target group is adults with disabilities, learning difficulties and those who for whatever reason feel lonely and isolated. Most of the people who attend fit into the above categories. We have people between the age of 18 up to 85 attending, with a wide range of needs all coming together to have fun in a safe and friendly place.

We have developed new relationships with other organisations and community groups throughout the year. Including our work at Ivy Street, we now use the community venue 2 days a week working closely with the community board and supporting their food parcel project, some of our younger members help pack the parcels. We have worked closely with the staff and volunteers at the venue for them to start a group working with disabled people, we have helped them with the policies and processes, shared resources, promoted the group and attending some of the sessions. We have worked closely with the NHS around their health promotion project, we are seen as the charity they come to when they need to reach people with additional needs or those that are isolated and hard to reach. We have helped them to understand the different communication needs and assisted them with any questionnaires etc. We influenced the way some of their outreach services are delivered to people with Learning Difficulties which has increased the number of people undertaking health checks. We have worked with Blackburn

with Darwen Councils Refresh Team, looking at getting people with additional needs more active. Following the success of the taster sessions with Refresh we applied to Sport England for sporting equipment suitable for our users, we were successful with this bid and now have a range of wonderful equipment that we use at all our sessions, getting people more active and having lots of fun. On a similar theme we now work with a line dancing school who come and deliver Line Dancing lessons, this has proved to be one of the favourite activities with many people, the benefits are not only getting people moving they are helping with people's memories and co-ordination.

Our project makes a real difference to many people's lives, people feel less lonely, have new friendships, have a sense of belonging often for the first time in their lives. Attending the sessions improves people mental and physical health. We do a lot of singing which is proven to improve the well-being of people and is so beneficial for our users with memory problems and dementia. By having a safe and friendly place to go and meet other people become less isolated, they can share their fears and experiences with others who have experienced similar things. Many lasting friendships have been formed; it is great to hear people who didn't previously know each other arranging to meet up outside the sessions.





For the young people who have turned 19 and no longer able to attend college our lad's group and youth club and social evening can be life changing. To suddenly have no structure, nowhere to go, lost contact with friends can be devastating to a young person especially someone with a disability/learning difficulty. Our clubs give them a safe place to go where they can spend time have fun and learning new skills with other young people, giving them some structure, and helping them to regain confidence and building lasting friendships. Some of the young people are now volunteers helping to run the sessions and supporting new people, ensuring everyone feels welcome.

Ben attended college from the age of 16 but sadly when he reached 19, he was no longer able to attend. We were contacted by Bens's mother who was very concerned and upset about her son. She told us he spent most of the time alone in his room often staying in bed most of the day and playing computer games during the night. He had no interest in anything they tried to do with him and became a very angry and unhappy young man. Not only did Bens mental health suffer but so did his physical health, he wasn't eating with the family but continually snacking and eating fast food and was doing no exercise, rarely leaving his home. Ben's family live in quite a remote area and his only friends had been at college none of them from his local area.

After much persuasion Ben did attend our lads group, he was very subdued and quiet when he arrived, we had one of our young volunteers take Ben under his wing and let him introduce Ben to the others and got him to join in with the games on the Wii, it wasn't long before we could hear Ben chatting and laughing with the others, although he was still quite withdrawn. Ben continued to attend the lad's group and we began to see the real Ben a happy, outgoing, funny young man. His parents were over the moon when they saw the change and heard him chatting on the phone to the new friends he had made. Ben also started to attend the youth club and social group giving him back some structure to his life. After a few months Ben asked if he could become a volunteer, he was very keen to attend first aid and confidence building training and

soon became a very popular volunteer. Ben is now a member of our Young Peoples Committee, passing on the ideas and thoughts of our younger members to our Board of Trustees. The Young People s committee have secured funding for a trip to take users from all groups on a day trip, they are also involved in the sustainability project working with the Sustainability Officer. Ben has now many friends who not only meet up at Sliding doors they go out together at other time. We are looking at training Ben to give him the skills to join our Board or Trustees.



We have taken people out of the area on day trips, due to a variety of reasons including accessibility, finance, fear or no one to go with many of our users never leave their local area. The places we visit are suggested by our users and supported by our volunteers. We always provide fully disabled access transport, research the area and ensure everyone can be included. To someone who has never left their local area to visit the seaside, or the lake district can be over whelming to see their faces when they step off the coach is incredible. We put people into small groups with a staff member or volunteer to support them and lots of friendships have been formed on these outings. Some of the people who are more independent they have gone on day trips themselves with people they met on our outings, if necessary, we help them plan and book the outings, often using local community transport.



Irene is a lady in her 70's who was widowed, her husband passed away suddenly during the pandemic, leaving her alone. She has no family living close by and found herself very lost and lonely. We were contacted by the help hub a local scheme that was set up during the pandemic who explained her GP had contacted them to arrange for Irene to receive a food parcel as she had covid and couldn't leave the house. We arrange to deliver a food parcel and Irene told us about her loss, she gave us her phone number and we added Irene to the list of people we contacted daily. We put Irene in touch with Kath one of our older lady volunteers who was also a widow, they chatted every day and although they had never met, they became friends. When the lock down was over and we were able to start some support groups we invited Irene along, however she didn't feel confident enough to leave the house. We delivered food parcels, collected prescriptions, and took activities for Irene every week. Kath stayed in regular contact and telling all about the sessions she attended and eventually Irene agreed to meet Kath for a coffee, they continued to do this for a while and one day Kath turned up at the ladies' group with Irene. It turned out Irene also know one of the other ladies that attends, and she was soon a regular member of the group. Irene now attends several other groups and classes with some of our ladies, she has been on all our outings, she tells us that Sliding Doors changed her life, she had never believed that she would be able to have a full life with new friends after she lost her husband.



