



Caring & Sharing Trust

Annual Report and Accounts

2022/2023

CARING & SHARING TRUST

ANNUAL REPORT AND ACCOUNTS 2022/2023

LEGAL STATUS: REGISTERED CHARITY

REGISTERED CHARITY NUMBER: 327001

DATE OF REGISTRATION: NOVEMBER 1985

GOVERNING DOCUMENT: CONSTITUTION

GOVERNING BODY: TRUSTEES (MANAGEMENT GROUP)

AREA OF OPERATION: NATIONAL

AIMS AND OBJECTIVES: To provide "treatment, help and/or relief by any and every charitable means of those suffering from mental and/or physical disabilities."

ADDRESS: COTTON'S FARMHOUSE
28 WHISTON ROAD
COGENHOE
NORTHAMTONSHIRE
NN7 1NL

TELEPHONE: 01604 891487

The above number is a 24 hour service although opening hours are from 9.00am to 5.00pm Mondays to Fridays.

EMAIL: admin@cottonsfarmhouse.org

WEB: www.cottonsfarmhouse.org

Overview

It is good to report on a relatively normal year for Caring & Sharing following all the many difficulties posed by the covid-19 pandemic. While still operating with great care, and under all recommended guidelines, those attending the Trust's day centre have been able to enjoy a year of full of activities, including a major new Art Exhibition of their own work. Let's hope this continues unabated!

The Year Ahead

While there is still a bit of rejuvenating to be done following the pandemic, it is hoped that the year ahead will be free from incident, enabling Caring & Sharing to continue providing its Arts-Based Therapy and Support Programmes which are so important to all those with learning disabilities who benefit, along with their families and carers.

Annual Report and Accounts for 2022/2023 as approved on 20/10/2023

Signed



Lena Davis
Trustee

Aims and Objectives

The Trust's current main objective is to maintain the services that its Arts-based Day Centre offers to people with learning disabilities.

Providing support for families in their role as carers also remains an important objective, especially with the UK in lockdown.

In fulfilling these objectives, the Caring and Sharing Trust recognises its responsibilities in terms of safeguarding its beneficiaries and, to this end, has appropriate policies in place regarding recruitment of staff and volunteers as well as the general safeguarding of vulnerable adults and children.

THE YEAR'S ACTIVITIES

It has been a great relief to return to some measure of normality after the turbulence of the Covid-19 pandemic. People with learning disabilities have been able to return to Caring & Sharing's Day Centre and we have also been able to welcome visitors and supporters to special events, including a brand new Art Exhibition. As always, the Trust has continued to offer support to parents and families, many of whom have been struggling with their own emotional and health needs. It has also been good to welcome trainee nurses as they learn about the special needs of people with learning disabilities.

Sponsored Walk

The year kicked off with a wonderful fundraising event, a sponsored walk organised by Caring and Sharing Patron The RT Hon Dame Andrea Leadsom MP. The walk ended with tea and cake at Cotton's Farmhouse where participants were thanked by Lord and Lady Northampton.

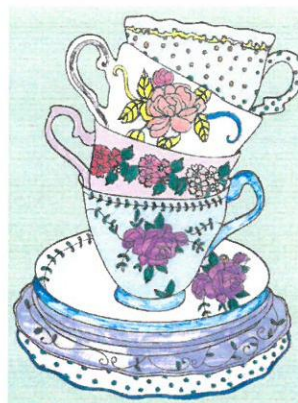
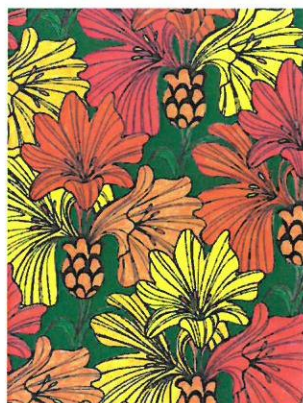


The Art of Friendship

There's been lots of activity in the Art Studio this year with people who have learning disabilities joining together to create amazing works of art expressing their joy at the end of 'lockdown' and the re-opening of their Day Centre at Cotton's Farmhouse. All of this artistic endeavour culminated in the opening of an inspirational new exhibition in Caring & Sharing's Theatre-in-a-Barn. The exhibits also included pictures completed during lockdown when Caring & Sharing provided weekly deliveries of art and craft materials to people with learning disabilities sheltering in their own homes.



