

TEESDALE DAY CLUBS

England & Wales · Charity number 1198857

Details

Status Registered

Legal form CIO

Registered 2022-05-06

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

Contact

Address Teesdale Day Clubs
Woodleigh
Flatts Road
Barnard Castle
DL12 8AA

Phone 01833695822

Email contact@teesdaledayclubs.org.uk

Website www.teesdaledayclubs.org.uk

Activities

Objects: TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT OF THE INHABITANTS OF TEESDALE (COUNTY DURHAM) AND THE SURROUNDING AREA, BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY; AND TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF YOUTH, AGE, INFIRMITY, OR DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE. FOR THE PURPOSE OF THIS CLAUSE SOCIALLY EXCLUDED MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OR MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER RE-ASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS); CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY). NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH [SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005] AND [SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008]

Activities: Our mission is to provide social networks that offer friendship and hospitality. Our main aim is to minimise social isolation and loneliness. We do this by connecting people, providing nourishing lunches, and offering a valuable village hub where people can access information and support from our community support service. We regularly have over 70 volunteers that support us with our lunch clubs.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** General Charitable Purposes, Disability, The Prevention Or Relief Of Poverty
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Durham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£207,959	£209,875	-	-
2024-03-31	£179,964	£185,363	-	-
2023-03-31	£93,374	£109,754	-	-

Trustees

Name	Role	Appointed
Gordon Thomson	Chair	2022-05-06
Ann Dolphin OBE		2022-05-06
David Bailey		2022-05-06
Hazel Rayner		2022-05-06
Peter McGuinness		2022-05-06
Susan Bainbridge		2022-05-06

TEESDALE DAY CLUBS

England & Wales - Charity number 1198857

Accounts



Trustees' Annual Report for the period

Period start date

Period end date

From 1st April 2024 To 31st March 2025

Section A Reference and administration details

Charity name Teesdale Day Clubs

Other names charity is known by

Registered charity number (if any) 1198857

Charity's principal address

Woodleigh

Flatts Road

Barnard Castle

DL12 8AA

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Gordon Thomson	Chair		
2	Peter McGuinness	Vice Chair		
3	Ann Dolphin OBE	Treasurer		
4	David Bailey			
5	Susan Bainbridge			
6	Hazel Rayner			

Name of Strategic Manager

Andrea Hobbs

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporated Organisation (CIO)
Trustee selection method	Appointment by Board

We achieved registration as a Charitable Incorporated Organisation (CIO) on 6th May 2022 but have a long-established history as a charitable association since 1994. We have celebrated 30 years of service in our community.

This Annual Report covers the financial period 1st April 2024 to 31st March 2025, and includes activity delivered by our team during this period.

Our part-time staff team of 12 (0 hours to 22.5 hours per week) remained stable during this period, although we sadly lost a colleague to terminal cancer very quickly following her diagnosis. As a valued member of the team, this was a significant blow, but everyone rallied round, and our services continued without interruption.

We maintain contract agreements with three people to provide casual cover on a freelance basis for periods of annual or sick leave.

Our Volunteer and Communications Development Worker post ended due to end of grant on 31st March 2025.

We continued to provide 9 weekly lunch clubs and further developed our growing activity programme. We have between 1 and 3 lunch clubs running each day of the week in different communities across 10 venues, and various activities through the week (including evenings) and at weekends.

The Operational Club Coordinator is responsible for working with the team to support and coordinate the safe, smooth running of the lunch clubs.

The Volunteer and Communications Development Worker (22.5 hours per/wk) delivered the new project aimed at increasing volunteering opportunities and reducing isolation and loneliness for people in Teesdale through the activity programme.

The Community Worker (16 hours per/wk) is responsible for all the one-to-one work of our community support service. This involves delivering support and help through home visits; contact at clubs and groups; phone calls; family liaison; and signposting.

Our Finance Administrator, who also contributes time as a volunteer, is paid for 4 hours per/wk to administer our book-keeping, PAYE, and current account banking

The Strategic Manager (SM) line manages the whole team and is managed by our Chair, supported by both the Treasurer and Vice-Chair. Our SM has overall management and operational responsibility for the efficient and effective running of our services; carrying out Trustee-led strategic and operational plans; and supporting trustees with the governance of the charity.

The SM is also responsible for securing grant and other funding, managing our grants budgets, and with Treasurer support, manages our finances.

The Finance and Risk Committee meets at least 6 times each year and comprises 3 Trustees (Chair, Vice-chair and Treasurer) and the SM. The Board meets every quarter end, with additional away day and specific task group meetings as required.

The Management Account, cash flow, and funding dashboard are all overseen by the Finance & Risk Committee and presented to the Board every quarter end.

Our Risk Register is reviewed every 6 months and presented to the Board annually.

Our Policy and HR task group meets as required and comprises the Chair and one other trustee, with the SM advising.

Board meetings are usually attended by the SM and other staff members as appropriate.

Vision

To enhance quality of life by offering supportive social opportunities to people who are socially excluded, or at risk of being socially excluded, including people facing social isolation, in Teesdale.

Mission

To provide social networks in Teesdale that offer friendship and hospitality as well as help and support with day-to-day challenges.

Aims

- Minimise the adverse impacts of social isolation and loneliness for adults in Teesdale.
- Impact positively on people's quality of life and health and wellbeing.
- Support people to lead independent lives in their own home and remain in their own community.
- Create a variety and choice of volunteering opportunities that enable people to contribute within their local community.
- Increase the number of people accessing support by exploring different ways to evolve and encourage relationships across the wider community.

Objectives and activity

We provide:

- Social groups that meet regularly in key town/villages, and connect people
- Subsidised transport to ensure equal access to our services
- Nourishing freshly prepared food
- A valuable village 'hub' where anyone can access information and get help
- A free one-to-one personalised 'at home' and remote community support service
- Rewarding and flexible volunteering opportunities
- Opportunities for varied social interaction (e.g. inter-generational)

Our Strategic Plan (2024-2027) outlines our aims for both maintaining and developing our services during this period. Our Operational Plan details risks, priorities and actions and is updated and presented at all Finance & Risk committee and at Board meetings.

A statistical quarterly report informs trustees on performance, numbers of beneficiaries and volunteers, and take-up of services and project activity. It includes outcomes for individual people benefitting from one-to-one support, updates on volunteer issues, communication, and how we work with our partners.

**LUNCH CLUB SERVICE**

Our clubs are welcoming, warm, and supportive places, for both lunch club members and volunteers, to make friends, and to catch up with old ones. We seek to make a difference to people's lives by helping people to feel:

- less isolated and less lonely,
- increased feelings of happiness, and
- increased feelings of belonging, connection, and involvement in their community
- valued and that they are 'giving something back' through volunteering.

We aim for everyone to experience an enhanced quality of life, improved health and wellbeing, and to be enabled and supported to live independently where appropriate.

Our core lunch club service operates in 10 local venues across the market town of Barnard Castle and 8 surrounding villages. Clubs also raise their own small funds through raffles and '50p clubs' that finance occasional trips out to different places for lunch.

Word-cloud quotes from our lunch club member survey 2024-25



"I think Lunch Clubs are good for people of my age ...getting a hot meal once a week, meeting people and catching up on village gossip...it's a nice thing and saves me cooking a main meal once a week"

Quote from a Cotherstone lunch club member

COMMUNITY SUPPORT SERVICE

All our lunch club members have free access to this one-to-one community support service. It provides a bespoke support to anyone who needs assistance with anything that impacts on their emotional, social, or general wellbeing. Interventions can be a home visit for a reassuring or encouraging chat; help to fill in a form; accompanying to health appointments; liaising with family to arrange at-home care; help with accessing specialist equipment; or referrals on to other support agencies including GPs.

As a key preventative service in our area, we are regularly the first point of contact for older people and the frailest people in our community when someone doesn't know where else to go for help, doesn't have anyone else to turn to, or are too anxious to reach out.

"Thank you for your ongoing help, it helps me work through the various administrative systems that seem ever more complex." *Quote from a beneficiary*

COMMUNITY ACTIVITY PROGRAMME

Funded from 2023-2025 by the Know Your Neighbourhood Fund, we launched this new project aimed at increasing the number of people volunteering and improving our reach to isolated adults of a wider age range who don't always want to come to a lunch club. We continued with our successful rolling programme of art/craft groups, gentle exercise, Afternoon Teas, Book Club, and a Pantomime trip.

This project has widened our general volunteering opportunities and improved our communications with an updated website and increased social media visibility.

"Sharing stories, listening to others, and generally having a little giggle and a chat has been beneficial to me, and I always look forward to the next session."

Quote from Sisters in Stitches participant

TIME TOGETHER TEESDALE – PARTNERSHIP PROJECT WITH UTASS

In 2023 we worked closely with a partner charity Upper Teesdale Agricultural Support Service (UTASS), based in Middleton-in-Teesdale, to secure funding and we launched this exciting new service in 2024. Our SM line manages the project coordinator post, and chairs the Steering Group, while UTASS handles employment, volunteer vetting and checking, and financial management of the grants.

The project is funded to December 2025 and aims to alleviate the loneliness of those who are the most isolated through being housebound, frail, every elderly, or restricted by caring duties. Despite some early personnel issues, eventually the project settled down with a new Coordinator in October 2024 and recruited over 20 volunteers to the end of March 2025, placing all of them with beneficiaries in the community. Beneficiaries range from those with dementia, to those who are well but chronically lonely. We are also providing respite for people in a family-carer role.

OUR NETWORKS AND ENVIRONMENTAL POLICY

We continuously seek to increase our network to provide added value for our members, and increase local benefit through using local supply chains, working in partnership, and providing more joined up activity. We also seek to reduce our carbon footprint where this is possible.

To do this we:

- work closely with all local statutory and voluntary agencies,
- always buy local food and supplies where we can,
- liaise and collaborate as closely as possible with key partners to deliver services,
- network and work in a way that avoids duplication, needless travel, and wasteful use of resources.

IMPACT MEASURING

We evaluate our services through general and specific surveys collecting quotes, anecdotes, and case stories / testimonials. We involve our beneficiaries and volunteers in annual celebration and feedback events.

Due to the long-term participation of people involved with us (beneficiaries and volunteers) we only formally survey people every other year to avoid survey fatigue. This provides us with an opportunity to use a range of evaluation methods.

We have worked closely with funded consultants over the last 5 years to provide an independent overview of our impact and the difference we make. Small focus groups, phone calls, or attendance at activities helps to gather people's views to inform reports. These supportive relationships have provided regular evaluation which assist us to review our work objectively and continue to improve what we do.

The Know Your Neighbourhood funded project enabled us to trial a journey evaluation approach using start, mid and end point surveys, and we are continuing to use this with our smaller activity group programme when appropriate.

People consistently tell us that because of the support they receive they feel less lonely, they feel that their wellbeing is improved (they feel happier), and that support provided often helps them to cope better with living alone.