This year the project has confirmed that many people are isolated and overlooked because they are seen to be different. People are so busy with their lives they don't notice people around them. The increased use of technology has caused an even bigger challenge for people to fit in. In the current world if you cannot use technology, you cannot access even the most basic of things including bus timetables, benefit help, confirm hospital appointments etc. this can leave people very vulnerable and often miss out on services they really need. The use of debit cards/cashless is causing a big problem for people with learning difficulties and some disabilities including sight loss, these people are unable to use cards safely and again are excluded. One of our volunteers with no sight walked 30 minutes to a coffee shop and was turned away as he didn't have a debit card, how can this be right?

We have adapted our support and training to include basic IT skills for more people, delivered in a very informal way only teaching them the things they need to know. However not everyone has the capacity to use technology. We therefore have laptops available at our sessions and a member of the staff team or an experienced volunteer can assist people when needed. Many people are embarrassed to say they cannot do something so leave it until it reaches a crisis point, we feel that the special relationship we have with our users enables them to turn to us with their problems. If we are unable to help, we can point people to the right services, often speaking to the agency before their appointment or attending with them. Unfortunately, we can only see this getting worse and the need for more of our type of support being needed in the future.

We are very proud of the way we adapted our activities to include more physical activities. With the support from Sport England, we have been able to introduce many fun activities that we can

adapt for everyone, whatever their needs/abilities. We play Boccia, Curling, Bowling, Javelin things that someone with a disability never expected to experience.

People are very keen to get involved when they see others having fun. The health of people has improved, they are more active daily, there is much comradery and laughter, no one feels judged or embarrassed. The line dancing is also a great physical and fun activity that we will continue to deliver. We are planning to introduce Bollywood and Salsa dancing to the sessions in the future.

The Lads group has been another success, the numbers attending have doubled, we now have some older men attending with learning difficulties who although they may be and look older their mental capacity is of a much younger person, making them very vulnerable. We have increased the range of activities and experiences for the group and the feedback from parents/carers is very positive. Our concern is the venue will no longer be big enough to meet the increased need for the group.

One of our greatest successes is our wonderful team of volunteers who we have seen grow and, in some cases, we hardly recognise the person who came to us at the beginning. They play such an important role in everything we do. We could not be the charity we are without these amazing people. They tell us what we should be doing, how we should do it and they certainly are not shy at telling us when we get it wrong!! We were all delighted when our volunteers won an Award at the Blackburn with Darwen CVS Volunteer awards for the work do to support the community.



We have faced challenges throughout the year. We have sadly lost 2 of our volunteers, which caused a great deal of upset and took quite a long time to support people and help them to understand and deal with their grief. One of our staff team had a serious stroke which left a big hole both emotionally and physically, our volunteers stepped in to help but again the shock and upset was something we had to deal with especially for the people with learning difficulties who found it hard to understand.

The impact of Covid is still with us and people are afraid of illness, a sniffle can cause people to panic and worry, we still have procedures in place to ensure we deliver things in a safe way.

Another concern is the size of the venues, although we deliver some sessions in big community halls the number of people attending is increasing and we are almost at capacity on some days. We do not want to turn people away, however due to staff resources we may have to, we are currently looking at how we manage this safely within the limitations of our staffing hours.

There are opportunities for more smaller groups run by our volunteers, however we need to deliver more training if a member of staff would not be on hand. We will continue to run our outings and are hoping to book at weekend break.

One of things we share with others is give people time, let people be themselves, be adaptable and willing to change. Small steps are often the biggest steps for people with additional needs.

It has been a great year, with many happy smiles, lots of laughter some pain, lots of experiences and many friendships formed.

Financial Review

2022/23 has been a year of consolidation, a year of normal trading following three years of instability.

We have continued to receive superb support from the National Lottery and are very grateful to them and to a number of other grant-giving trusts who have supported us throughout the year.

General position

Lottery Grant. We are extremely grateful and fortunate to have received a further grant for 4 years, which will ensure our stability until the summer of 2026.

Group income. Before the pandemic, weekly group income had risen to its highest level ever, an average of £1,700 per month. This reduced to practically nothing throughout the 3 lockdown periods and had just begun to recover by the end of the 2020/21 financial year. By the end of 2021/22, group income was regularly over £2,000 per month. In 2022/23 this had increased to approximately £2,500 per month, this has been achieved mainly through additional footfall, rather than a large increase in sessional fees.

Reserves Policy. The Trustees have decided that a sum of £7,500 should be placed in a special reserve account, to pay the redundancy costs for staff as well as other winding up costs. When determining the appropriate level of reserves each year, the trustees monitor the economic background including the current climate of significant public sector funding cuts and massively increased competition for grant funding. In accordance with our Reserves Policy, we aim to maintain unrestricted reserves equivalent to a minimum of three months unrestricted expenditure. We currently have 2 months' running costs in unrestricted reserves. This position has improved significantly during 2022/23.

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After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements

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- make judgements and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the “going concern basis” unless it is inappropriate to presume that the charity will continue in operation. The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. 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

Structure, Governance and Management

Sliding Doors became a registered Charity on 19th March 2019 and is governed by a constitution and set of rules, which have been approved by the Charity Commission

The Board of Trustees is the body responsible for the government and management of the organisation. The trustees, who served during the year and up to the date of signature of the financial statements were:

Paul Fish

Sandra McNeil

Ian Parker

Darren Pilkington

Diane Turner

The trustees are responsible for the strategic direction and policy of the charity.

The Trustees have delegated the day-to-day running of the charity to the Director and staff team.

Approved by the board of trustees on 9th January 2024 and signed on its behalf by:

.....S. McNeil

Sandra McNeil

Trustee

SLIDING DOORS
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31ST MARCH 2023

Independent Examiner's Report to the Trustees of Sliding Doors

I report on the accounts of the charity for the year ended 31st March 2023, which are set out on the following 4 pages.

Respective responsibilities of Trustees and Examiner

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').