The exhibition was opened on 30th November 2022 by the RT Hon Dame Andrea Leadsom MP. And was attended by VIPs, parents, carers, supporters and great friend of Caring & Sharing, author David Lawson who unveiled a plaque commemorating the support received over so many years from the wonderful Carson family.



Working Together with Others

Those attending Cotton's Farmhouse were delighted to welcome a group of learning disability nursing students from the University of Northampton as part of their degree training. It was their first opportunity to meet people with learning disabilities and to learn about some of the issues they face. Hopefully, this will lead to a more inclusive health service where the diverse needs of people with learning disabilities are better understood leading to improved health outcomes. It



TRUSTEES: C ORCHARD, L. DAVIS, I. HOLLAND

Continuing Trustees have the power to appoint additional Trustees to a maximum of 9 Trustees in total. In addition, continuing Trustees shall appoint new trustees or a new trustee whenever the number of Trustees is reduced to less than 3.

It is important for trustees to stay abreast of developments, and this is particularly important in a time of changing legislation. Fortunately, there is a wealth of information available, especially through the internet, provided by organisations like the Charity Commission. This has been used as the base of induction for any new trustees as well as issues specific to the Caring & Sharing Trust.

Trustees work closely with senior staff within a management group which has responsibility for management and staffing issues including appointments and conditions. This group is also responsible for setting the broad direction of care programmes.

ACCOUNTANTS: ANTHONISZ NEVILLE
REGISTERED AUDITORS
CHARTERED ACCOUNTANTS
1ST FLOOR
105 - 111 EUSTON STREET
LONDON NW1 2EW

BANKERS: BARCLAYS BANK PLC
ASHTON HOUSE BUSINESS CENTRE
PO BOX 3261
497 SILBURY BOULEVARD
MILTON KEYNES MK9 2ZU

Financial Report

The accounts for the year ended 31/03/2023 are attached to this report.

Over the year, direct charitable expenditure amounted to just 94% of total expenditure and applied to the pursuance of the Trust's aims and objectives as set out in the body of this report.

Once again, it was a difficult year in terms of fundraising with the aftermath of covid-19 and the cost of living crisis. At the same time, expenditure on items such as heating, increased due to inflation.

Facing risk: In previous years, the Caring & Sharing Trust has identified two potential areas of risk in the ability to pursue its charitable objectives.

Firstly, the Trust has become increasingly reliant on local authority funding in recent years. While this has given a good deal of stability to the Trust's activities, it also represents potential financial vulnerability. This is exacerbated by the current threat of significant cuts in government expenditure both nationally and locally. In addition, the economic outlook in the UK makes it harder to make up any shortfalls by increasing voluntary income.

Secondly, reductions in spending by local authorities along with cuts in services could have a significant effect on the demand for Caring and Sharing's services. The move to give people with learning disabilities their own 'personal budgets' is likely to have a big impact on the nature of services provided throughout the care sector.

The risks to property, fixtures and equipment, as well as public and employers liability, have also been assessed and adequate insurance policies put into place.

Responding to risk:

Policy for Reserves: In response to these areas of risk, the Caring & Sharing Trust has highlighted the importance of suitable reserves which play a key role in ensuring the continuity of service which means so much to all the people with learning disabilities who benefit from those services. This is particularly true with the unknown impact of COVID-19. Currently, reserves remain at a level where services can be maintained with confidence and provide a crucial buffer in uncertain times. The importance of reserves is also significant in the Trust's ability to respond quickly to changing needs.

With these factors in mind, the Caring & Sharing Trust has reviewed its policy for reserves and considers that holding reserves equivalent to 24 months operating costs is a prudent target. The current level of reserves is around 20 months.

Fundraising Policy. As well as a robust policy on reserves, The Caring & Sharing Trust continues to pursue an active fundraising policy, recognising the importance of developing independent sources of funding, donations, events, etc.

Investments. The investment of reserves has been reviewed and, although the continuing low interest rates mean that investment income has been significantly reduced, the Trust considers that funds should be kept in the safest of financial institutions. With this in mind, reserves are maintained in an interest bearing account to maintain maximum flexibility.