"Middleton is a lovely [lunch club] group. I have made friends here that I wouldn't have met otherwise."

"These days people tend to mix with their established friendship groups so it's a way to get to know other people in the village."

"I live on my own and I don't see many people, so it's a chance to socialise every week."

Quotes from lunch club members 2024-25

STATUTORY PUBLIC BENEFIT DECLARATION:

Trustees confirm that they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. Our duties as a charity are met through the delivery of our aims and objectives and are evidenced by the activities and outcomes outlined above and detailed below. Our membership is open to any adult living within our area of benefit and our joining and referral pathways are easy to access. Most people are referred to or respond to our service offers through word of mouth, self-referral, by seeing our publicity, signposting by friends/family members, social prescribing team, Mental Health Team, Social Care, GPs, charitable, and similar organisations.

Section D Achievements and performance

SOCIAL ACTIVITY GROUPS AND LUNCH CLUBS

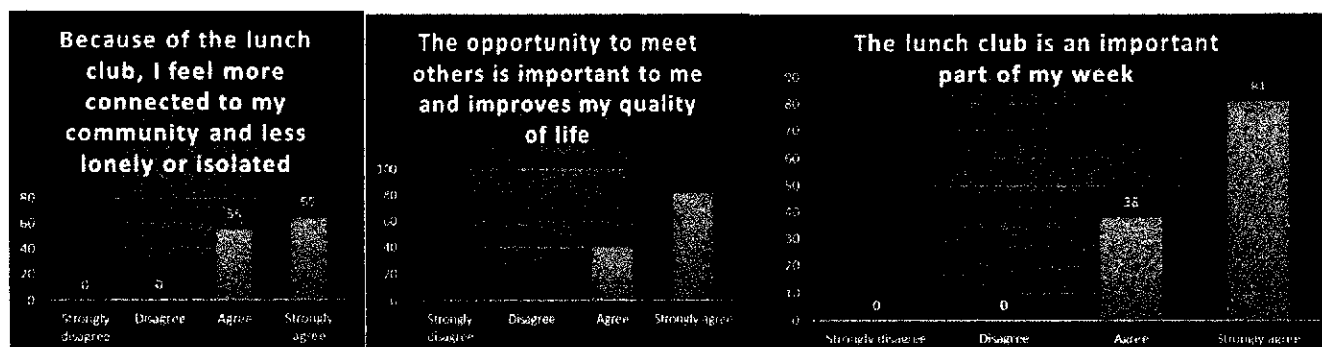
During this reporting period, we have supported 212 people at our lunch clubs and benefitted from the support of 88 volunteers (does not include trustees).

We have delivered 437 lunch club sessions and served 7295 freshly prepared meals at our lunch clubs. Only 20 sessions were cancelled due to inclement weather, unavoidable venue closures, or staff shortages/availability of cover staff for holiday/sick leave.

The average age of lunch club users dropped to around 75 years (from 82), based on available data taken from returned surveys. However, not everyone completed a survey, and the younger people are more likely to respond than the very elderly. We still have lunch club members that celebrated their 90s and 100th birthdays with us this year, and we are delighted that younger people are using our services more.

Around 60% of people attending our lunch clubs live alone with a significant number (around 25%) have a known mobility or health issue.

As we operate in a deeply rural area, access and travel are significant barriers to why people do not participate or reach out for support. Between April and March 2024-25, 48 people took advantage of our subsidised travel provision, which is offered to reduce financial barriers to accessing what we offer. Over 22% of people using the lunch club service are struggling financially, or just getting by, or cannot stretch to afford a regular weekly taxi to and from their social activity.



The new activity programme delivered 35 craft sessions, 14 gentle exercise classes, 8 afternoon tea events, and 4 book club meetings, as well as the pantomime trip. The project attracted a total of 31 volunteers, of which 27 were new to us and not regular lunch club volunteers. Overall, the activities programme supported 240 adults as participants, making a total of 271 beneficiaries just in this new project since it started (Nov 2023) to the end of March 2025.

COMMUNITY SUPPORT SERVICE

This service supported over 70 individuals on a one-to-one basis, either through home visits, personal conversations, or support whilst at lunch club, or by accompanying to an appointment. Many have received more than one intervention, and some individuals have received on-going support for complex issues.

37 individual people have been supported to secure a Blue Badge to help with their mobility issues. This piece of targeted work has been hugely successful and impacted people's everyday lives positively. We are in the process of evaluating the community support service in 2025.

In brief examples of interventions:

- 1 participant supported to access support from CAB to review their finances
- 2 people supported to review Winter Fuel Payments & Pension Credits
- 1 participant supported to apply for Attendance Allowance and appeal the decision, when it was declined, in partnership with Durham Carers Support.
- 1 participant supported through End-of-Life Care
- 1 person encouraged to volunteer informally by becoming involved in the decorating of the Teesdale Day Club tree for the local Christmas Tree Festival
- 1 participant accompanied to hospital for eye injections, staying with her the whole time to help her to navigate the system after a long wait.

VOLUNTEERS

Our large volunteer team is critical to us achieving all that we do.

We ask them for feedback every other year with the next survey due summer 2025.

The survey is aimed at finding out how volunteers benefit most from their volunteering, what their motivations are, why they volunteer, and how they feel about their volunteering. We also ask volunteers for feedback about what they think we do well, and what we could do differently, or areas where we could improve.



Each year we invite volunteers to come along to an annual event where we can celebrate their value and commitment. In 2024 we gave out certificates recognising the long service of volunteers at each lunch club.

Volunteers at the event receiving their certificates from our Chair Gordon Thomson.

ORGANISATIONAL DEVELOPMENT AND OPERATIONS – SUCCESSES AND CHALLENGES

Trustees are keen to continue to develop our progress and remain committed to maintaining our core lunch club service at the centre of what we do. Alongside this, our activity programme has brought some promising early successes attracting new participants and volunteers to our charity, helping us to achieve a wider public benefit and reach people across the adult age range who are already experiencing social exclusion, or who may be at risk of it.

Funding for the core lunch club service remains a challenge but we continue to attract new people, and we have begun new projects to grow numbers at some of our smaller lunch clubs.

Changes in the staff team in 2024 created an opportunity for Trustees to consider sustainability in relation to our senior management and the stability of the charity going forward, and some changes of staffing structure were considered to ensure continuity. This culminated in a new General Manager post being created as we moved into the next financial year from April 2025, as our Strategic Manager reduced her working hours whilst remaining actively engaged in the future of the charity.

Trustees are committed to moving forward and not standing still, and the activity programme is becoming a more permanent part of service delivery to ensure that we continue to meet current and changing needs in our community.

Section E Financial review

With funding becoming harder to secure, Trustees have monitored the cash flow carefully during this year. Our cash position remained healthy, and it did not become necessary to transfer any funds from our deposit account to meet monthly outgoings. However, trustees did transfer held reserve funds to a new 35-day notice deposit account (Redwood) to take advantage of a higher interest rate and ensure funds could be drawn down quickly if needed at shorter notice to support cash flow.

Our management account tracks use of individual grant income in detail and indicates the actual use of unrestricted donations and held reserves to ensure that Trustees have a full understanding of our actual deficit in year, as opposed to our cash position. This is critical to Trustees having a full picture of our financial health as we have consistently used reserves to meet funding shortfalls over the last 3 years, and especially as we receive significant funds at the end of one financial year that are for use in the following year.

The actual cash deficit in year was just under £2k based on our Receipts and Payments accounts. This is a more positive outturn than last year. However, of funds received in year, just less than £54k is restricted funding received during the year ending 31st March 2025 and being carried forward to the next financial year. This means that in real terms we used just over £12k of unrestricted funds to meet a shortfall in funding.

The total balance of assets at the end of year is £195,447 of which £83,015 is restricted, and £29,278 of restricted funds is designated for redundancy and wind-up costs in the event of the charity having to close.

Our cash balance at 31 March 2025 was therefore £166,170 net of the above redundancy costs but including reserve funds held in our deposit account, to be carried forward, of which £53,737 is from grant income.

Trustees will continue to monitor interest gained from deposit accounts and make any transfer decisions throughout the year to ensure we are taking best advantage of the current savings market.

In year updates

Trustees made further increases to staff salaries to keep pace with the National Living Wage.

Our Funding Strategy outlines our aspirational targets each year. These were almost met in terms of grant income and Member Contributions from lunch clubs, but other income streams remain largely unmet and directly reflect the capacity of the team to realise additional fund-raising projects alongside the day-to-day operations.

Some of the new activities attracted informal income from donations taken at free events, which evidence that most people are happy to contribute in return for an activity, but when asked were more reluctant to attend if a fixed fee was applied.

The Funding Strategy is reviewed annually, and our funding dashboard continues to assist trustees to monitor which grant funders are consistently supportive, and the spread of funds across multiple years.

At the start of the year April 2024, we forecasted an actual deficit of £40k which was reduced considerably in year due to successful grant applications and other fund-raising efforts by the team.

Funding targets will be reviewed in 2025 using SMART principles.

We continued to receive occasional donations via Just Giving from our website, and from local trusts, businesses, and the community. These small donations helped us enormously, and we are very grateful for all donations made.

We maintained the loyalty and support of two regular Direct Debit donors who we wish to thank for their constancy of support. This kind of donating is something that we would wish to increase.

LOOKING AHEAD

Forecast running costs from April 2025 remain comparable to the forecast in April 2024 despite increases in salaries, however, this is largely due to careful budget management considering the use of reserves, the end of the Know Your Neighbourhood (KYN) main grant funding, and the consequent end of the development worker post attached to this specific project delivery.

Although we have some lower-level continuation funding for the activity programme from Point North and PCP Happiness Hub to March 2026, we are running the project using existing staff and have internally recruited to an activity worker post.

We begin the financial year 2025-2026 with a forecast deficit of over £40k in real terms (based on assumptions of forecast *unrestricted* receipts in year and already secured grant income).

If this deficit is not met through efforts in year to raise sufficient funds, then unrestricted reserves are likely to drop below £80k before 31st March 2026.

Restricted and unrestricted funds are in place to maintain the charity's operations at a similar level throughout the financial year 2025-2026. However, significant funds will need to be secured within the next six months to enable development of our services, and reserves will be used to a greater level than previously required.

Without additional funds being secured, Trustees will have to reduce the charity's operations. We will be at 50% funding of annual operating costs by December 2025 based on current cash flow forecasting.

The Finance and Risk Committee continues to analyse Cash Flow forecasts and grant spend and have agreed that cash flow actuals and bank reconciliation will be shared to

the Committee monthly by email from Q2 to safeguard the cash position in relation to drawing down funds from reserves held in the 35-day notice deposit account (Redwood).

At the same time, we want to continue to pursue organisational improvements and to widen our reach through new activity as best we can.