It is my responsibility to:

examine the accounts under section 145 of the 2011 Act

to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 act

to state whether particular matter have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the 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 no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent Examiner's Statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Mr Daljinder Singh

Date: 9th January 2024

D Singh & Co
Chartered Certified Accountants
2 Wookey Close, Preston
PR2 9HE

SLIDING DOORS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31ST MARCH 2023

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
Income				
Income from activities/Groups	33,361	5,252	38,613	22,987
Grants Received	13,822	29,740	43,562	74,235
Job retention scheme payments received	-	-	-	10,068
Bank interest received	59	-	59	5
Donations	5,860	-	5,860	-
Total Income	53,102	34,992	88,094	107,295
Expenditure				
Accountants fee	735	-	735	1,085
Activities	-	-	-	600
Cleaning materials	-	-	-	101
Equipment expensed	260	570	830	1,132
Food	483	888	1,371	934
Insurance	259	-	259	259
Telephone	192	192	384	438
Raffle Prices	87	-	87	335
Resources	2,884	5,119	8,003	1,833
Room Hire	5,160	2,320	7,480	6,486
Salary & Pensions	25,655	53,501	79,156	71,287
Stationery	-	-	-	319
Subscriptions	289	-	289	319
Sundries	100	-	100	1,487
Training	-	300	300	-
Travelling Expenses	50	681	731	1,225
Volunteers Expenses	1,390	4,080	5,470	3,160
Total Expenses	37,544	67,651	105,195	91,000
Net of Income/ (expenditure)	15,558	(32,659)	(17,101)	16,295
Transfer between funds	(9210)	9210	-	-
Total Funds brought forward	8,507	70,944	79,451	63,156
Total Funds carried forward	14,855	47,495	62,350	79,451

SLIDING DOORS

BALANCE SHEET AS AT 31ST MARCH 2023

	Notes	2023		2022	
		£	£	£	£
Current Assets:					
Bank balances	1	62,350		79,451	
Debtors & Prepayments	2	-		-	
		<u>62,350</u>		<u>79,451</u>	
Current Liabilities:					
Creditors and Accruals	3	-		-	
		<u>-</u>		<u>-</u>	
Net Current Assets			<u>62,350</u>		<u>79,451</u>
Total Assets			<u><u>62,350</u></u>		<u><u>79,451</u></u>
Represented by:					
Reserves					
Unrestricted Reserves		14,855		8,507	
Restricted Reserves		<u>47,495</u>	<u>62,350</u>	<u>70,944</u>	<u>79,451</u>

The notes on the appended pages form part of these financial statements.

Approved and signed on behalf of the Board of Trustees on 9th January 2024 by:

S. Mc Neil

..... Trustee

Date: 9th January 2024

SLIDING DOORS

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2023

	2023	2022
	£	£
1. Bank balances		
Current Account	19,782	24,942
Deposit Account	29,568	54,509
Fixed Term Deposit	13,000	-
	<u>62,350</u>	<u>79,451</u>
2. Debtors & Prepayments		
Prepayment	-	-
Grants receivable	-	-
	<u>-</u>	<u>-</u>
3. Creditors and Accruals		
Accruals	-	-
	<u>-</u>	<u>-</u>

SLIDING DOORS

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2023

4. Reserves

<u>Details</u>	<u>Details</u>	<u>Opening Balance (01/04/2022)</u>	<u>Receipt</u>	<u>Expenses</u>	<u>Transfer between reserves</u>	<u>Closing Balance (31/03/2023)</u>
Unrestricted						
Unrestricted	Reserves	8,437	51,697	(37,544)	(9,210)	13,380
Unrestricted	Sewing	70	1,405	-	-	1,475
Total unrestricted Reserves		<u>8,507</u>	<u>53,102</u>	<u>(37,544)</u>	<u>(9,210)</u>	<u>14,855</u>
Restricted						
CVS	Youth	32	-	-	-	32
CVS		920	-	(130)	-	790
CVS		-	770	-	-	770
CVS	SDYPC	-	532	-	210	742
RC		33,384	-	(21,240)	-	12,144
Progress		75	-	-	-	75
Baily		10,000	-	-	-	10,000
Lottery-covid		5,000	-	-	-	5,000
Awards for all	(Lads in the Lead)	6,465	-	(6,465)	-	-
Awards for all	(Plat)	7,565	-	(9,565)	2,000	-
Postcode		7,503	-	(4,503)	-	3,000
FAFFA		-	28,510	(25,748)	7,000	9,762
Lottery	Coronation	-	5,180	-	-	5,180
Total restricted Reserves		<u>70,944</u>	<u>34,992</u>	<u>(67,651)</u>	<u>9,210</u>	<u>47,495</u>
Total Reserves		<u>79,451</u>	<u>88,094</u>	<u>(105,195)</u>	<u>-</u>	<u>62,350</u>

SLIDING DOORS

England & Wales - Charity number 1182432

Accounts

Sliding Doors

Registered Charity No 1182432

Trustees' Report and Independently Examined Financial Statements

For the period ended 31st March 2022

Vision. "to give vulnerable and isolated people, in the Blackburn with Darwen area, access to opportunities, support and enjoyment."