The Annual Report and Accounts have been produced in accordance with Charities SORP FRS 102

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

FOR

CARING AND SHARING TRUST

Registered Charity No : 327001

CARING AND SHARING TRUST

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**CARING AND SHARING TRUST
FOR THE YEAR ENDED 31 MARCH 2023**

Statement of Trustees' Responsibilities

The trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards FRS 102.

The Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP FRS 102
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations and the provisions of the Trust deed. The trustees are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

This report was approved by the trustees on 20th October 2023 and signed on their behalf by:



L. Davis
Trustee

**CARING AND SHARING TRUST
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2023**

I report on the accounts of the trust for the year ended 31st March 2023 which comprise the statement of Financial Activities, the Balance Sheet, the statement of Cash Flows and related notes set out on pages 3 to 11.

Respective Responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

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 with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act; 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.



ILONA SONDAKH
ANTHONISZ NEVILLE LLP
Chartered Accountants
105-111 Euston Street
London
NW1 2EW

Date: 20th October 2023

CARING AND SHARING TRUST

STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2023

INCOME AND ENDOWMENTS FROM	Notes	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL FUNDS	TOTAL FUNDS
		£	£	<u>2023</u> £	<u>2022</u> £
- Donations and legacies		20,662	-	20,662	86,017
- Other trading activities		5,716	-	5,716	23,093
- Income from investments	7	60	-	60	52
- Income from charitable activities		77,368	-	77,368	77,135
Total income and endowments	2	103,805	-	103,805	186,297
Expenditure on:					
Raising funds	3	9,720	-	9,720	9,620
Charitable activities	4	173,882	-	173,882	173,030
Total expenditure		183,602	-	183,602	182,650
Net income/(expenditure)		(79,797)	-	(79,797)	3,647
Other gains/losses		-	-	-	-
Net movement in funds		(79,797)	-	(79,797)	3,647
Total funds brought forward		393,333	-	393,333	389,686
Total funds carried forward		313,536	-	313,536	393,333

There were no recognised gains or losses for 2023 or 2022 other than those included in the Statement of Financial Activities.

CARING & SHARING TRUST

BALANCE SHEET AS AT 31 MARCH 2023

FIXED ASSETS	Notes	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL FUNDS	TOTAL FUNDS
		£	£	2023 £	2022 £
Fixtures & Equipment		434	-	434	579
Computer Equipment	5	645	-	645	860
Motor Vehicles		566	-	566	755
Total Fixed Assets		1,645	-	1,645	2,194
CURRENT ASSETS					
Investment - High Interest Deposit	6	1,174	-	1,174	1,174
Bank Current Account			-	-	-
Community Bank Account		15,984	-	15,984	51,084
Umbrella		242,555	-	242,555	275,000
100 Club - Bank Account		435	-	435	75
Business Premium Account	6	4,905	-	4,905	4,893
Bank account 2		51,113		51,113	64,702
Debtors	9	721	-	721	1,321
Total Current Assets		316,887	-	316,887	398,249
CURRENT LIABILITIES					
Creditors falling due within one year	10	4,996	-	4,996	6,610
Deferred Income	13	-	-	-	500
		4,996	-	4,996	7,110
Net Current Assets		311,891	-	311,891	391,139
TOTAL NET ASSETS		313,536	-	313,536	393,333
REPRESENTED BY					
Reserves Brought Forward		393,333	-	393,333	389,686
Net Resources In Year		(79,797)	-	(79,797)	3,647
RESERVES CARRIED FORWARD		313,536	-	313,536	393,333

The notes at pages 6 to 11 form part of these accounts.

L. Davis
Trustee
Date:

20/10/2023

Lee Davis

CARING & SHARING TRUST

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2023

		TOTAL FUNDS	TOTAL FUNDS
	Notes	2023 £	2022 £
Net Cash used in operating activities	16	(80,335)	7,060.17
Cash flows from investing activities:			
Purchase of tangible asset		-	-
Finance cost	-	486	457
Finance income		60	52
Net Cash provided by investing activities	-	426	405
Cash flows from financing activities:			
Receipt of expendable endowment		-	-
Net Cash provided by financing activities		-	-
Change in cash and cash equivalents in the year		(80,762)	6,654.97
Cash and cash equivalent brought forward		396,928	390,273
Cash and cash equivalents carried forward		316,166	396,928

CARING AND SHARING TRUST

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 MARCH 2023

1 ACCOUNTING POLICIES

1.1 Basis of preparation of accounts

The financial statements have been prepared on the accruals basis under the historical cost convention and in accordance with the Charities SORP (FRS 102) & FRS 102 and in accordance with Charities Act 2011 (as amended by the Charities Act 2006). The principal accounting policies adopted in the preparation of the financial statements are as follows:

1.2 Going concern

The Trustees consider that there are no material uncertainties about the trust's ability to continue as a going concern.