Trustees continue to annually review lunch club member contributions, and this was increased in April 2025 to £8 per person per session which includes a freshly made hot 3-course meal, tea or coffee, and access to our free community support service. This remains very good value when compared to the high street and therefore retains our public benefit margins.

To ensure that no one is excluded due to financial difficulty or poverty, we continue to operate a differential charging policy whereby a reduced or free service can be offered on a discretionary basis to any individual who would not be able to attend a club. We currently have 3 people under this policy. In addition, since winter 2024-25, we have worked in partnership with Age UK to offer free lunches through their funded Hot Meals scheme to those who are most at risk financially due to health, or other life circumstances. Eleven people are currently under this scheme.

We resist becoming a means-tested service as our experience tells us that our longevity of success is based on people feeling that they are coming to a social occasion rather than a 'service' and also enables us to keep an open-door policy to everyone who may be lonely or isolated regardless of financial means.



We could not deliver any of our services without our volunteers, and we are grateful for their collective commitment and continuous support. They always go the extra mile and often add extra value by helping behind the scenes by keeping an eye on our more vulnerable lunch club members in their community and always being willing to help out when someone is facing a challenge.

Photo of 2 of our amazing volunteers at Christmas 2024

RESERVES POLICY

Reserves are that part of our unrestricted funds that are freely available to spend on any of the charity's purposes. Our policy is to maintain free unrestricted reserves to provide:

- a level of working capital that protects the continuity of our work
- a level of funding for unexpected opportunities
- cover for risks such as unforeseen expenditure or unanticipated loss of income.

Trustees aspire to maintain one year running costs of unrestricted reserve but find that unrestricted funds available in March 2025 (£111.5k) are 50% of our total forecast running costs for the year April 2025–March 2026 (£221.5k).

Trustees ideally do not wish reserves to drop below this 50% level but are committed to using our unrestricted income prudently to support services to continue when this is necessary

Trustees have discussed the reserves position and have agreed in principle that, in the event reserves drop below 40% of forecast payments, they will:

- Review payments and give direction on where further savings could be made in the budget
- Support the Treasurer with the regular monthly cash flow interrogation, being informed and ready to approve the draw down of funds prudently when required
- Review current service levels and, in consultation with staff and volunteers, reduce our operations where possible without renegeing on grant agreements
- Communicate swiftly with current and trusted funders
- Review staffing levels and communicate with staff in a timely manner about the possibility of redundancy
- Double check that our restricted redundancy reserve is correctly reflecting current team structure, and raise or reduce funds held to ensure these funds are used to our best advantage (currently £29,278)
- Consult with individual lunch club members and volunteers to take best advantage of individually held club funds that generally support trips and outings, and decide how these funds may be used to support lunch club continuation
- Utilise volunteering as much as possible to maintain our services

Our comprehensive Risk Register acknowledges the risks and impact of the financial deficit position and challenges of securing funding, against the knock-on risks and impacts on senior managers. They are responsible for raising funds, meeting rising operational costs, changes to our political and economic environment, balanced with growing and maintain services driven by need in the community.

Section F

Our supporters

We are grateful to all our supporters; our beneficiaries; our wonderful volunteers who give their time to help at lunch clubs and in other ways; and our funders who help us to continue providing our services for the benefit of the communities that we support.

Lunch club member contributions

Lunch club members continued to pay a weekly charge of £7 per person, which included their 3-course meal, hot drinks, access to the community support service, and all the additional support that comes from belonging to their club locally.

Donations

We received £4,590 in donations from individual supporters, small community groups/trusts, and lunch club members.

Donations over £200 included:

An anonymous Trust donated £400.

The Barnard Castle Lions Club ran a local raffle on behalf of the community and taking part raised £352.

GSK Care Committee donated £500

Barnard Castle School Preparatory school pupils raised £300 on our behalf.

Our fund-raiser hosted by Andalucia Café in Barnard Castle raised £705.

Our activities groups collectively donated £354.



Our Andalucia café fund-raiser raised over £700, and we are grateful for the support from Christine Tylour and her café team for their help in arranging the cheese and wine tasting evening, and some wonderful raffle prizes.

Grant Funding

We benefitted from a total £40,000 of grant awards for service delivery in the year net of grant awards carried forward from March 2024.

We would like to thank the following repeat funders for their continuing support with ongoing grants, grant monies brought forward from March 2024 or secured in year

- **The Ballinger Charitable Trust**
- **Garfield Weston Foundation**
- **Sir James Knott**
- **Pioneering Care Partnership Happiness Hub Fund.**
- **The National Lottery Community Fund, RC Northeast and Cumbria Region, and the Know Your Neighbourhood Fund**
- **Point North (County Durham Community Foundation)**
- **Durham County Council Area Budget awarded via Teesdale Action Partnership**

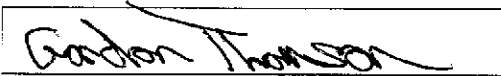


In memory of our colleague and friend Kim Weston. February 1960 – July 2024

Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

	
Full name	Gordon Thomson
Position	Chair
Date	7 th August 2025



Section A

Independent Examiner's Report

Report to the trustees

Teesdale DayClubs

On accounts for the year ended

1st April 2024 to 31st March 2025

Charity no
(if any)

1198857

Set out on pages

1-5

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2025.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

1/8/2025

Name:

Paul Howell

Relevant professional qualification(s) or body (if any):

Retired Fellow of Chartered Institute of Management Accountants

Address:

77 Coniscliffe Road

Darlington

DL3 7EH

There were no Independent Examiner concerns

Receipts and payments accounts

For the period from	01/04/2024	31/03/2025
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Section A Receipts and payments

	Unrestrict ed funds to the nearest £	Restricted funds to the nearest £	Total funds to the nearest £	Last year to the nearest £	Notes
Receipts					
Contributions from lunch club members	27930		27930	24467	1
Travel Contributions from lunch club members	5073		5073	4813	1
Food Contributions (paid to chefs)	23822		23822	22605	1
Donations	4590		4590	3160	2
Gift Aid				653	
The National Lottery Community Fund RC North East and Cumbria Region and Know Your Neighbourhood Fund		39302	39302	55408	3
Point North Know Your Neighbourhood and Community Grants (CDCF)		38358	38358	33377	4
Sir James Knott Trust		5000	5000.00	5000	5
The Ballinger Charitable Trust		15000	15000	15000	6
Garfield Weston Foundation		20000	20000	0	7
Age UK		712	712	0	
PCP Happinees Hub		7500	7500		8
Durham CC Area Budget		12000	12000	12075	9
Durham CC Neighbourhood Small Grants		995	995	0	10
UTASS - Time Together Teesdale Partnership Project		3201	3201		11
Redwood Interest	3265		3265	2178	12
Shawbrook Interest				87	
United Trust Interest		1210	1210	326	14
Refunds				816	
Sub total (Gross income for AR)	64681	143278	207959	179965	
Total receipts	64681	143278	207959	179965	
Payments					
Salaries including all costs	29221	103397	132618	113823	13
Additional time / cover contracts	6254	3379	9633	6743	13
Staff expenses	1438	763	2200	2120	
Volunteer Expenses	0	174	174	0	
Office Equipment / IT hardware	0	129	129	1333	
IT/Licenses				832	
Administration & IT	154	599	753	878	
Insurance	1200	174	1374	1182	
Rent & Rates - office				200	
BT & SAGE	656	730	1386	1330	
Lunch Club Venue Rents	6938	9929	16867	16480	
Lunch Club member travel	5200	5414	10614	10581	1
Training & Recruitment		750	750	2068	
Club equipment &	787	376	1163	1144	
Food costs (chef spend)	23822		23822	22605	1
Project Activities - 'Our Volunteers' (KYN) and Time Together Teesdale		6727	6727	4019	4
Publicity and website		1576	1576		
Governance	52	38	89	25	
Sub total	75722	134153	209875	185363	
Total payments	75722	134153	209875	185363	
Net of receipts/(payments)	-11040	9125	-1915	-5399	
Cash funds this year end	-11040	9125	-1915	-5399	

Notes:

- 1 Lunch Club members paid £7 for each club visit. £3 per head given to chefs for food.
- 2 Received from: Middleton in Teesdale Coop, Middleton in Teesdale Sports Club, Barnard Castle Rotary Club, Yorkshire B.S., GSK Care Committee, Barnard Castle School, Barnard Castle Methodist Church, Lions, Eggleston Coffee Morning, and individual donors including participants in our activities programme.
- 3 **The National Lottery Community Fund - North East & Cumbria Region**
 Reaching Communities Fund - £25,605 5-year grant and year 3 uplift.
 Funding received in March 2025 and small surplus carried forward to April 2025 as restricted funding to end of grant 31/08/2025
- Know Your Neighbourhood Fund - £13,697 final payment of grant ending 31/03/2025; funded our community support service with no surplus carried forward
 For salary breakdown see note 13
- 4 **Point North (formerly County Durham Community Foundation) -**
 Know Your Neighbourhood Fund - £32,860 final payments of DCMS grant ended 31st March 2025. No surplus. Funded specific project 'Our Volunteers'.
 Community Grant for KYN evaluation engagement £500
 Community Grant £5000 to support trial lunch club at new venue carried forward to April 2025.
- 5 Sir James Knott Trust - restricted to venue rents.
- 6 The Ballinger Charitable Trust - received October and a small surplus carried forward to April 2025 of £1510.
- 7 Garfield Weston Foundation - received in October and designated to salaries. £10,000 carried forward to April 2025.
- 8 Pioneering Care Partnership Happiness Hub Fund - received December for activities programme. Allocated for costs from April 2025 and so carried forward
- 9 Durham County Council Area Budget - Received August, Opening Doors project to improve access at lunch clubs. £6125 carried forward to April 2025.
- 10 Durham County Council Neighbourhood Small Grants awarded to support local gentle exercise groups in 2 ward and a Christmas trip to the panto.
- 11 Time Together Teesdale partnership project with UTASS - Area Budget grant and funds received from UTASS for Line Management to project. £6232 of Area Budget funds and £174 for line management carried forward to April 2025.
- 12 Redwood Bank funds re-invested to alternative deposit account to benefit from higher interest and shorter notice for withdrawals.
 Closure balance £82,178.49. £3265 interest. Opening balance £80,000, transferred in 2 installments.

			basic	Additional
			salaries	/ freelance
			cover	
13 Salary breakdown:				
Basic Salaries	128679	The National Lottery	47980	0
Sick pay	514	Ballinger	15064	2196
Additional and freelance cover	9633	Garfield Weston	10000	0
Employer pension contributions	3425	Point North	26006	1183
Total staff costs	142251	DCC Area Budget	900	0
		Time Together	3447	0
		Member Contributions	20645	2747
		Donations/reserves	8576	3507
		Totals	132618	9633
		Total staff costs		142251

- 14 United Trust - Restricted redundancy costs deposit account reviewed annually. £1210.17 interest added October 2024.

