

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

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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.

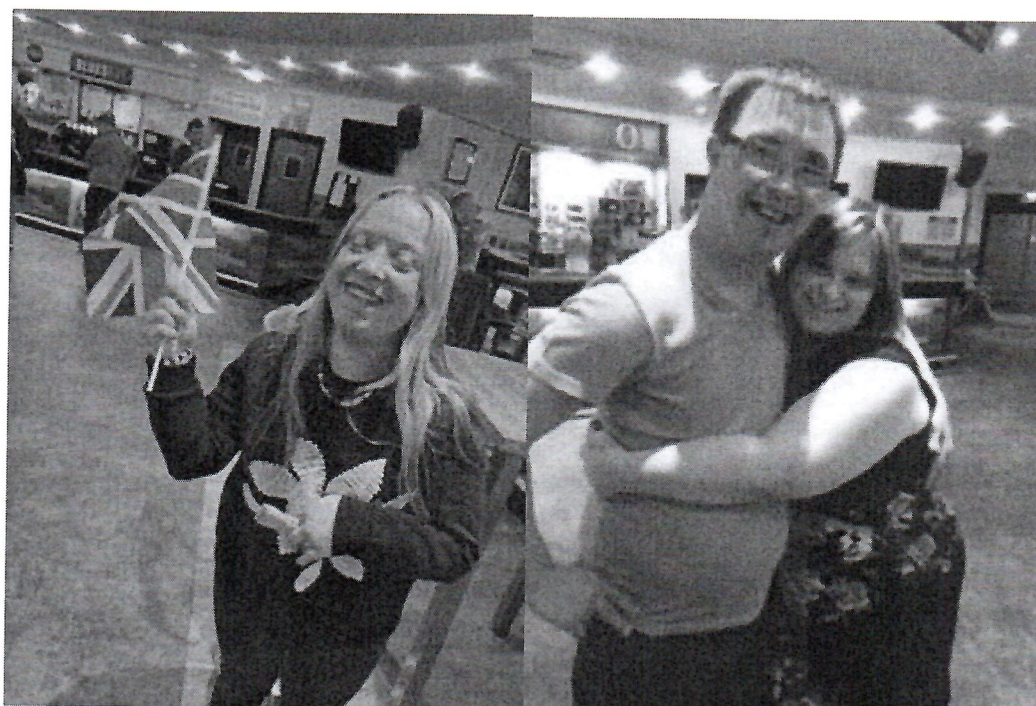




We deliver some smaller groups for those people who do not like big groups of people and/or lots of noise.

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.

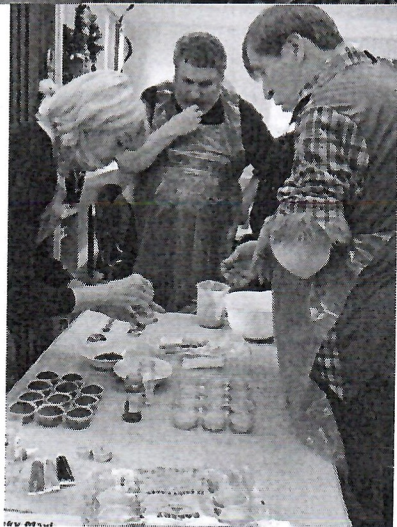
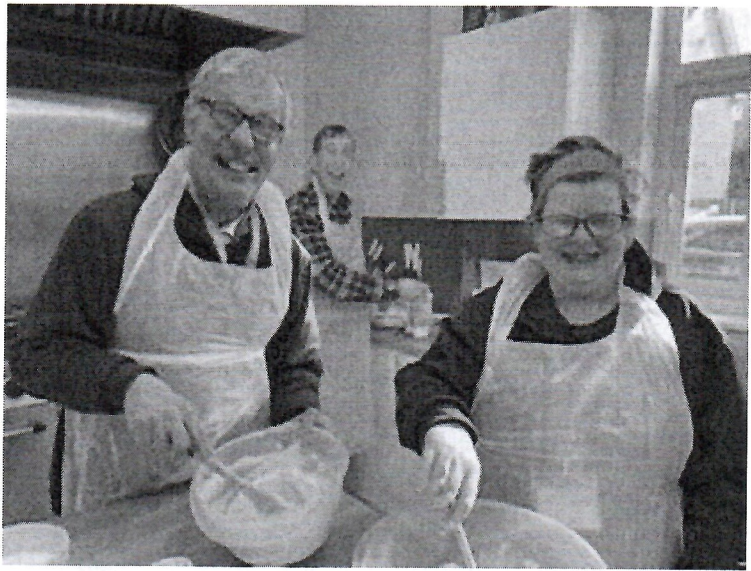


There are currently 21 volunteers, these numbers do change for a variety of reasons, we have been lucky that 2 of our volunteers secured work, 2 have gone to college, 1 moved away from the area and sadly we have had 2 volunteers pass away. However we continue to support other users from all our group 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 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 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 reminisce 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 | Total |
|-------------------------------------|----------------|---------------|----------------|-----------------|
| | £ | £ | 2025 | 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 | 36,988 | 59,789 | 96,777 | 97,735 |
| 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 | 45,708 | 57,638 | 103,346 | 124,642 |
| Net of Income/ (expenditure) | (8,720) | 2,151 | (6,569) | (26,907) |
| Transfer between funds | 22,927 | (22,927) | - | - |
| Total Funds brought forward | 930 | 34,513 | 35,443 | 62,350 |
| Total Funds carried forward | 15,137 | 13,737 | 28,874 | 35,443 |

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 |
| | <u>28,874</u> | <u>35,443</u> |

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>-</u> | <u>28,874</u> |