Address 26 Plantation Road Blackburn BB2 4QA

Bankers Lloyd's Bank

Church St Blackburn

Independent Examiner D.Singh and Co

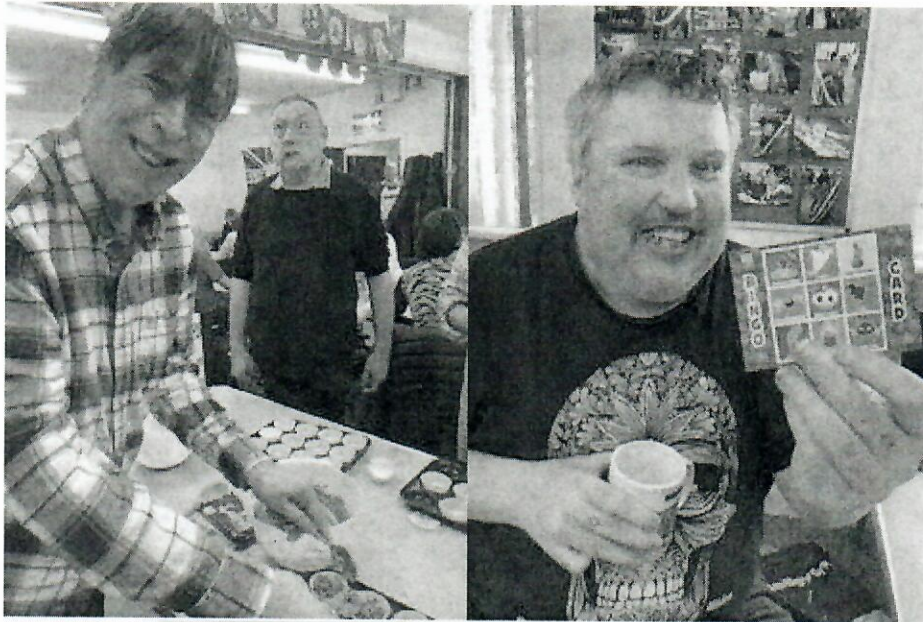
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1. Trustees' and Activities Report
2. Financial Review
3. Trustees' Responsibility Statement (Report of the Trustees)
4. Structure, Governance and Management (Report of the Trustees)
5. Independent Examiner's Report
6. Financial Statements
7. Notes to Financial Statements

Trustees' Report

Monday Social

The Monday Social groups runs from St Edwards Church Hall in Darwen. The aim of the session is to provide a range of activities to meet the needs of our users in a safe and welcoming environment. The activities include crafts, games, music, dancing, quizzes, baking etc. All the activities are chosen by the users themselves, we are always keen to try out new activities. We have other agencies attending some of our sessions, offering information and support to our users. People are welcome to attend for half or full days. The sessions are run by staff and volunteers.



Lads Group

We started the Lads group to provide support and activities for young men with additional needs who have reached the age of 19 years of age.

When they reach the age of 19 young people with additional needs are no longer able to attend mainstream college, the support and benefits they received change as they are now seen as adults. Suddenly these young men find themselves alone without the structure of going to college and being with their friends. There is little chance of paid employment for many of these young men and we see how quickly their confidence and self-esteem diminishes. After talking to the young men their parents and carers the need for the group was very apparent. The group mee

t up every week in our Community Hub and undertake a wide range of activities from Outdoor activities, Bowling, Archery, Football to Cooking and Painting. They are also involved in maintaining the planters outside the Community Centre. We secured funding from Awards for All for this group which enabled us to employ a youth worker and provide transport to take the group out of the area to give them the opportunity to have new experiences away from the own neighbourhood. They have been to the coast, Manchester Museum, Outdoor activity centres, bowling and the cinema.

The group continues to grow from strength to strength and we have widened the target group to allow other men to join us. We have an average of 10 young men each week and 2 of the original young men are now volunteers not only supporting this group but also helping at other sessions.



Tuesday Youth Group

Our Young meet each Tuesday evening from the hub, we have a youth worker and volunteer supporting the club. The young people who attend have a range of additional needs who find it hard to fit in at mainstream clubs.

The club provides a place for these young people to feel safe and have the opportunity to express themselves and try out new activities with other young people who understand the difficulties they may have experienced. We offer a range of activities and informal training, many of the activities are chosen by the young people and include a lot of Music, PlayStation Games, Wii, Baking, Art and Drama. We also take the group out on walks and undertake outdoors sports including football, Archery and Crown Green Bowling. We continue to see their confidence grow and new friendships formed. Several of the young people are now volunteers with the charity.



Men's Group

The Men's group was started at the request of the Stroke Society who knew of several men who had suffered a stroke and were finding it difficult to get back into the community. The group is run by a volunteer who himself has health issues, again supported by staff. Unfortunately, since the pandemic the number of men attending the group has reduced, it seems the pandemic hit these men quite hard. We are in regular contact with the men and have seen a big decline in both their physical and mental health.

We are continuing to run the group however we are looking at how we can take it forward and increase the numbers of men attending.



Wednesday Social

The Social Groups runs on a Wednesday morning in the Hub. The aim of the session is to provide a range of activities to meet the needs of our users in a safe and welcoming environment. The activities include crafts, games, bingo, music, dancing, quizzes, baking etc. all the activities are chosen by the users themselves, we are always keen to try out new activities. We have other agencies attending some of our sessions, offering information and support to our users



Wednesday Happy Songs & Music Group

This session is one of the most popular groups we run and is very well attended by a wide range of people from all ages with of a wide range of additional needs including people with memory loss and early signs of dementia alongside young people with Learning difficulties and people with disabilities. It is a very fun and happy group with lots of laughter, singing and dancing taking place. The group is mainly run by volunteers with the support of staff.

We have found that music is a great way of bringing people together, making people happier and helps them forget their problems and can bring back happy memories. We love to see how everyone leaves the session smiling.



Thursday Ladies Group

The Ladies group is a very popular groups and is attended by a group of ladies who are over 60 many of which live alone and can be lonely and isolated. We havè guest speakers attending giving information on other services and support available. We deliver a range of activities including Quizzes, Music, Aromatherapy, Art etc all activities are decided by the ladies themselves. Unlike the Men's group the number of ladies attending has increased since the pandemic. Many of the ladies meet up outside the group and supported each other through the lockdowns. Many lasting friendships have been formed.



Thursday Evening Disco Party Night

Our flag ship social evening is still very popular. The number of people attending is continuing to grow since the pandemic with numbers almost back to pre-pandemic levels. We regularly have over 100 people each week coming together to enjoy an evening of singing, music and dancing and lots of fun.

The diversity of the users is incredible with ages from 18 to 80 years plus with a wide range of additional needs together with people who are lonely and isolated. Volunteers play a big role in this session.



Platinum Jubilee Project

We have been awarded funding from Awards for All for a project to celebrate the Queens Platinum Jubilee. The project includes an Art workshop designing and creating a lasting piece of artwork to be displayed within the community centre, A music project looking at people favourite songs during the past 70 years and creating singing sheets to be used at our Happy Songs and Music Group an a Big Traditional Afternoon Tea Party to be held in June.