The End of Year Account was approved at the Board meeting on 7th August 2025 and signed on behalf of the Trustees

Signed by Chairperson:

Gordon Thomson

Full Name: Gordon Jamieson Thomson

Signed by Treasurer:

Ann Dolphin

Full Name: Ann Dolphin

Teesdale Day Clubs
Statement of Assets and Liabilities
12 months to 31 March 2025 account

	31/03/2025			31/03/2024		
	Total	restricted	unrestricted	Total	restricted	unrestricted
Current assets						
Virgin current account	£86,170	£53,737	£32,433	£87,118	£47,576	£39,541
Redwood bank savings account	£80,000		£80,000	£82,178	£0	£82,178
United Trust redundancy fund	£29,278	£29,278		£28,067	£28,067	£0
Total current assets	£195,447	£83,015	£112,433	£197,363	£75,643	£121,719
Financed by accumulated fund						
Balance b/f	£197,363			£202,762		
Deficit	-£1,915			-£5,399		
Balance c/f	£195,447			£197,363		

The 9 clubs each hold individual bank accounts for member and volunteer donations towards club trips etc. These are checked by the Treasurer and Financial Administrator each year and have not been examined by the Independent Examiner. Funds held in these accounts at 31 March were £9,564.



Section A

Independent Examiner's Report

Report to the trustees

Teesdale DayClubs

On accounts for the year ended

1 st April 2024 to 31 st March 2025	Charity no (if any)	1198857
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Set out on pages

1-5

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2025.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date: 1/8/2025

Name:

Paul Howell

Relevant professional qualification(s) or body (if any):

Retired Fellow of Chartered Institute of Management Accountants

Address:

77 Coniscliffe Road
 Darlington
 DL3 7EH

There were no Independent Examiner concerns

TEESDALE DAY CLUBS

England & Wales - Charity number 1198857

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	1st	April	2023	To	31st	March	2024

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Gordon Thomson	Chair		
2	Peter McGuinness	Vice Chair		
3	Ann Dolphin OBE	Treasurer		
4	David Bailey			
5	Susan Bainbridge			
6	Marion Hutchinson MBE		01/08/2022-08/02/2024	
7	Hazel Rayner			

Name of Strategic Manager

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporated Organisation (CIO)
Trustee selection method	Appointment by Board

We achieved registration as a Charitable Incorporated Organisation (CIO) on 6th May 2022, but have a long-established history as a charitable association since 1994. In 2024 we will be celebrating 30 years of service in our community.

This Annual Report covers the financial period 1st April 2023 to 31st March 2024, and includes activity delivered by our team during this period.

Our Club and Community Services Manager (CCSM), responsible for line management of the club team, and delivery of our one-to-one community support service, decided to retire after over 20 years of service in December 2023. This prompted a re-structure of the team.

We had 14 part-time staff during the year, ranging from 0 hours to 22.5 hours per week. We maintain contract agreements with three people to provide casual cover on a freelance basis for periods of annual or sick leave.

We recruited two new staff members: a new post of Volunteer and Communications Development Worker (November 2023) and a new Community Worker (March 2024)

At the end of the year there were 13 p/t staff with 1 on 0 hours contract.

Our 7 regular Chefs and Club Leaders run 9 weekly lunch clubs. We have between 1 and 3 clubs running each day of the week in different villages or communities across 10 venues. The Operational Club Coordinator (20 hours per/wk from Jan 2024) is responsible for working with this team to coordinate the safe, smooth running of the lunch clubs. The Volunteer and Communications Development Worker (22.5 hours per/wk) is delivering a new project aimed at increasing volunteering opportunities and reducing isolation and loneliness for people in Teesdale.

The new Community Worker (16 hours per/wk) is responsible for all the one-to-one work of our community support service. This involves delivering support and help through home visits; contact at clubs and groups; phone calls; family liaison; and signposting.

Our Finance Administrator, who also contributes time as a volunteer, is paid for 4 hours per/wk. to administer our book-keeping, PAYE, and current account banking

The Strategic Manager (SM) line manages the whole team since the re-structure in January 2024 following the retirement of the CCSM. The SM is managed by our Chair, supported by both the Treasurer and Vice-Chair. Our SM has overall operational responsibility for the efficient and effective running of our services; carrying out Trustee led strategic and operational plans; and supporting trustees with the governance of the charity. The SM is also responsible for securing grant and other funding, managing our grants budgets, and with the Treasurer ensures that all our finances are well managed.

The Finance and Risk Committee meets at least 6 times each year and the Board meets every quarter end, with additional away day and specific task group meetings as required. The Finance and Risk committee comprises the Chair, Vice-chair and Treasurer, with the SM in attendance. It oversees all financial management: cash flow, management account outturn at least every quarter end, and oversees the Risk Register which is reviewed every 6 months and presented to the Board annually.

Our Policy and HR committee comprises the Chair and one other trustee, with the SM advising. It meets as and when required to review policies before presentation to the Board and considers any HR issues.

Board meetings are usually attended by the SM and other staff members as appropriate.

Section C

Objectives and activities

Vision

To enhance quality of life by offering supportive social opportunities to people who are socially excluded, or at risk of being socially excluded, including people facing social isolation, in Teesdale.

Mission

To provide social networks in Teesdale that offer friendship and hospitality as well as help and support with day-to-day challenges.

Aims

- Minimise the adverse impacts of social isolation and loneliness for adults in Teesdale.
- Impact positively on people's quality of life and health and wellbeing.
- Support people to lead independent lives in their own home and remain in their own community.
- Create a variety and choice of volunteering opportunities that enable people to contribute within their local community.
- Increase the number of people accessing support by exploring different ways to evolve and encourage relationships across the wider community.

Objectives and activity

We provide:

- Social groups that meet regularly in key town/villages, and connect people
- Subsidised transport to ensure equal access to our services
- Nourishing freshly prepared food
- A valuable village 'hub' where anyone can access information and get help
- A free one-to-one personalised 'at home' and remote community support service
- Rewarding and flexible volunteering opportunities
- Opportunities for varied social interaction (e.g. inter-generational)

Our Strategic Plan (2022-2025) outlined our aims for both maintaining and developing our services during this period. Our Operational Plan details risks, priorities and actions and is updated and presented at all Finance and Risk committee and Board meetings.

A statistical quarterly report informs trustees on performance, numbers of beneficiaries and volunteers, and take-up of services and project activity. It includes outcomes for individual people benefitting from one-to-one support, and reports on how we work with partners in the community to support people.

LUNCH CLUB SERVICE

Our clubs are welcoming, warm, and supportive places, for both members and volunteers, to make friends, and to catch up with old ones. We seek to make a difference to people's lives by helping people to feel:

- less isolated and less lonely,
- increased feelings of happiness, and
- increased feelings of belonging, connection, and involvement in their community
- valued and that they are 'giving something back' through volunteering.

We aim for everyone to experience an enhanced quality of life, improved health and wellbeing, and to be enabled and supported to live independently where appropriate.

Our core lunch club service operates in 10 local venues across the market town of Barnard Castle and 8 surrounding villages. Clubs also raise their own small funds through raffles and '50p clubs' that finance occasional trips out to different places for lunch.

"This club has transformed my life -it's turned it around."

COMMUNITY SUPPORT SERVICE

Free access to this service is enjoyed by all lunch club members. This one-to-one community support service provides a bespoke support to anyone who needs assistance with anything that impacts on their emotional, social, or general wellbeing. Interventions can be a home visit for a reassuring or encouraging chat; help to fill in a form; accompanying to health appointments; liaising with family to arrange at-home care; help with accessing specialist equipment; or referrals on to other support agencies including GPs. As a key preventative service in our area, we are regularly the first point of contact for older people and the frailest people in our community when someone doesn't know where else to go for help, doesn't have anyone else to turn to, or are too anxious to reach out.

"It makes me feel safer knowing you will help me with the forms."

NEW GROUP ACTIVITY SERVICES – test and learn pilot

Funded from 2023-2025 by the Know Your Neighbourhood Fund, we have launched a new project aimed at increasing the number of people volunteering and improving our reach to isolated adults. In the period of this report, we delivered a craft group, and started a gentle exercise group in partnership with Durham Age UK. We have also put plans in place for a monthly Afternoon Tea event, and a Social Studio group from April 2024 which is aimed at attracting younger people to get involved with what we offer and do, either as participants or volunteers.

This project has also widened our general volunteering opportunities and has started the process of modernising and improving our communications. Within the first few months the project has made a positive impact on volunteer recruitment, creating new opportunities and linking to local colleges.

"I enjoy volunteering in the office and seeing the different elements that go into running a charitable organisation, it is nice to feel useful and I've gained confidence in my administrative abilities."

NEW PARTNERSHIP PROJECT – BEFRIENDING – TIME TOGETHER TEESDALE

In 2023 we worked closely with a partner charity Upper Teesdale Agricultural Support Service (UTASS), based in Middleton-in-Teesdale, to secure funding and launch this exciting new service. Under a Partnership Agreement, our SM line manages the project coordinator post, and Chairs the Steering Group, while UTASS handles employment, volunteer vetting and checking, and financial management of the grants. We successfully recruited the project coordinator in July 2023 and the project development started in August. Due to personal circumstances of the project coordinator, the project launch had a delay but by the end of March, we had 7 volunteers registered and awaiting training (April 2024) and a list of referred people waiting to be matched.

The project is funded to March 2025 initially and aims at alleviating the loneliness of those who are the most isolated though being housebound, frail, or very elderly, or restricted by caring duties. We are optimistic about attracting continuation funding that enables us to embed this project into the community as a long-term response to need.

OUR NETWORKS AND ENVIRONMENTAL POLICY

We continuously seek to increase our network to provide added value for our members, and increase local benefit through using local supply chains, working in partnership, providing more joined up activity, and finding new ways to reduce our carbon footprint.

To do this we:

- work closely with all local statutory and voluntary agencies,
- always buy local food and supplies where we can,
- liaise and collaborate as closely as possible with key partners to deliver services,
- network and work in a way that avoids duplication, avoiding wasteful travel and use of resources.

IMPACT MEASURING

We evaluate our services through general and specific surveys, collecting quotes, anecdotes, and creating or taking case stories and testimonials. Since 2022 we have been involving all our beneficiaries and volunteers in annual celebration and feedback events.

Due to the long-term participation of most people (beneficiaries and volunteers) we only survey people every other year to avoid survey fatigue. This provides us with an opportunity to use a range of evaluation methods.

We have worked closely with a consultant over the last 5 years, when funding allows, to provide an independent overview of our impact and the difference we make. She conducts small focus groups or attends activity to informally gather people's views to inform reports. This supportive but objective relationship has provided regular evaluation reports which assist us to review our work and continue to improve what we do.

The new Know Your Neighbourhood funded project is enabling us to trial a journey evaluation approach using start, mid and end point surveys, and we will be considering adopting this evaluation style across all services in time.

