

# THE ALICE CROSS CENTRE

England & Wales · Charity number 800996

## Details

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<b>Other names</b>	AGE CONCERN, TEIGNMOUTH AND SHALDON, TEIGNMOUTH AND DISTRICT OLD PEOPLE'S WELFARE ASSOCIATION, ALICE CROSS COMMUNITY CENTRE
<b>Status</b>	Registered
<b>Legal form</b>	Charitable company
<b>Company number</b>	<a href="#">02338079</a>
<b>Registered</b>	1989-04-04
<b>Register</b>	<a href="#">View on the Charity Commission register</a>

## Contact

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<b>Address</b>	Alice Cross Centre 1-3 Bitton Park Road Teignmouth TQ14 9BT
<b>Phone</b>	01626 778039
<b>Email</b>	<a href="mailto:info@thealicecross.co.uk">info@thealicecross.co.uk</a>
<b>Website</b>	<a href="http://www.thealicecross.co.uk">www.thealicecross.co.uk</a>

## Activities

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**Objects:** (a) to promote and provide for the welfare of elderly people, including the relief of poverty, ill health, suffering and distress of such people, within the area of Teignmouth and the surrounding area in any manner which now is or hereafter may be deemed by law to be charitable;(b) to promote for the benefit of people in Teignmouth and the surrounding area the provision of facilities for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the object of improving the condition of life of the said inhabitants; (c) to preserve and protect the health of people in Teignmouth and the surrounding area, in particular (but not exclusively) by providing and assisting in the provision of facilities to improve health and fitness, and the provision of information and support in relation to healthy eating; and (d) to promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society. For the purpose of this article '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).

**Activities:** To further the well-being of older people and the wider community in Teignmouth/Shaldon by supporting healthy living, through the provision of a community centre with meals (including a meal delivery service), activities and clubs. Activities include: fitness classes, table tennis, oriental dancing, music sessions, a memory cafe, digital skills, bingo, cookery classes, craft and social events.

## Classification

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- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Amateur Sport, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities

## Geography

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- **Area of benefit:** TEIGNMOUTH AND DISTRICT
- Devon

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£236,092	£196,429	-	-
2024-06-30	£189,463	£205,010	-	-
2023-06-30	£133,009	£146,923	-	-
2022-06-30	£64,634	£93,529	-	-
2021-06-30	£89,017	£87,678	-	-

## Trustees

Name	Role	Appointed
Andy Longford		2022-01-31
Catherine Lousie Quinn		2025-11-17
Deborah Minett		2019-11-12
Sarah Holloway		2023-11-13
Suzanne Marie Halfyard		2018-11-13

**THE ALICE CROSS CENTRE**

England & Wales - Charity number 800996

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# Accounts

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# THE ALICE CROSS CENTRE

Company Registration Number: 2338079

Charity Registration Number: 800996



## ANNUAL REPORT

YEAR ENDED JUNE 2025



1-3 Bitton Park Road  
Teignmouth  
TQ14 9BT  
[www.thealicecross.co.uk](http://www.thealicecross.co.uk)  
[@alicecrosscentre](https://twitter.com/alicecrosscentre)

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## **Report Overview**

### **Trustee Statement**

This last year financial year has been very challenging for the Trustees and staff and for the Centre in general. However, thanks to the absolute dedication of the staff, the Alice Cross Centre has yet again continued to provide and develop services of the highest quality for the community of Teignmouth and the surrounding locale.

Our General Manager (GM), Jackie O'Brien needed to leave us, to spend more time looking after her family and in September 2024 we appointed Dawn Rivers as the new General Manager. Dawn brought a new view to the Alice Cross about the need to look forward and see the funding challenges that were facing us. A potential considerable financial deficit was identified. Dawn encouraged the staff and volunteers to give attention to new ways of fund-raising and to reach out to the wider community for support. Regrettably Dawn felt unable to continue at the Alice Cross at the end of her probationary period.

Peta Howell, the Centre's Marketing Assistant was recommended as successor by previous General Managers. She had worked alongside them and had been a part-time employee for many years. We were very pleased to appoint Peta, with full support from the existing staff, as GM commencing the beginning of January 2025. In the 6 months that followed, Peta and her staff have turned around the fortunes of the Alice Cross Centre and stabilised the finances as well as generating a new positive confidence in all who use the facilities and services.

As we move forward into the next financial year, the Trustees and staff are aware that the financial situation remains challenging. Grant availability and other funding sources are diminishing in a market that is expanding. Our services are more and more in demand and reliant upon us achieving sufficient income to keep the Centre operating. Costs are increasing for food and utilities and as such, budgeting for the forthcoming financial year has been a challenge, as it continues to highlight a potential deficit.