Sewing

Our sewing project had to change due to the social distancing restrictions we were unable to deliver sewing classes, however our volunteers made over 200 face masks that we distributed to our service users, carers and others in the care sector.



Volunteers

Our aim is to provide worthwhile volunteering opportunities for people with additional needs who have previously not had the opportunity to help and support people before. We have 20 volunteers and are very proud of them all, without their support we would not be able to deliver the range of activities and support we currently provide.

Financial Review

2021/22 has been a year of transition as things returned to normality following the significant disruption of the pandemic.

We have continued to receive superb support from the National Lottery and are very grateful to them and to a number of other grant giving trusts who have supported us throughout the year.

For the first part of the year, we continued to receive significant support from the Furlough Scheme and other Government grants

General position

Lottery Grant. We were successful in obtaining a grant from the Lottery Community Fund, which is for three years and will ensure that Sliding Doors can continue its work for the next three years. The funding will end in August 2022. We are extremely grateful and fortunate to have received a further grant for 4 years, which will ensure our stability until the summer of 2026.

We are extremely grateful for the support of a number of charitable trusts, and organisations.

Group income. Before the pandemic, weekly group income had risen to its highest level ever, an average of £1700 per month. This reduced to practically nothing throughout the 3 lockdown periods and had just begun to recover by the end of the 2020/21 financial year. By the end of 2021/22, group income was regularly over £2,000 per month

Reserves Policy. The Trustees have decided that a sum of £7,500 should be placed in a special reserve account, to pay the redundancy costs for staff as well as other winding up costs. When determining the appropriate level of reserves each year, the trustees monitor the economic background including the current climate of significant public sector funding cuts and massively increased competition for grant funding. In accordance with our Reserves Policy, we aim to maintain unrestricted reserves equivalent to a minimum of three months unrestricted expenditure. We currently have 2 months' running costs in unrestricted reserves.

Going Concern statement

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements

Trustees' Responsibility Statement

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the “going concern basis” unless it is inappropriate to presume that the charity will continue in operation. The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. 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

Structure, Governance and Management

Sliding Doors became a registered Charity on 19th March 2019 and is governed by a constitution and set of rules, which have been approved by the Charity Commission

The Board of Trustees is the body responsible for the government and management of the organisation. The trustees, who served during the year and up to the date of signature of the financial statements were:

Paul Fish

Sandra McNeil

Ian Parker

Darren Pilkington

Diane Turner

The trustees meet approximately every 8 weeks; they are responsible for the strategic direction and policy of the charity.

The Trustees have delegated the day-to-day running of the charity to the Director and staff team.

Approved by the board of trustees on 9th February 2023 and signed on its behalf by:

Sandra McNeil

Sandra McNeil

Trustee

SLIDING DOORS
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31ST MARCH 2022

Independent Examiner's Report to the Trustees of Sliding Doors

I report on the accounts of the charity for the year ended 31st March 2022, which are set out on the following 4 pages.

Respective responsibilities of Trustees and Examiner

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').

It is my responsibility to:

examine the accounts under section 145 of the 2011 Act

to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 act

to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the 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 no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent Examiner's Statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.



Mr Daljinder Singh

Date: 9th February 2023

D Singh & Co
Chartered Certified Accountants
2 Wookey Close, Preston
PR2 9HE

SLIDING DOORS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31ST MARCH 2022

	Unrestricted	Restricted	Total	Total
	£	£	2022	2021
	£	£	£	£
Income				
Income from activities/Groups	22,987	-	22,987	2,173
Grants Received	720	73,515	74,235	70,341
Covid Grants from the council	-	-	-	5,668
Job retention scheme payments received	10,068	-	10,068	14,648
Bank interest received	5	-	5	4
Donations	-	-	-	394
Total Income	33,780	73,515	107,295	93,228
Expenditure				
Accountants fee	1,085	-	1,085	975
Activities	105	495	600	283
Cleaning materials	101	-	101	-
Equipment expensed	237	895	1,132	1,763
Food	414	520	934	420
Insurance	259	-	259	249
Telephone	342	96	438	384
Publicity	-	-	0	208
Raffle Prices	313	22	335	208
Repairs	-	-	0	-
Resources	1,311	522	1,833	468
Room Hire	2,645	3,841	6,486	-
Salary & Pensions	23,508	47,779	71,287	57,441
Stationery	319	-	319	389
Subscriptions	319	-	319	-
Sundries	1,389	98	1,487	121
Training	-	-	0	-
Travelling Expenses	503	722	1,225	572
Volunteers Expenses	620	2,540	3,160	1,055
Total Expenses	33,470	57,530	91,000	64,536
Net of Income/ (expenditure)	310	15,985	16,295	28,692
Transfer between funds	(18)	18	-	-
Total Funds brought forward	8,215	54,941	63,156	34,464
Total Funds carried forward	8,507	70,944	79,451	63,156

SLIDING DOORS

BALANCE SHEET AS AT 31ST MARCH 2022

	Notes	2022		2021	
		£	£	£	£
Current Assets:					
Bank balances	1	79,451		63,156	
Debtors & Prepayments	2	-		-	
		<u>79,451</u>		<u>63,156</u>	
Current Liabilities:					
Creditors and Accruals	3	-		-	
Net Current Assets					
			<u>79,451</u>		<u>63,156</u>
Total Assets					
			<u>79,451</u>		<u>63,156</u>
Represented by:					
Reserves					
Unrestricted Reserves		8,507		8,215	
Restricted Reserves		<u>70,944</u>	<u>79,451</u>	<u>54,941</u>	<u>63,156</u>

The notes on the appended pages form part of these financial statements.