People consistently tell us that because of the support they receive they feel less lonely, they feel that their wellbeing is improved (they feel happier), and that support provided often helps them to cope better with living alone.

"I love this lunch club – I don't know what I'd do without it"



STATUTORY PUBLIC BENEFIT DECLARATION:

Trustees confirm that they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. Our duties as a charity are met through the delivery of our aims and objectives and are evidenced by the activities and outcomes outlined above and detailed below. Our membership is open to any adult living within our area of benefit and our joining and referral pathways are easy to access. Most people are referred to, or respond to our service offers through word of mouth, self-referral, by seeing our publicity, signposting by friends/family members, social prescribing team, Mental Health Team, Social Care, charitable, and similar organisations.

SOCIAL ACTIVITY GROUPS AND LUNCH CLUBS

During this reporting period, we have supported 227 people at our lunch clubs, and benefitted from the support of 80 volunteers (does not include trustees).

We have delivered 440 lunch club sessions and served 7444 freshly prepared meals at our lunch clubs. Only 16 sessions were cancelled due to inclement weather, venue closures, or staff shortages/availability of cover staff for holiday/sick leave.

The average age of lunch club users remains at around 82 years, and around 60% of people attending our lunch clubs live alone with a significant number (around 25%) have a known mobility or health issue.

As we operate in a deeply rural area, access and travel are significant barriers to why people do not participate or reach out for support. Between April and March 2023-24, 40 people took advantage of our subsidised travel provision, which is offered to reduce financial barriers to accessing what we offer. Around 6% of people using the lunch club service are struggling financially, or just getting by, or cannot stretch to afford a regular weekly taxi to and from their social activity.

In March, the new activity programme delivered 8 craft sessions to 8 people (5 new users not already attending lunch clubs) and recruited 1 new volunteer. This was the first group offered as part of this new programme.

COMMUNITY SUPPORT SERVICE

An average of 52 people each month were contacted by our CCSM and 22 people received in-depth support through an in-person intervention between April-December 2023 before she retired. 11 of these 22 had not used this service previously and 9 being visited or spoken to on multiple occasions (more than twice). Using our in-house assessment, we recorded that on more than 474 occasions, people were supported to feel less lonely. 33 interventions were made that specifically supported someone's mental/emotional health, 5 interventions supported improved physical health, 9 helped to improve their financial situation, and 35 supported people to cope better with living alone.

Examples of interventions from this service showcases the kind of support we offer, and the difference made to people's lives:

- Concerns were received about a lunch club member's health. After a home visit and several conversations, our community support manager finally persuaded him to have Care Connect installed in his house, and this was fitted within 3 days.
- The community support manager was able to provide a lunch club member with details about a specific serious illness and provide information about care and help available regarding her care of her partner at home.
- A lunch club member was given information about local Mental Health groups and activities locally aimed at improving mental health.
- A lunch club member was assisted to fill in and post a blue badge application after they found they could not understand the form, ensuring that the correct documentation was photocopied and sent to the correct address.

VOLUNTEERS

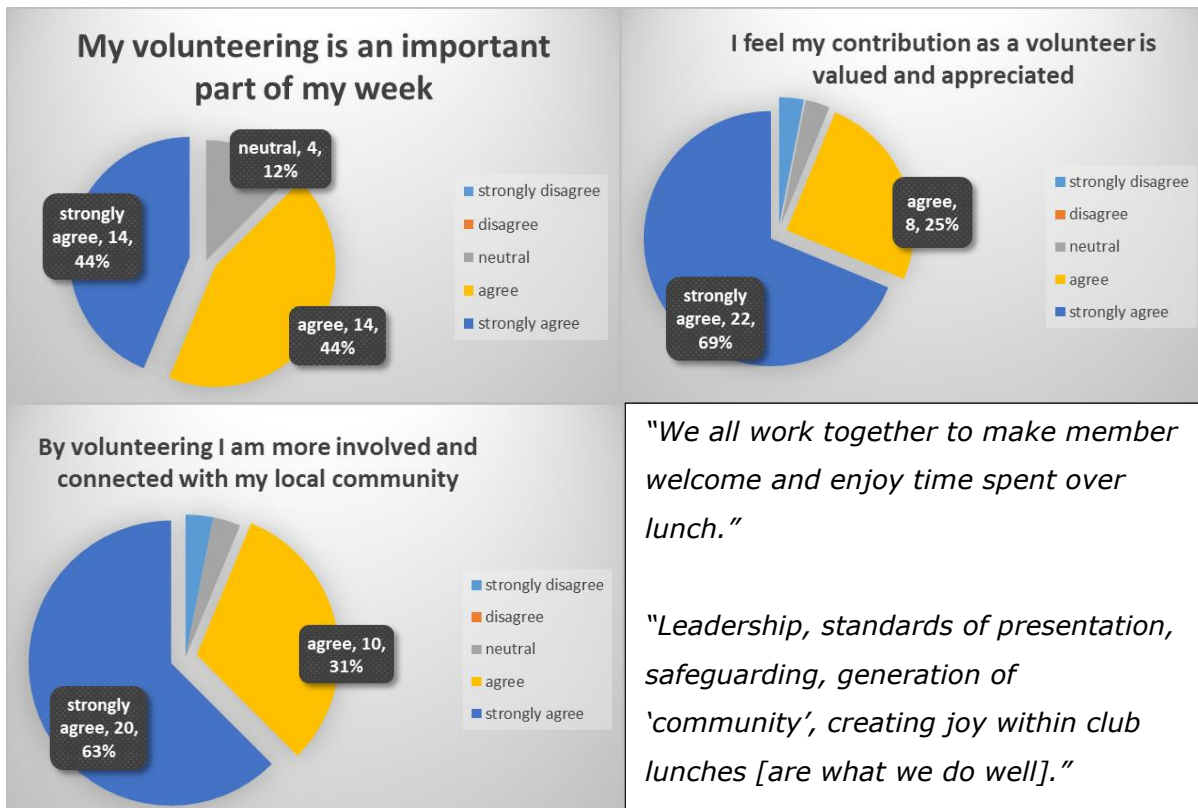
Our large volunteer team is critical to us achieving all that we do.

We ask them for feedback every other year and below we share excerpts from the survey completed in summer 2023.

Volunteers were asked to consider 7 different statements and to rank their opinion in response to each one on a scale ranging from Strongly Agree, Agree, Neutral, Disagree to Strongly Disagree.

The survey is aimed at finding out how volunteers benefit most from their volunteering, what their motivations are, why they volunteer, and how they feel about their volunteering.

We also ask volunteers for feedback about what they think we do well, and what we could do differently, or areas where we could improve.



ORGANISATIONAL DEVELOPMENT AND OPERATIONS – SUCCESSES AND CHALLENGES

Having established a firmer governance foundation in 2022-2023 by gaining CIO status, we achieved two 'firsts' – both having been key aspirations in our Strategic Plan:

- securing funding and a Partnership Agreement with UTASS to step into delivering a new befriending service
- with Know Your Neighbourhood funding through Co Durham Community Foundation we launched a new project to develop additional activity aimed at increasing our volunteer opportunities, and trialling new social activities.

Trustees are keen to develop on this progress further and remain committed to maintaining our core lunch club service at the centre of what we do.

Funding for the core lunch club service has become increasingly challenging, and some of our clubs remain valued but have dropped in attendee numbers over the last 12 months.

Trustees are committed to moving forward and not standing still, and project work may become a more familiar and fluid approach to service delivery in the future to ensure that we continue to meet current and changing needs.

Trustees made further adjustments to staff salary levels in this year; to create the differentials they wanted between the lowest salary and the National Living Wage, and also between staff posts across the team. Trustees now feel that a good balance of salary structure has been achieved. The salary review did increase our salary costs again significantly but was a priority for Trustees for the purposes of retaining staff through the cost-of-living crisis, and to ensure we can continue to attract skilled personnel.

Our Funding Strategy targets were met in terms of grant and lunch club income from member contributions, but other targets remain unmet, largely due to a lack of procurement opportunity and capacity on the team to do more (e.g., securing sponsorship and running large funding events that attract significant donations). The Funding Strategy is reviewed regularly, and our funding dashboard assists trustees to monitor which grant funders are consistently supportive, and where there are gaps in funding.

We successfully applied for Gift Aid for the first time and will continue to make the most of this opportunity in future years.

We received gifts and donations via Just Giving on our website, from a local trust and the community. These small donations helped us to keep pace with rising costs, and we are very grateful for all donations made.

We maintained the loyalty and support of a few regular donors who we wish to thank for their constancy of support. This kind of donating is something that we would wish to increase.

RESERVES POLICY

Reserves are that part of our unrestricted funds that are freely available to spend on any of the charity's purposes. Our policy is to maintain free unrestricted reserves to provide:

- a level of working capital that protects the continuity of our work
- a level of funding for unexpected opportunities
- cover for risks such as unforeseen expenditure or unanticipated loss of income.

The actual deficit in year was just under £6k based on our Receipts and Payments accounts. This was mainly due to the significant level of restricted funding received before 31st March 2024 which is carried forward for service delivery from April 2025 onwards. In real terms we used over £23k of unrestricted funds to meet a shortfall in funding.

Trustees aspire to maintain one year running costs of unrestricted reserve but find that unrestricted funds available are now just over 50% (£122k) of £231k forecast running costs for the year ahead (April 2024 – March 2025).

Trustees ideally would not wish reserves to drop below this 50% level but are also committed to using our unrestricted income prudently to support services.

Our cash balance at 31 March 2024 was £169,295 net of the above redundancy costs but including funds held in our deposit account.

Planned movement of our deposit account funds to our current account are scheduled for September 2024 in order to ensure our cash flow is as secure as possible.

£47,576 was restricted funding relevant to specific 2024/25 expenditure and therefore will be carried forward, and unrestricted funding carried forward to April 2024 is £121,719.

LOOKING AHEAD

Forecast running costs have risen considerably in comparison with the year ending March 2024 due to the increases necessary in staff salaries, rising venue rents and other costs generally, and our development and expansion to include new activities.

We began the financial year 2024-2025 with a forecast deficit of over £40k in real terms (based on assumptions about forecast unrestricted receipts in year, and restricted grants predicted to carry forward at April 2025).

If this deficit is not met through efforts in year to raise funding and income, then unrestricted funds are likely to drop below £100k well before 31st March 2025.

Trustees are aware that cutting service delivery would be a prudent first step towards cutting costs if sufficient funding is not secured.

They have a pragmatic wish to avoid issuing redundancy notices unless our funding position is critical. Our restricted reserve (United Trust account: £28067) is reviewed annually and gives a measure of security.

The Finance and Risk Committee undertakes a close analysis of Cash Flow forecasts and grant spend which enables Trustees to predict when a critical point is reached.

