

Sliding Doors

Registered Charity No 1182432

Trustees' Report and Independently Examined Financial

Statements For the period ended 31st March 2024

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



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 feels 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 dad'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, appearing to read 'M. Hilton', with a stylized 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		-		-	
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>