Approved and signed on behalf of the Board of Trustees on 9th February 2023 by:

Sandra McNeil

..... Trustee

Date: 9th February 2023

SLIDING DOORS

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2022

	2022	2021
	£	£
1. Bank balances		
Current Account	24,942	16,151
Deposit account	54,509	47,005
	<u>79,451</u>	<u>63,156</u>
 2. Debtors & Prepayments		
Prepayment	-	-
Grants receivable	-	-
	<u>-</u>	<u>-</u>
 3. Creditors and Accruals		
Accruals	-	-
	<u>-</u>	<u>-</u>

SLIDING DOORS
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2022

4. Reserves

<u>Details</u>	<u>Details</u>	<u>Opening Balance (01/04/2021)</u>	<u>Receipt</u>	<u>Expenses</u>	<u>Transfer between reserves</u>	<u>Closing Balance (31/03/2022)</u>
Unrestricted						
Unrestricted	Reserves	8,145	33,780	(33,470)	(18)	8,437
Unrestricted	Sewing	70	-	-	-	70
Total unrestricted Reserves		<u>8,215</u>	<u>33,780</u>	<u>(33,470)</u>	<u>(18)</u>	<u>8,507</u>
Restricted						
One Stop		23	-	(23)	-	-
CVS	Youth	350	-	(318)	-	32
CVS		-	920	-	-	920
RC		29,719	39,651	(35,986)	-	33,384
Progress		945	-	(870)	-	75
Baily		10,000	-	-	-	10,000
Co-op		715	-	(733)	18	-
CF Covid		263	-	(263)	-	-
Comic releif		1,831	1,880	(3,711)	-	-
Lottery-covid		9,126	-	(4,126)	-	5,000
Newground		285	-	(285)	-	-
Comic 2		1,684	1,950	(3,634)	-	-
Awards for all	(Lads in the Lead)	-	9,570	(3105)	-	6,465
Awards for all	(Plat)	-	7,565	-	-	7,565
Postcode		-	<u>11,979</u>	<u>(4476)</u>	-	<u>7,503</u>
Total restricted Reserves		<u>54,941</u>	<u>73,515</u>	<u>(57,530)</u>	<u>18</u>	<u>70,944</u>
Total Reserves		<u>63,156</u>	<u>107,290</u>	<u>(91,000)</u>	<u>-</u>	<u>79,451</u>

SLIDING DOORS

England & Wales - Charity number 1182432

Accounts

Sliding Doors

Registered Charity No 1182432

Trustees' Report and Independently Examined Financial Statements

For the period ended 31st March 2021

Vision. "to give vulnerable and isolated people, in the Blackburn with Darwen area, access to opportunities, support and enjoyment."

Address 26 Plantation Road Blackburn BB2 4QA

Bankers Lloyd's Bank

Church St Blackburn

Independent Examiner – D Singh and Co

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Activity Report

2020-2021 will be remembered for all the wrong reasons. It was a year dominated by lockdowns, closures and socially distanced ways of working, and yet at the same time has brought everyone connected to Sliding Doors much closer together. We have adapted the way we have worked to support many people through very difficult time, helping them to get back to living a positive, happy life.

We have seen how people have pulled together, supported each and new friendships formed. We have lost some of our friends, seen the lives of some people change forever but we have also seen how people have put aside their own struggles to support strangers, neighbourhood & friends.

The year started with us in lockdown. We kept in close contact with many people by daily telephone calls, social media and delivered activities: including quizzes, colouring competitions, jigsaws etc. delivered food and prescriptions for the less mobile or shielding. We also prepared simple recipes for healthy meal and delivered them, along with the ingredients needed.

Our sewing volunteer continued to make masks that we distributed widely.

We used this time to look at different larger venues that we could use safely as some of the regular venues were unable to accommodate us with the social distancing rules.

The lockdown ended in September, and we were allowed to open, supporting groups for up to 20 people,

Due to the restrictions, we put in place an invite/booking system to ensure we did not exceed the numbers and took into account the number of carers and support bubbles, which enabled us to set out the rooms safely with all social distancing measures in place. We contacted people through Messenger, targeted leaflet drops and by telephone, we felt that we could not place a general advert on social media or in the local media as we would not be able to cope with the numbers of new people who would like to attend.

We were constantly receiving telephone calls from new people looking to join us, we felt our immediate priorities should be our regular users who are feeling very isolated, missing the sessions and their friends. We took the details of all the people who contacted us and kept in touch with them to and made sure they had any immediate support they needed and to keep them informed of our plans to accommodate them.

We opened a sports club which would normally accommodate 100 people, we ran extra sessions with the reduced number of people attending. It was lovely to see all everyone again, the sessions gave many people a place to meet others in a safe, friendly place, with familiar faces, rebuild friendships and mostly have fun. We also used the sessions to ensure people were coping and spent time with everyone individually discussing how they were feeling and getting them any support, they needed. It gave people the opportunity to chat to others who are experiencing the same feelings was a great help to many. Unfortunately, after 6 weeks another local lockdown was announced and we had to close once again, before we closed we gave everyone a contact whether it was a staff members a volunteer or friend to ensure everyone had someone checking in on them and also had to someone to talk to and if necessary get them help & support during the lockdown.

In mid-December Blackburn with Darwen went into Tier 3 and we could deliver support sessions however there was a maximum of 15 people at each session. To accommodate as many people as possible we ran 12 sessions per week rather than the usual 6 in a larger room in the sports club and a large church hall. Fortunately we were able to run sessions throughout Christmas & New Year a time many vulnerable people feel very isolated and lonely in a normal year but last year even more so, several people had lost loved ones, had people in hospital and had been dreading Christmas, although we could not make things right for these people we did have some fun, happy times and ensured everyone had a gift to open on Christmas day.

With the arrival of the 3rd lockdown in January we once again had to close.

Although we are unable to physically run the sessions, we continue to support many people with daily telephone calls from staff and volunteers, delivering activities, shopping and supporting people with medical appointments etc. We worked closely with other local agencies and community groups to ensure as many people as possible got support and to avoid duplication. Our young people helped to prepare food parcels once more and also worked on the flower planters outside the community centre, this not only gave these young people something to do it also improved the local area.