Our comprehensive Risk Register also acknowledges the impact of funding deficits on our senior manager responsible for raising funds, rising costs, and changes to our political environment.

At the same time, we want to continue to pursue organisational improvements and to widen our reach through new activity.

Trustees continue to annually review lunch club member contributions, and this was increased in April 2024 to £7 per person per session which includes a freshly made hot 3-course meal, tea or coffee, and access to our free community support service. This is very good value.

To ensure that no one is excluded due to financial difficulty or poverty, we continue to operate a differential charging policy whereby a reduced or free service can be offered on a discretionary basis to any individual who would not be able to attend a club.

We resist becoming a means tested service as our experience tells us that our longevity of success is based on people feeling that they are coming to a social occasion rather than a 'service' and also enables us to keep an open-door policy to everyone who may be lonely or isolated regardless of financial means.

We are grateful to all our supporters; our beneficiaries; our wonderful volunteers who give their time to help at lunch clubs and in other ways; and our funders who help us to continue providing our services for the benefit of the communities that we support.

Lunch club member contributions

Lunch club members continue to pay a weekly charge, in this year £6 per person, which includes their 3-course meal, access to the community support service, and all the additional support that comes from belonging to a club locally.

Donations

We received £769 donations from individual supporters and lunch club members. Our match fund-raiser started in 2022 concluded in 2023/4 with a final £1000 donation.

An anonymous Trust donated £600.

The Barnard Castle Lions Club ran a local raffle on behalf of the community and taking part raised £421.

Barnard Castle School Preparatory school pupils raised £370 on our behalf.

Grant Funding used in year

We benefitted from a total £108,103 of grant awards for service delivery in the year net of grant awards carried forward to April 2024. This funding is detailed in our accounts on pages below.

We would like to thank the following funders for their grant monies brought forward from March 2023 and used in the year:

- **Garfield Weston Foundation**
- **Tyne & Wear and Northumberland Community Foundation**
- **Pioneering Care Partnership Happiness Hub Fund.**

We also extend ongoing thanks to our current, regular, and generous funders:

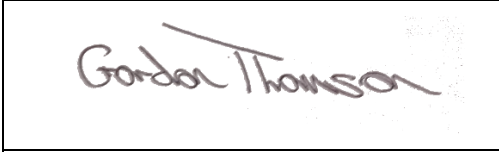
- **The National Lottery Community Fund, RC North East and Cumbria Region, and the Know Your Neighbourhood Fund**
- **County Durham Community Foundation**
- **Durham County Council Area Budget awarded via Teesdale Action Partnership**
- **Sir James Knott Trust**
- **The Ballinger Charitable Trust**

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

	
Full name	Gordon Thomson
Position	Chair
Date	1 st August 2024

Teesdale Day Clubs Y/E Account 2023/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent Examiner's Report

Report to the trustees of	Teesdale Day Clubs		
On accounts for the year ended	1 st April 2023 to 31 st March 2024	Charity no	1198857
Set out on pages	1-5		

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the 12 months to 31 March 2024.

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Receipts & Payments Account
1 April 2023 to 31 March 2024

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:  **Date:** 01/08/2024

Name: Colin Proudfoot

Relevant professional qualification: Fellow of the Chartered Accountants in England and Wales

Address: Deneside, Front St, Winston, Co.Durham, DL2 3RJ

There were no Independent Examiner concerns

Signed:  Date: 01/08/2024

Name: Colin Proudfoot

Relevant professional qualification: Fellow of the Chartered Accountants in England and Wales

Address: **Teesdale Day Clubs 23/24 Accounts**
 Donceide, Front St, Winston, Co. Durham, DL2 3Rd

Receipts		Total	Restricted	Unrestricted
There were no Independent Examiner concerns				
Note 2	The National Lottery Community Fund RC North East and Cumbria Region and Know Your Neighbourhood Fund	£55,408	£55,408	
Note 3	CD Community Foundation	£33,377	£33,377	
Note 4	Ballinger Charitable Trust	£15,000	£15,000	
Note 5	DCC Area Budget/UTASS TTogether P'ship	£12,075	£12,075	
Note 6	Sir James Knott	£5,000	£5,000	
Note 7	Donations	£3,160		£3,160
Note 7	Gift Aid	£653		£653
Note 8	Refunds	£816		£816
Note 9	Club member contributions	£24,467		£24,467
Note 9	Food contributions (paid to chefs)	£22,605		£22,605
Note 9	Member transport contributions	£4,813		£4,813
Note 10	Shawbrook Interest	£87	£87	
Note 10	United Trust interest	£326	£326	
Note 11	Redwood interest	£2,178		£2,178

Total receipts	£179,964	£121,272	£58,692
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Payments		Total	Restricted	Unrestricted
Note 12	Salaries including all costs	£113,823	£85,821	£28,002
	Additional time/contract payments	£6,743	£0	£6,743
	Staff/volunteer expenses	£2,120	£218	£1,902
	IT/Licenses	£832	£106	£726
	Insurance	£1,182	£0	£1,182
	Office administration	£878	£797	£81
	Office equipment	£1,333	£1,181	£152
	Office rent & rates	£200		£200
	BT & Sage	£1,330	£549	£780
	Training/recruitment	£2,068	£760	£1,308
Note 3	CDCF KYN 'Our Volunteers' project activities	£3,019	£3,019	£0
Note 5	DCC/UTASS Time Together costs	£1,000	£1,000	£0
	Club miscellaneous/equipment	£1,144	£0	£1,144
	Member transport	£10,581	£8,086	£2,495
Note 13	Overall food costs	£22,605		£22,605
	Club venue rents	£16,480	£6,500	£9,981
	Governance	£25		£25
Total payments		£185,363	£108,037	£77,326
Excess payments over receipts		-5399		

Teesdale Day Clubs
Statement of Assets and Liabilities
12 months to 31 March 2024 account

Note 14

	3/31/2024			8 months to 31/03/2023		
	Total	restricted	unrestricted	Total	restricted	unrestricted
Current assets						
Virgin current account	£87,117	£47,576	£39,541	£100,206	£34,820	£65,386
Redwood bank savings account	£82,178		£82,178	£80,000		£80,000
United Trust redundancy fund	£28,067	£28,067		£22,555	£22,555	£0
Total current assets	£197,363	£75,643	£121,719	£202,761	£57,375	£145,386
Financed by accumulated fund						
Balance b/f	£202,761			£219,141		
Deficit	-£5,399			-£16,380		
Balance c/f	£197,363			£202,761		

The 9 clubs each hold individual bank accounts for member and volunteer donations towards club trips etc. These are checked by the treasurer and financial administrator each year and have not been examined by the independent examiner. Funds held in these accounts at 31 March 2024 were £8375.34

Notes to accounts year ended 31 March 2024

Note 1 **Accounts are prepared on a receipts and payments basis**

Note 2 **The National Lottery Community Fund RC North East and Cumbria Region**

Reaching Communities £24105
Know Your Neighbourhood £31302.75

5yr grant and 3 yr uplift grant to 08/2025. Funding in March 2024 carried forward
KYN grant ends 03/2025 the 23/4 underspend was £3590 due to employment gap following retirement of senior staff. This fund largely supports our one-to-one community support service.
Funding in March 2024 carried forward.
See Note 12 for % breakdown

Note 3 **CD Community Foundation**
Know Your Neighbourhood £21877

CDCF KYN grant ends 03/2025 restricted to the 'Our Volunteers' project and the national DCMS / KYN project. Underspend £2222 carried forward
KYN Project activity payments include hire of rooms for Afternoon Tea events, Gentle Exercise group, Startforth Craft group, volunteer incentives, event refreshments, printing and publicity, volunteer recruitment event, activity materials, and office equipment to support project delivery. Project staff salary, including management and office support are included in the main salary payments. See Note 12.

Community Grant £5500

Community grant ends 06/2024 restricted to transport for lunch club members, and support for environmental policy work. Underspend of £3378 carried forward.

Both carry forward balances have been agreed with funder.

Note 4 **Ballinger**

As this grant was received in October 2023, Trustees agreed to spread its use over 12 months. Therefore £5000 was carried forward to April 2024 designated and restricted for salaries.

Note 5 **TTogether Partnership DCC/UTASS**

This is a new partnership project being delivered jointly by UTASS and ourselves.

Due to late project start, and extended sick leave of the new project coordinator, the Area Budget grant of £9102 was largely underspent. UTASS manages the 2 main large grants for the delivery of this project and invoiced income to this project totalled £2972, largely for line and project management costs to staff salary (Strategic Manager time).
In agreement with DCC/UTASS funders £7286 was carried forward to April 2024.

Note 6 **Sir James Knott**

Restricted to venue rents for lunch clubs in year

Note 7 **Donations/Gift Aid**
Gift Aid

First year of successfully claiming GA **£653**

Donations

Match funding	£1,000.00
Supporters	£1,369.10
Teesdale Lions	£421.00
Barnard Castle School	£370.00
Total	£3,160.10

Note 8 **Refunds total £815.51**

Lunch Club loan repaid	£682.45
Overpayments - Heart Internet DD	£71.86
- Sage fees	£61.20
Total	£815.51

Notes 9/13 **Member contributions**
Breakdown

Members pay £6 for each visit. £3 for food costs given to chefs and £3 contributions to salaries and other running costs are banked

Food costs
Transport

Food payments are received in cash by chefs and used to buy food for the following week
Members who require transport pay £2 per journey to and from the venue

Note 10/14 **Shawbrook to United Trust transfer** Closure of restricted designated account to secure higher interest rate
 New account opened with United Trust - July 2023
 Annual review of redundancy costs - £5080 uplift from current a/c £27741 July 23.
 UT interest 326.44 Oct 23

Note 11 **Redwood Bank** Interest on deposit account

Note 12	Salaries breakdowns	
	Main salaries	£110,487.51
	Sick pay	£464.95
	Employer pension contributions	£2,870.65
	Total	£113,823.11

The National Lottery Community Fund RC and KYN projects together made the largest contribution to salary costs (includes pension and SSP costs), representing 32% of total salary costs. The next largest contribution towards salary costs was the CD Community Foundation KYN project at 17% closely followed by our income from member contributions at 16%. Other listed grants contributed between 10% and less than 1% to salaries, with unrestricted income and held reserves contributing just over 8% to salary costs.