1.3 Incoming resources

Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

- When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When donors impose conditions which have been to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until pre-conditions for use have been met.

When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlements, this income is included in incoming resources of restricted funds when receivable.

- Interest is included when receivable by the charity.

1.4 Debtors:

Debtors are measured at transaction price and are recoverable within one year.

1.5 Cash and cash equivalents:

Cash is represented by cash in hand and deposits with the financial institutions repayable without penalty on notice.

1.6 Resources expended

- Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.
- Certain expenditure is directly attributable to specific activities and have been included in those cost categories.
- Certain other costs, which are attributable to more than one activity, are apportioned across cost categories on the basis of an estimate of the proportion of time spent by staff and other resources expended which are attributable to those activities.

1.7 Pension costs

- The charity makes no contribution to a defined contribution pension scheme.

1.8 Tangible fixed assets

- Individual fixed assets purchased for charity purposes are capitalised at cost.
- Tangible fixed assets are depreciated on a reducing balance basis over their estimated useful lives as follows:

	Annual Rate
Fixtures and fittings	25%
Motor vehicles	25%
Computer Equipment	25%

CARING AND SHARING TRUST

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

1.9 Fund accounting

Funds held by the charity are either:

- *Unrestricted Funds* - This fund is used in accordance with the charitable objects at the direction of the trustees.

- *Restricted Funds* - There is no restricted fund for the year end 31st March 2023

Endowments Funds - The Trust has no endowment funds.

1.10 Reserves policy

The importance of reserves is also significant in the Trust's ability to respond quickly to changing needs.

With these factors in mind, the Trust has reviewed its policy for reserves and considers that it would be prudent to continue to hold minimum reserves equivalent to at least 24 months operating costs. The current level of reserves remains above this minimum.

1.11 Fundraising policy

As well as a robust policy on reserves, The Trust continues to pursue an active fundraising policy, recognising the importance of developing independent sources of funding, donations, events, etc.

1.12 Investments

The investment of reserves has been reviewed and, although the continuing low interest rates mean that investment income has been significantly reduced, the Trust considers that funds should be kept in the safest of financial institutions. With this in mind, reserves are maintained in a rolling programme receiving income on the basis of fixed term investment of between two and nine months.

1.13 Creditors:

Creditors are measured at transaction price.

2 INCOME RESOURCES

	Unrestricted Funds £	Restricted Funds £	Total £
Donations and legacies:			
Legacies	0		
Grants and Donations	20,662	-	20,662
Other trading activities:			
HMRC JRS	0	-	
Fundraising	2,006		
100 Club	3,710	-	5,716
Income from investments:			
Interest treasury	-	-	
Other Interest	0.32	-	
Bank rewards	59.34	-	60
Income resources charitable activities:			
Charges	77,368	-	77,368
			103,805

CARING AND SHARING TRUST

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

3	EXPENDITURE ON RAISING FUNDS	TOTAL FUNDS			TOTAL	TOTAL
		DIRECT COSTS	SUPPORT COSTS	FUNDRAISING COST		
	£	£	£	2023	2022	
				£	£	
	Salaries & Staff costs			5,500	5,500	5,400
	Postage & Telephone			1,640	1,640	1,520
	Printing & Stationery			280	280	220
	Travel & Subsistence			950	950	900
	100 Club (Prizes)			1,350	1,350	1,580
		-	-	9,720	9,720	9,620