Monday Group

The sessions provide a range of social activities and support for a wide range of vulnerable people. We have increased our half day provision to full days for those who wish to stay we provide breakfast and lunch. We bring in outside agencies to offer advice and support when we feel it is needed. The sessions have gone from strength to strength with the numbers attending continuing to grow. The sessions are supported by our volunteers.

This group was unable to operate for much of the financial year and even when we were able to open, it was for smaller numbers and in restricted circumstances.



Tuesday Boredom Busters

This group was started by 2 of our volunteers and provides a range of interactive games and activities suitable to meet the needs and abilities of the users. A member of staff supports the group however the planning and structure of the sessions is all done by the volunteers themselves.

This group was unable to operate for much of the financial year and even when we were able to open, it was for smaller numbers and in restricted circumstances.



Tuesday Arts & Crafts

These sessions are delivered by a volunteer art & crafts tutor and supported by staff. The sessions are quite popular with a range of different ages and abilities attending all working together to produce some lovely artwork that is displayed in the centre.



Tuesday Youth Club

We established a youth group, which runs from the hub, we appointed a youth worker to work with a group of young people with additional needs who find it hard to fit in at mainstream clubs. It is proving to be a great success with the young people engaging in a range of activities and informal training, we have seen their confidence grow and several are now volunteering not only in the youth club but supporting other groups within the centre. . When the sessions can resume, and when funding allows, we intend to expand this much needed area of work.



Wednesday Men's Group

We started this group at the request of the Stroke Society who knew of several men who had suffered a stroke and were finding it difficult to get back into the community. The group is run by a volunteer who himself has health issues again supported by staff. The number attending is quite small which allows us to spend time listening to the individual and picking up on any potential issues. Friendships have been formed with some of the men meeting up outside the group. This group, also has not run at all during 2020/21.



Wednesday Happy Songs & Music Group

This session is very well attended by a wide range of people with of additional needs and/or lonely & isolated, it is a very fun and happy group. Some of the users sing for the group, we have group sing- a-longs and a volunteer teaches dance moves. We have found that music is a great way of bringing people together, making people happier and helps them forget their problems.

This group was unable to operate for much of the financial year and even when we were able to open, it was for smaller numbers and in restricted circumstances



Thursday Women's Group

This group is attended by a group of ladies who are over 50 many of which live alone and can be lonely and isolated. We have guest speakers attending giving information on other services and support available. We deliver a range of activities including Quizzes, Music, Aromatherapy, Art etc all activities are decided by the ladies themselves. We take the ladies out on trips and to the local theatre, we have also taken them on a weekend break. Many of the ladies meet up outside the group and several lasting friendships have been formed.

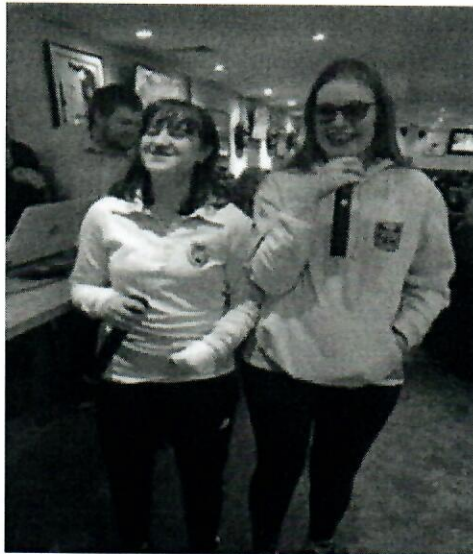
This group was unable to operate for much of the financial year and even when we were able to open, it was for smaller numbers and in restricted circumstances



Thursday Night Social Evening

Our flag ship social evening has been busier than ever during 18/19 and regularly attracts up to 150 people, including 90 service users, volunteers, carers and relatives who all come together to have a evening of music, dancing and lots of fun. The diversity of the users is incredible with ages from 17 to 80 + with a wide range of additional needs together with people who are lonely and isolated. We hope to restart the group in the Autumn and expect to back to pre-covid levels by summer 2021.

Unfortunately, this group was closed throughout the entire year.



Sewing

With funding from the Lottery Community Fund we have set up a sewing room giving people the chance to learn how to make soft furnishing, bags etc. some of the items made are sold to bring in some income to the charity. We hold group sessions, one to one sessions (adapted to meet the needs and abilities) also 6 weeks intensive sewing classes. We have a volunteer sewing instructor supporting the project.

As mentioned above, staff and volunteers adapted the ways they were working and continued to interact with service users, throughout the pandemic.



Financial Review

2020/21 has been a difficult year for all Charities and Sliding Doors is no exception.

However we have continued to receive superb support from the National Lottery and are very grateful to them and to a number of other grantgiving trusts who have supported us throughout the year.

We have received significant support from the Furlough Scheme and other Government grants

General position

Lottery Grant. We were successful in obtaining a grant from the Lottery Community Fund, which is for three years and will ensure that Sliding Doors can continue its work for the next three years. The funding will end in August 2022.

We are extremely grateful for the support of a number of charitable trusts, and organisations.

Group income. Before the pandemic, weekly group income had risen to its highest level ever, an average of £1700 per month. This reduced to practically nothing throughout the 3 lockdown periods and had just begun to recover by the end of the financial year.

Reserves Policy. The Trustees have decided that a sum of £5,000 should be placed in a special reserve account, to pay the redundancy costs for staff as well as other winding up costs. When determining the appropriate level of reserves each year, the trustees monitor the economic background including the current climate of significant public sector funding cuts and changes due to coronavirus

In accordance with our Reserves Policy, we aim to maintain unrestricted reserves equivalent to a minimum of three months unrestricted expenditure. We currently have 2 months' running costs in unrestricted reserves.

