

Annual Report: April 2024 – March 2025

As Chair of Refresh Carers Board of Trustees, I am delighted to have the opportunity to write the report for the period, April 2024 to March 2025, as the charity continued to grow in reach and impact throughout this time.

Refresh Carers has delivered a wide range of workshops, wellbeing programmes and outreach activities to unpaid carers across Leeds, whilst working continuously to strengthen its governance, staffing structures, and financial resilience.

Across the year we have continued to contribute to the parent carer agenda across Leeds. Our name and goal, to empower parents who care for children, young people with disabilities or long-term health conditions to better understand and begin to meet their own needs, is becoming well recognised as our successful networking and partnership work increased.

This year we have delivered six-week wellbeing and confidence building courses, one day wellbeing and skill building workshop, provided one to one goal setting sessions and follow up support including help with CV writing and introductions to volunteer opportunities and access to training. We have worked on building positive and trusting relationships in some of our most marginalised communities, investing time and resources to ensure opportunities are more available for parent carers who live here.

Feedback from participants continued to demonstrate significant improvements in confidence and aspirations, with parent carers reporting increased motivation and reduced isolation.

The board of trustees met regularly and held additional meetings to address staffing and operational matters with key developments being the recruitment and induction of a volunteer who had benefited from one of our six-week courses. The charity was also able to engage a sessional worker to lead a parent carer support group in Armley, Leeds. There was a transition in leadership with the long-standing chair stepping down in December 2024 whilst continuing as a trustee.

The Board also continued oversight of policies, financial procedures and compliance including the adoption of a refreshed Privacy Policy. The Board also reviewed trustee terms of office and ensured all statutory reporting requirements were met.

2024 -2025 was a year of significant improvement in financial stability with successful funding applications and donations received allowing us to continue the programmes and workshops due to this successful fundraising and careful financial management. The charity continues to maintain positive relationships with grant making bodies.

The charity did face challenges, particularly following the resignation of a founder member in late 2024. This placed additional workload on the remaining founder which was carefully managed. With the continued ongoing need to secure unrestricted funding to cover core costs, this required additional trustee and volunteer time. I am delighted that by working together with our vision foremost in our minds, we managed to steady the ship and are forging ahead with plans.

We will continue to strengthen the charity's infrastructure in the coming year, supporting new staff and volunteers, diversifying funding streams and maintaining the strong governance and compliance we will always strive for.

I thank the staff, volunteers and trustees for their commitment and absolute passion to ensure Refresh Carers is run well, delivers high quality of services and always remains relevant to the needs of the parent carers we serve.

Carol Hart

Chair

Refresh Carers

**Refresh Carers
Accounts 2024 to 2025**

	Total	Unrestricted	Leeds Community Foundation	Brelms Trust	Scope	Awards for all Lottery	Hill Dickinson Foundation	The Bellasis Trust	William Openshaw Street Foundation
Total Receipts & Payments Account									
Receipts									
Donation	2,108.50	2,108.50	-	-	-	-	-	-	-
Grant	54,108.00	36,250.00	9,822.00	4,536.00	-	-	-	500.00	3,000.00
Bank Interest	64.85	64.85	-	-	-	-	-	-	-
Transfer	-	-	-	-	-	-	-	-	-
	56,281.35	38,423.35	9,822.00	4,536.00	-	-	-	500.00	3,000.00
Payments									
Rent	4,478.38	-	-	4,478.38	-	-	-	-	-
Equipment	-	-	-	-	-	-	-	-	-
Course Costs	1,532.23	19.28	350.00	260.00	-	902.95	-	-	-
Stationery	828.00	112.71	22.50	-	266.27	156.15	270.37	-	-
Sundry Office	87.32	77.22	-	-	-	10.10	-	-	-
Postage	15.50	15.50	-	-	-	-	-	-	-
Telephone	56.00	-	56.00	-	-	-	-	-	-
Travel	150.75	38.60	50.25	-	-	61.90	-	-	-
Travel attendees	332.79	-	25.20	-	-	307.59	-	-	-
Salary costs	12,195.60	-	7,498.80	-	-	3,500.00	-	-	1,196.80
Professional Services	1,229.94	964.57	50.00	-	101.37	114.00	-	-	-
Bank Charges	60.00	60.00	-	-	-	-	-	-	-
	20,966.51	1,287.88	8,052.75	4,738.38	367.64	5,052.69	270.37	-	1,196.80
Net receipts / (payments)	35,314.84	37,135.47	1,769.25	(202.38)	(367.64)	(5,052.69)	(270.37)	500.00	1,803.20
Transfer	-	-	-	-	-	-	-	-	-
Balance brought forward	23,922.70	4,379.84	9,762.06	3,469.80	367.64	5,598.34	345.02	-	-
Balance carried forward	59,237.54	41,515.31	11,531.31	3,267.42	-	545.65	74.65	500.00	1,803.20
Made up of:									
Current Account	59,222.45								
Petty Cash	15.09								
Account 3	-								
Account 4	-								
Account 5	-								
	59,237.54								

Please note that Refresh Carers has a reserves policy and will keep
£11,000.00 to £16,000.00 for this purpose.

Independent Examiner's Report to the Trustees of Refresh Carers Trust

I report on the accounts of the charity for the year ended 31st March 2025 which are set out on page three.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of Page 20 OSCR I Independent Examination: A Guide for Charity Trustees the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Paul Kelly

Relevant Professional qualification/professional body: MAAT - AAT

Address: 1 Haw View Yeadon Leeds LS19 7XF

Date: 10th December 2025