

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

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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.

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 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	-		-	
Net Current Assets			<u>62,350</u>		<u>79,451</u>
Total Assets			<u>62,350</u>		<u>79,451</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	<u>70</u>	<u>1,405</u>	-	-	<u>1,475</u>
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	-	<u>5,180</u>	-	-	<u>5,180</u>
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>62,350</u>