Signed by the Chair on behalf of the trustees:	
Signature	Date
	01/08/2024



Independent Examiner's Report

Report to the trustees of

Teesdale Day Clubs

On accounts for the year ended

1st April 2023 to 31st March 2024

Charity no

1198857

Set out on pages

1-5

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Date: 01/08/2024

Name:

Colin Proudfoot

Relevant professional qualification:

Fellow of the Chartered Accountants in England and Wales

Address:

Deneseide, Front St, Winston, Co.Durham, DL2 3RJ

There were no Independent Examiner concerns

TEESDALE DAY CLUBS

England & Wales - Charity number 1198857

Accounts



Trustees' Annual Report for the period

Trustees' Annual Report for the period							
Period start date				Period end date			
From	1st	August	2022	To	31st	March	2023

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Gordon Thomson	Chair		
2	Peter McGuinness	Vice Chair		
3	Ann Dolphin OBE	Treasurer		
4	David Bailey			
5	Susan Bainbridge			
6	Marion Hutchinson MBE			
7	Hazel Rayner			

Name of Strategic Manager

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporated Organisation (CIO)
Trustee selection method	Appointment by Board

We achieved registration as a Charitable Incorporated Organisation (CIO) on 6th May 2022, but have a long-established history as a charitable association since 1994. By 2024 we will have been providing a service in our community for 30 years.

This Annual Report covers our first short 8-month financial period as a CIO following the closure of our previous unincorporated charity, the Association of Teesdale Day Clubs (registration no 1079248) and the full and complete transfer of assets, on 31 July 2022. The CIO's first date of operation was therefore the 1st August 2022. We have included a description of some activity in 2022 prior to the start of the CIO activity on 1st August 2022, to provide some continuity and context, and to highlight our longevity and established service delivery over many years.

All financial information pertains to the year 1st August 2022 to 31st March 2023.

During the period of this report, we had 13 part-time staff ranging from 0 hours to 20 hours per week. Most staff were TUPE'd over from the original association, with 2 people employed after CIO registration. The 2 members of the team on 0 hours contracts chose this as their preferred option and only work for us to help cover holiday and sick leave as required. We also have 3 people who work with us on a sessional freelance basis to further help us to cover gaps in service created by holiday/sick leave.

Our 9 Chefs and Club Leaders run 9 weekly lunch clubs. We have between 1 and 3 clubs running each day of the week in different villages or communities. The Club and Community Services Manager (CCSM) is responsible for the line management of the club team, overseeing volunteer support, and delivery of our one-to-one community support service that is a free provision to anyone who attends a lunch club.

The CCSM works closely with our Operations Coordinator and Administrator (OCA) to ensure that the day-to-day running of the clubs is smooth, safe, and adequately supported by staff and volunteers.

We have a Finance Administrator who contributes time as a volunteer as well as being paid for 4 hours each week.

The Strategic Manager (SM) line manages the CCSM and the 2 administrator posts. The SM is managed by our Chair, supported by both the Treasurer and Vice-Chair. Our SM has overall operational responsibility for the efficient and effective running of our services and carrying out Trustee led strategic and operational plans. The SM is also responsible for securing all funding required and assists the Treasurer to ensure that our finances are well managed.

Our Strategic Plan (2022-2025) outlines our aims for both maintaining and developing our services over the next 2 years. An Operational Plan details risks, priorities and actions and is updated and presented at both Finance and Risk committee and Board meetings. The Finance and Risk Committee meets at least 6 times each year and the Board meets every quarter end, with additional away day and specific task group meetings as required. The Finance and Risk committee comprises the Chair, Vice-chair and Treasurer, with the SM in attendance. It oversees all financial management: cash flow, management account outturn at least every quarter end, and has responsibility for overseeing the Risk Register which is reviewed every 6 months and presented to the Board annually. Our Policy and HR committee comprises the Chair and one other trustee, with the SM in attendance. It meets as and when required to review policies before presentation to the Board and to consider any HR issues.

Board meetings are usually attended by the SM and other staff members as appropriate.

Section C

Objectives and activities

Vision

To enhance quality of life by offering supportive social opportunities to people who are socially excluded, or at risk of being socially excluded, including people facing social isolation, in Teesdale.

Mission

To provide social networks in Teesdale that offer friendship and hospitality as well as help and support with day-to-day challenges.

Aims

- Minimise the adverse impacts of social isolation and loneliness for adults in Teesdale.
- Impact positively on people's quality of life and health and wellbeing.
- Support people to lead independent lives in their own home and remain in their own community.
- Create a variety and choice of volunteering opportunities that enable people to contribute within their local community.
- Increase the number of people accessing support by exploring different ways to evolve and encourage relationships across the wider community.

Objectives and activity

We provide:

- Social groups that meet regularly in key town/villages, and connect people
- Subsidised transport to ensure equal access to our services
- Nourishing freshly prepared food
- A valuable village 'hub' where anyone can access information and get help
- A free one-to-one personalised 'at home' and remote community support service
- Rewarding and flexible volunteering opportunities
- Opportunities for varied social interaction (e.g. inter-generational)

Our clubs are welcoming, warm, and supportive places, for both members and volunteers, to make friends, and to catch up with old ones. We seek to make a difference to people's lives by helping people to feel:

- less isolated and less lonely,
- increased feelings of happiness, and
- increased feelings of belonging, connection and involvement in their community
- valued and that they are 'giving something back' through volunteering.

We aim for everyone to experience an enhanced quality of life, improved health and wellbeing, and to be enabled and supported to live independently where appropriate.

We seek to increase our network to provide added value for our members, and increase local benefit through supply chains, working in partnership, and providing more joined up activity. To do this we work closely with all local statutory and voluntary agencies; we always buy local food and supplies where we can; and we liaise and collaborate as closely as possible with key partners to deliver services that meet the needs of individuals.

Our core lunch club service operates in 9 local venues: the market town of Barnard Castle and 8 surrounding villages. Clubs also raise their own small funds through raffles and '50p clubs' that finance occasional trips out to different places for lunch.

"I really enjoy these trips out – I feel like a youngster again."

Our one-to-one community support service means that we are more than just a lunch club service. It provides a bespoke support to anyone who needs assistance with anything that

impacts on their emotional, social or general wellbeing. Interventions can be a home visit for a reassuring or encouraging chat; help to fill in a form; accompanying to health appointments; liaising with family to arrange at-home care; help with accessing specialist equipment; or referrals on to other support agencies, including GPs. As a key preventative service in our area for older and the frailest people in our community we are regularly a first point of contact when someone just doesn't know where else to go for help; doesn't have anyone else to turn to; or are too anxious to reach out.

"Thank you for your help we were really desperate."

We evaluate our services regularly through surveys, collecting quotes, anecdotes, and testimonials, and by involving lunch club members and volunteers in feedback events. People consistently tell us that because of the support they receive, they feel less lonely, feel that it improves their wellbeing (they feel happier), and the support often helps them to cope better with living alone.

"Coming to lunch club keeps me going – sometimes it's such an effort but it's always worth it."

"It's done me the power of good being able to sit here and reminisce with you."

Statutory Public Benefit Declaration:

Trustees confirm that they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. Our duties as a charity are met through the delivery of our aims and objectives and are evidenced by the activities and outcomes outlined above and detailed below. Our membership is open to any adult living within our area of benefit and our joining and referral pathways are easy to access. Most club members join us through word of mouth; self-referral; signposting by friends; family members; Health and Social Care; charitable; and similar organisations.

Section D Achievements and performance

We have supported 242 people and benefitted from a strong volunteer team of 99 people. Around 9 people double-up as both a member and volunteer, and 4 trustees are also volunteers. Over the previous 12-month period of recovery from the pandemic, we supported 254 people (2021 = 221 people), which included 33 new lunch club users at a newly opened club in March 2022.

The average age of lunch club users is around 82 years, and most volunteers are over the age of 65. A recent survey in 2022 showed that of the 154 user respondents, 99 people lived alone. Based on our general profile, 65% of people attending our clubs live alone and a significant number have no or few family members living close by, so rely on friends or neighbours for support.

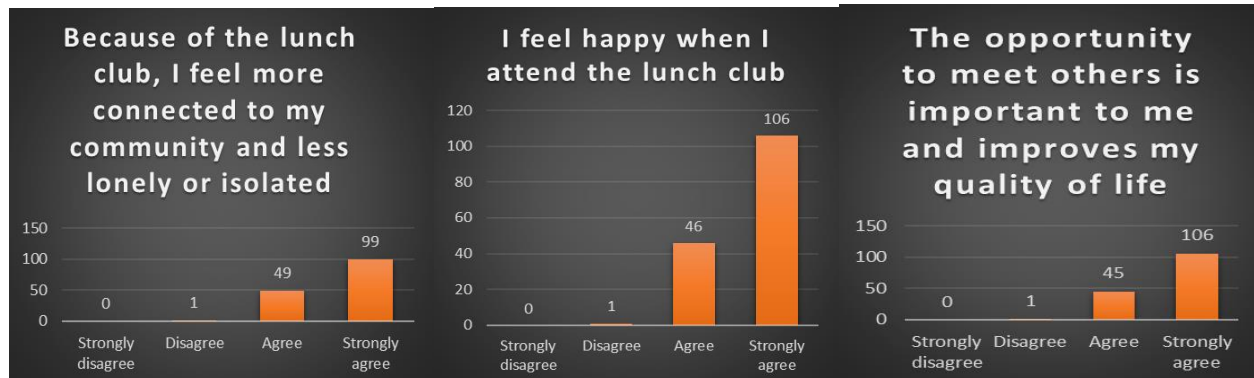
Around 25% of users each year will have a mobility or access issue and use our subsidised transport provision (at March 2023, 28 people were using transport we provide).

Around 6760 freshly made meals have been served at our lunch club up to 31st March 2023 and we only had to cancel 10 lunch club sessions due to weather conditions; plumbing or electrical issues at venues; staff shortages; or illness.

An average of 70 people each month were contacted on a one-to-one basis by our CCSM and 26 people received in-depth support through an in-person intervention, with 5 being visited or spoken to on multiple occasions (more than twice). Using our in-house

assessment, we recorded that on more than 500 occasions, people were supported to feel less lonely. 10 people were contacted on Christmas Day as it was known that they would be on their own. 33 interventions were made that specifically supported someone's mental/emotional health, 5 people were supported in a way that improved their physical health and 2 people were helped to improve their financial situation.

Feedback from our lunch club user survey 2022.



Comments made by people in the survey about what they liked best:

"In the period of attendance, I have met more residents of Startforth than in the whole of the 40 previous years. I have been here since 1979."

"Meeting others and having a chat with an actual person!"

"The friendship, chat and help when needed. The meal is always very well cooked and pleasantly served."

"I like the friendship it provides."

"Important part of keeping in contact with other people in the community."

"The company, the food, the staff and the venue – outstanding."

Examples of interventions from the CCSM report that showcases the kind of support we offer, and the difference made to people's lives:

- After a member failed to turn up at lunch club, I rang him to check how he was. As I was concerned about his health, I insisted that he ring his GP – he said they would not let him ring until 8am the following morning. I encouraged him to try again, which he did, and got to speak to a Dr that day. He was then referred for an Xray and blood tests.
- I organised for a very distressed member to speak to CAB after she told me about a scam she was experiencing. This would normally have gone through a referral process, but I was able to get someone to ring her that day. I was so concerned about her that I also got two community police to visit her and reassure her about scamming and fraud. This was very helpful, although the situation is not yet resolved. I continued to call her every day...and liaise with CAB.
- Concerns about Mr A's health and finally persuaded him to have care connect installed which was fitted within 3 days.
- Provided Mrs T with information about Mental Health groups and activities locally.
- Assisted Mr P to fill in and post a blue badge application. He could not understand the form, so I spent time completing it, getting the correct documentation photocopied and sent off.
- I accompanied Mrs S back to lunch club after she had been off due to ill health, and collected and delivered her home. She was delighted to be back but doubted she would have gone on her own.