Going Concern statement

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements

Trustees' Responsibility Statement

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the "going concern basis" unless it is inappropriate to presume that the charity will continue in operation. The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the

charity and enable them to ensure that the financial statements comply with the Companies Act 2006. 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

Structure, Governance and Management

Sliding Doors became a registered Charity on 19th March 2019 and is governed by a constitution and set of rules, which have been approved by the Charity Commission

The Board of Trustees is the body responsible for the government and management of the organisation. The trustees, who served during the year and up to the date of signature of the financial statements were:

Paul Fish

Sandra McNeil

Ian Parker

Darren Pilkington

Diane Turner

The trustees approximately every 8 weeks; they are responsible for the strategic direction and policy of the charity. Throughout the pandemic trustees have continued to meet remotely.

The Trustees have delegated the day-to-day running of the charity to the Director and staff team.

Approved by the board of trustees on 21st January 2022 and signed on its behalf by:

Sandra McNeil

.....

Sandra McNeil

Trustee

SLIDING DOORS
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31ST MARCH 2021

Independent Examiner's Report to the Trustees of Sliding Doors

I report on the accounts of the charity for the year ended 31st March 2021, which are set out on pages 13 to 16.

Respective responsibilities of Trustees and Examiner

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').

It is my responsibility to:

examine the accounts under section 145 of the 2011 Act

to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 act

to state whether particular matter have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the 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 no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent Examiner's Statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.



Mr Daljinder Singh

Date: 21st January 2022

D Singh & Co
Chartered Certified Accountants
2 Wookey Close, Preston
PR2 9HE

SLIDING DOORS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31ST MARCH 2021

	Unrestrict ed	Restricted	Total	Total
	£	£	2021 £	2020 £
Income				
Income from activities/Groups	2,173	-	2,173	20,222
Grants Received	4,000	66,341	70,341	66,129
Covid Grants from the council	5,668	-	5,668	-
Job retention scheme payments received	14,648	-	14,648	-
Bank interest received	4	-	4	1
Donations	394	-	394	695
Total Income	<u>26,887</u>	<u>66,341</u>	<u>93,228</u>	<u>87,047</u>
Expenditure				
Accountants fee	975	-	975	250
Activities	197	86	283	1,753
Cleaning materials	-	-	-	67
Equipment expensed	-	1,763	1,763	2,461
Food	223	197	420	2,037
Grants made	-	-	-	1,300
Insurance	249	-	249	249
Telephone	384	-	384	384
Publicity	-	208	208	302
Raffle Prices	13	195	208	229
Repairs	-	-	-	2,299
Resources	367	101	468	935
Room Hire	-	-	-	5,450
Salary & Pensions	19,417	38,024	57,441	47,796
Stationery	265	124	389	198
Sundries	121	-	121	422
Training	-	-	-	-
Travelling Expenses	117	455	572	940
Volunteers Expenses	285	770	1,055	3,037
Total Expenses	<u>22,613</u>	<u>41,923</u>	<u>64,536</u>	<u>70,109</u>
Net of Income/ (expenditure)	4,274	24,418	28,692	16,938
Transfer between funds	-	-	-	-
Total Funds brought forward	<u>3,941</u>	<u>30,523</u>	<u>34,464</u>	<u>17,526</u>
Total Funds carried forward	<u>8,215</u>	<u>54,941</u>	<u>63,156</u>	<u>34,464</u>

SLIDING DOORS

BALANCE SHEET AS AT 31ST MARCH 2021

	Notes	2021		2020	
		£	£	£	£
Current Assets:					
Bank balances	1	63,156		34,464	
Debtors & Prepayments	2	-		-	
		<u>63,156</u>		<u>34,464</u>	
Current Liabilities:					
Creditors and Accruals	3	-		-	
Net Current Assets			<u>63,156</u>		<u>34,464</u>
Total Assets			<u>63,156</u>		<u>34,464</u>
Represented by:					
Reserves					
Unrestricted Reserves		8,215		3,941	
Restricted Reserves		<u>54,941</u>	<u>63,156</u>	<u>30,523</u>	<u>34,464</u>

The notes on the appended pages form part of these financial statements.

Approved and signed on behalf of the Board of Trustees on 21st January 2022 by:

Sandra McNeil

..... Trustee

Date: 21st January 2022

SLIDING DOORS

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2021

	2021	2020
	£	£
1. Bank balances		
Current Account	16,151	21,963
Deposit account	47,005	12,501
	<u>63,156</u>	<u>34,464</u>
2. Debtors & Prepayments		
Prepayment	-	-
Grants receivable	-	-
	<u>-</u>	<u>-</u>
3. Creditors and Accruals		
Accruals	-	-
	<u>-</u>	<u>-</u>

SLIDING DOORS

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2021

4. Reserves

<u>Details</u>	<u>Details</u>	<u>Opening Balance (01/04/2020)</u>	<u>Receipt</u>	<u>Expenses</u>	<u>Transfer between reserves</u>	<u>Closing Balance (31/03/2021)</u>
Unrestricted						
Unrestricted	Reserves	3,872	26,886	(22,613)	-	8,145
Unrestricted	Sewing	<u>70</u>	-	-	-	<u>70</u>
Total unrestricted Reserves		<u>3,942</u>	<u>26,886</u>	<u>(22,613)</u>	=	<u>8,215</u>
Restricted						
Big Local		247	-	(247)	-	-
One Stop		23	-	-	-	23
Ianpac		185	-	(185)	-	-
FHWB		577	-	(577)	-	-
WO Street		1,587	-	(1,587)	-	-
CVS	Youth	558	-	(208)	-	350
RC		16,328	48,177	(34,786)	-	29,719
Progress		1,017	-	(72)	-	945
Baily		10,000	-	-	-	10,000
Co-op		-	1,577	(862)	-	715
CF Covid		-	3,136	(2,873)	-	263
Comic relief		-	1,880	(49)	-	1,831
Lottery-covid		-	9,126	-	-	9,126
Newground		-	495	(210)	-	285
Comic 2		-	<u>1,950</u>	<u>(266)</u>	-	<u>1,684</u>
Total unrestricted Reserves		<u>30,522</u>	<u>66,341</u>	<u>(41,922)</u>	=	<u>54,941</u>
Total Reserves		<u>34,464</u>	<u>93,227</u>	<u>(64,535)</u>	=	<u>63,156</u>