EXPENDITURE ON CHARITABLE
4 ACTIVITIES

Salaries & Staff costs	124,642		124,642	119,718
Postage & Telephone	3,207		3,207	3,069
Printing, Stationery & Publications	808		808	635
Linen & Clothing			0	371
Training & Books	2,191		2,191	10,000
Animal Medical and Subsistence	955		955	1,687
Horticulture Consumables	1,370		1,370	2,228
Travel & Subsistence	16,324		16,324	14,357
Photographic			0	16
Art & Craft Materials	726		726	360
Music, Books & Video	1,770		1,770	1,766
Equipment & Furniture	103		103	790
Instruments, Props, Wardrobe	739		739	543
Outings & Trips	771		771	623
Premises	11,050		11,050	7,739
Insurances	3,673		3,673	3,421
Bookeeping	900		900	900
Depreciation of Fixtures & Fittings	145		145	193
Depreciation of Computer Equipmen	215		215	287
Depreciation of Motor Vehicles	189		189	252
Bank charges	486		486	457
Audit and Accountancy		3,618	3,618	3,618
	170,264	3,618	0	173,882

RESOURCES EXPENDED

170,264	3,618	9,720	183,602	182,650
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CARING AND SHARING TRUST

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

5 TANGIBLE FIXED ASSETS

	FIXTURES AND FITTINGS	COMPUTER EQUIPMENT	MOTOR VEHICLES	TOTAL
COST	£	£	£	£
At 1 April 2022	76,472	4,837	23,690	104,999
Additions	-	-	-	-
Disposal	-	-	-	-
At 31st March 2023	76,472	4,837	23,690	104,999
DEPRECIATION				
At 1 April 2022	75,893	3,977	22,936	102,806
Disposal	-	-	-	-
Charge for year	145	215	189	549
At 31st March 2023	76,038	4,192	23,125	103,355
At 31 March 2023	434	645	566	1,645
At 31 March 2022	579	860	754	2,193

6 CURRENT INVESTMENTS

	<u>2023</u> £	<u>2022</u> £
Investment - High Interest Deposit	1,174	1,174
Business Deposit-UK	4,904	4,893
	<u>6,078</u>	<u>6,067</u>

7 INVESTMENT INCOME

	<u>2023</u> £	<u>2022</u> £
Interest receivable on cash deposits - UK	<u>60</u>	<u>52</u>

CARING AND SHARING TRUST

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

8 NET RESOURCES

The Net Resources figure is stated after charging:	<u>2023</u>	<u>2022</u>
	£	£
Depreciation - Fixtures & Fittings	145	193
Depreciation - Computer Equipment	215	287
Depreciation - Motor Vehicles	<u>189</u>	<u>252</u>
Auditor's Remuneration	<u>3,618</u>	<u>3,618</u>

9 DEBTORS

	<u>2023</u>	<u>2022</u>
	£	£
Other debtors	100	695
Prepayments	621	626
Accrued income	<u>0</u>	<u>0</u>
	<u>721</u>	<u>1,321</u>

10 CREDITORS

	<u>2023</u>	<u>2022</u>
	£	£
Accruals	3,618	3,618
Other Creditors	<u>1,378</u>	<u>3,492</u>
	<u>4,996</u>	<u>7,110</u>

11 EMOLUMENTS

	<u>2023</u>	<u>2022</u>
	£	£
Salaries paid, during the year were:	<u>123,760</u>	<u>118,820</u>
Employer's N.I.C	<u>6,382</u>	<u>6,298</u>
Pension contributions during the year, totalled	<u>0</u>	<u>0</u>

12 EMPLOYEES THROUGHOUT THE YEAR WERE:

<u>2023</u>	<u>2022</u>
<u>5</u>	<u>5</u>

13 DEFERRED INCOME

<u>2023</u>	<u>2022</u>
<u>£</u>	<u>£</u>
<u>0</u>	<u>500</u>

14 TRUSTEE REMUNERATION/EXPENSES

No trustee received any remuneration or expenses during the year.

15 RELATED PARTY TRANSACTIONS

During the year under review, the charity had use of part of the premises of L. Davis, one of the trustees, for its operations without any payment of rent.

CARING AND SHARING TRUST

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023**

**16 RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH
FLOW FROM OPERATING ACTIVITIES**

	<u>2023</u>	<u>2022</u>
	£	£
Net Movement in funds	(79,797)	3,647
Add back depreciation charge	549	732
Finance cost	486	457
Decrease (increase) in debtors	600	937
Increase (decrease) in creditors	(2,114)	1,338
Interest income	(60)	-52
Net Cash used in operating activities	<u>(80,335)</u>	<u>7,059</u>