Organisational development and operations – successes and challenges

The achievement of our CIO status in May 2022 accounted for a significant amount of activity for key Trustees and the Strategic Manager. It has been an important milestone for the charity in terms of our future sustainability, being fit for purpose in the future, and being able to attract trustees with the skills that we need to take our planning forward.

We were supported by Durham Community Action for charity registration, but our SM managed the TUPE, HMRC and pension changes, as well as bank account changes and all the associated administration.

To support our SM, we approached The Cranfield Trust, and the SM received mentoring support over a period of 6 months in 2022-2023. We then went on to receive some business planning support from another Cranfield consultant on a pro bono basis which has come to fulfilment in 2023.

We achieved the Durham County Volunteering Kitemark in December 2022. This is the first quality award achieved by the charity and is a significant marker in our progress.

The office was able to re-open, following pandemic restrictions in 2022 and is now staffed 3 mornings each week with office staff also working from home. We have been supported by the Town Council, with free rent for a set period to help with our recovery to normal service post-pandemic.

We achieved a small amount of inter-generational work over the summer and winter of 2022 in line with the aims of The National Lottery Community Fund project. A small group of young people attended a club in the summer holidays to play games and chat to the older people, and children from local schools went along to sing carols and entertain at clubs before Christmas. Also, a small group of young people in Cotherstone took part in the Queen's Jubilee celebrations by coming along to the lunch club and talking to older people about their memories of the last Jubilee and the Queen's Coronation.

We have successfully progressed discussions with UTASS, a partner charity in Teesdale, and other partners, to secure the funding to deliver a new befriending service that targets people who are unable to access services and are very isolated. Based on our shared experience during lockdowns, and recognition that some people have not returned to social activities, we wanted to find a solution to further reducing the isolation that some residents still experience. Working together, a new project is due to be launched in September 2023. This achieves one of our strategic aims to be working more closely in partnership, with one of our key rural partners. The SM is the Chair of the project Steering Group and has been instrumental in getting this project developed and ready to launch.

Our biggest challenge in 2022 was shortage of staff. We encountered significant recruitment issues trying to fill a Club Leader post with 2 failed recruitment attempts and 2 appointees withdrawing for various reasons after a few weeks. In addition, the team were affected by illness; delayed elective operations; and a backlog of annual leave caused by the team getting the lunch clubs back to normal in the early part of the year.

In April 2022 we took the difficult decision to increase the club user charge (member contributions) for the service from £5 to £6 per person per session. We consulted in the run up to this decision to ensure that everyone understood why this was necessary. We also introduced differential charging to allow for a free or discounted charge for anyone who was unable to attend due to financial costs. Differential charging has been used by 5 people to date.

The increase to member contributions was in line with our Funding Strategy that sets targets against categories of income we want to raise during each financial year. The aim is to develop a more diverse income portfolio and to keep grant income between 50-65% of total income where possible.

We achieved our target for grants in this short first financial year of just over £76,000 (12-month target = £100,000).

We were aided in our target to increase income raised from our community through a generous and anonymous local donor who offered us £5,000 donation if we could match this £1 for £1. This was achieved by April 2023, with a total of £10,000 being added to our unrestricted income at the start of the new financial year.

We maintained the loyalty and support of a few regular monthly donors who we wish to thank for their constancy of support. This kind of donating is something that we wish to increase.

We were also supported by Kyle Travel, a local travel agency, who raised funds on our behalf donating £439. We continue to attract regular generous donations from trusts and community groups that support what we do.

We achieved setting up a JustGiving donation button on our website to attract more public giving, although this requires more awareness raising to drive traffic to our website in order that online donations make an impact on our income.

Section E Financial review

Reserves are that part of our unrestricted funds that are freely available to spend on any of the charity's purposes. Our policy is to maintain free unrestricted reserves to provide:

- a level of working capital that protects the continuity of our work
- a level of funding for unexpected opportunities
- cover for risks such as unforeseen expenditure or unanticipated loss of income.

Trustees consider the level of reserves that is prudent when agreeing the annual budget. Consideration is given to future strategy, potential redundancy liabilities, and any other significant factors that should be considered if the CIO were to close or move to new premises. Our restricted reserves, to cover redundancy and other closure costs, are held in a separate deposit account (£22,555 on 31 March 2023).

Our cash balance at 31 March 2023 was £180,206 net of redundancy and closure costs. £34,820 was restricted funding relevant to specific 2023/24 expenditure and unrestricted funding carried forward to April 2023 was £145,386.

Looking ahead

Expected 2023-24 running costs looking ahead to April 2023-March 2024 based on the previous year were £154,267.

This was an increase in forecast costs largely due to necessary salary increases to keep pace with the cost of living, re-balance historical issues with salary structures, and meet rising costs for core costs such as venue rents, and transport. Our club staff salaries required significant % increases over 2 consecutive financial years to keep an appropriate differential to the National Living Wage and help us to retain loyal and experienced staff. This resulted in starting the new financial year with a deficit of £60,000. By the end of quarter 2 September 2023/24 our position had improved to an expected 16K deficit at 31 March 2024. Our aim remains to break even by 31 March 2024.

Trustees are prepared to use reserves prudently and would consider a reduction in services (such as running clubs less often, or at fewer venues) if necessary, in future years. The Finance and Risk Committee undertakes a close analysis of Cash Flow forecasts that enables trustees to predict when a critical decision point is reached.

At the same time, we are forging ahead with plans to take advantage of available funds to make continuous organisational improvements that will contribute to our sustainable future. These include working to secure funds for a volunteer and communications post which will increase our social media visibility; attract a more diverse group of volunteers; trial new activities that people have told us they would like; and work in close partnership to launch a new service (see above befriending service). These projects will support our core costs as well as extending our reach to a wider cohort of people at risk of being, or who are, socially excluded in our community.

Section F Our supporters

We are grateful to all our supporters; our wonderful volunteers who give their time to help at lunch clubs and in other ways; and our funders who help us to continue providing our services for the benefit of the communities that we support. The funding used in the 8 months to 31 March 23 was as follows:

Donations – total £10570

We received £896 donations from local supporters and members. In addition, a anonymous donor provided £5000 funding that was almost matched by our local supporters and members (£4674) by the end of March 2023.

This funding helped us to reduce our shortfall in core costs.

Grant Funding used in year – total £71559.

The National Lottery Community Fund, RC North East and Cumbria Region - £13460 (salaries, service evaluation and project activity)

Durham County Council Teesdale Action Partnership - £11734 (service recovery core costs)

Tyne & Wear and Northumberland Community Foundation - £10348 (Strategic Manager salary and change governance)

County Durham Community Foundation - £16157 (Health Improvement Fund core costs, Mental Health Connector Fund core and project costs, Volunteering Fund improvement to volunteering/Co. Durham Volunteering Kitemark award)

Garfield Weston Foundation - £10732 (salary for one-to-one community support service)

Pioneering Care Partnership Happiness Hub Fund - £6394 (launch of new club – pandemic recovery)

Sir James Knott Trust - £2083 (core salaries for clubs)

Hadrian Trust - £651 (community support service travel expenses)



Section A

Independent Examiner's Report

Report to the trustees of	Teesdale Day Club		
On accounts for the year ended	1 st August 2022 to 31 st March 2023	Charity no (if any)	1188857
	Set out on pages 10 and 11		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

Responsibilities and basis of report

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").

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

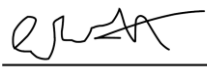
Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:		Date:	9-10-23
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Name:	Colin Proudfoot
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Relevant professional qualification(s) or body:	Fellow of the Chartered Accountants in England and Wales
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Address:	Deneside, Front St, Winston
	Co.Durham, DL2 3RJ

There were no Independent Examiner concerns

Teesdale Day Clubs

Final Receipts & Payments Account

1 August 2022 to 31 March 2023

Receipts	Total	Restricted	Unrestricted
National Lottery Community Fund	24105.00	24105.00	
Durham County Council	12500.00	12500.00	
Happiness Hub	7400.00	7400.00	
Donations	10570.74		10570.74
Club member contributions	19349.03		19349.03
Members food contribution paid to chefs	14648.48		14648.48
Member transport contributions	3704.20		3704.20
Befriending Partnership Project	1000.00	1000.00	
Shawbrook Interest	96.90	96.90	
Total receipts	93374.35	45101.90	48272.45


Payments	Total	Restricted	Unrestricted
Salaries including all costs	65284.77	49931.77	15353.00
Additional time payments	6745.98	2193.98	4552.00
Staff Expenses	1548.75	1309.75	239.00
Voluntary expenses	126.00	0.00	126.00
Office administration	1229.82	1092.37	137.45
Office equipment	267.90	0.00	267.90
Office rent & rates	200.36	200.36	0.00
BT & Sage	776.44	0.00	776.44
Training/recruitment	312	162.00	150.00
Newsletter costs	296.00	296.00	0.00
Club miscellaneous/equipment	589.63	232.63	357.00
Member transport	7199.00	6619.60	579.40
Overall food costs	14648.48	0.00	14648.48
Club venue rents	10400	9392.00	1008.00
Governance - CIO	129	129.00	0.00
Total payments	109754.13	71559.46	38194.67

Excess payments over receipts	-16379.78
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Teesdale Day Clubs
Statement of Assets and Liabilities
8 months to 31 March 2023 account

	31/03/2023			31/07/2022	
	Total	restricted	unrestricted	Total	[restricted]
Current assets					
Virgin current account	100206.40	34820.00	65386.40	196683.08	[60768.5]
Redwood bank savings account	80000.00	0.00	80000.00	0.00	0.00
Shawbrook closure fund	22555.02	22555.02	0.00	22458.12	[22458.12]
Total current assets	202761.42	57375.02	145386.40	219141.20	[83226.62]
Financed by accumulated fund					
Balance b/f	219141.20			218623.11	
Deficit	-16379.78			518.09	
Balance c/f	202761.42	57375.02	145386.40	219141.20	

The 9 clubs each hold individual bank accounts for member and volunteer donations towards club trips etc. These are checked by the treasurer and financial administrator each year and have not been examined by our independent examiner. Funds held in these accounts at 31 March 2023 were £11328

Signed by the Chair on behalf of the trustees:	
Signature	Print Name
	Gordon Thomson

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

	
Full name	Gordon Thomson
Position	Chair
Date	3 November 2023