The Trustees and the staff will continue to work with the Vision of the Alice Cross Centre to be the community centre of choice for improved health and wellbeing for all, with a Mission to maximise our contribution to the well-being of our community. The objectives set are based around the four guiding pillars of Food, Community, Movement and Mind. We will work together to ensure that the Centre activities are expanding to meet the needs of the wider community that it represents.

The Alice Cross Centre Board of Trustees sincerely thank the General Manager, Peta Howell, and our dedicated staff for their continued commitment to improve and develop the Centre. We would also extend our grateful thanks to the many and varied organisations in the Teignbridge area who have shown exceptional support over the last year. However, we can only achieve further success with the continued support of our volunteers, clients and the wider community that we service. We shall continue to work with them all to reach new goals and further develop The Alice Cross Centre as Teignmouth's "go to" Community Hub.

### **The Alice Cross Centre Board of Trustees**

**July 2025**

# About The Alice Cross

The Alice Cross Centre, a registered charity at the heart of Teignmouth, stands as a cornerstone of community wellbeing. As a vibrant hub bringing together residents of all ages and backgrounds, our mission is to maximise our contribution to the health and happiness of the local community.

We aim to be the community centre of choice for improved health and wellbeing by delivering services and activities that align with our four pillars of health:

## Food, Movement, Mind, and Community.

Our approach is grounded in accessibility, inclusivity, and compassion.



Positioned centrally in Teignmouth—just steps from the town centre, train station, and bus stop—the Centre is physically easy to reach.

For those who are housebound or face mobility challenges, our hot and frozen meal delivery service provides a vital connection. This subsidised service is designed to ensure that nutritious meals remain within reach for those on low incomes or pension credits.

During the festive season, we offer transport for individuals who would otherwise spend Christmas alone, inviting them to join our free community Christmas meal and celebration—a heart-warming day of connection and joy. We believe that wellbeing comes from more than just medical care. That's why we offer a diverse and evolving programme of activities and services tailored to support holistic health.

From low-cost fitness classes and dance sessions to support groups and social clubs and groups, our offerings promote both physical activity and mental resilience. Our activities are designed for all ability levels, encouraging everyone to participate, regardless of age or mobility.



# MOVEMENT

- ZUMBA GOLD
- SEATED YOGA
- MAT YOGA
- SEATED EXERCISE
- WELLBEING WALKS
- TABLE TENNIS
- DANCING!

In addition to general wellbeing activities, we provide targeted support for vulnerable and under-served groups. Our Memory Café provides a safe and supportive environment for those with cognitive challenges, while our grief support group offers solace to those navigating loss—a time when many feel especially isolated. We host dedicated chat groups for men and women, creating spaces where individuals can connect and share openly. Our new Learning Disability Friendship Group fosters an inclusive space for people to build relationships, develop skills, and participate in recreational activities in a fun, supportive setting.



# MIND

**THE ALICE CROSS CENTRE  
CREATING A BUZZ**

**Alice Cross Quiz Champions**



**THE AMNESIACS**  
March 2022

**Alice Cross Quiz Champions**



**THE UNDECISIVES**  
February 2024

**Alice Cross Quiz Champions**



**AMSTINKY**  
October 2022



Music connects all ages at Alice Cross through sessions, performances, collaboration, fostering creativity, inclusion, expression, and community across generations and backgrounds.



A warm meal at the Centre often becomes the starting point for deeper connections. In the financial year 2024/2025 we have served on average 3138 hot meals in the centre and delivered 3242 meals to the home.

Affordable or complimentary hot meals lower financial barriers to nutrition and offer a welcoming space for conversation and friendship.

Our volunteers, staff, and collaborative partners work hand-in-hand to ensure that every person who walks through our doors is not only nourished but also seen, heard, and valued.



Community centres like the Alice Cross Centre are increasingly recognised as key contributors to public health. By addressing the wider determinants of health—including social isolation, inactivity, and poor nutrition—we significantly ease pressure on NHS and social care services. Social prescribing, for instance, has been linked to a 28% reduction in GP appointments and a 24% decrease in A&E visits, thanks to the availability of non-clinical, preventative support in settings like ours<sup>1</sup>. Evidence also shows that local community programming, like what we offer, can help reduce frailty, prevent strokes, and minimise the risk of falls and depression in older adults<sup>2</sup>.

This results in not only improved quality of life for individuals but also significant cost savings to the healthcare system. Mental health is another area where community-based care shows remarkable impact. Research indicates that 75% of participants in community wellness programmes experience emotional health improvements<sup>3</sup>.

At the Alice Cross Centre, a 2025 internal survey revealed that 100% of participants reported improved social connections, while 83% noted significant improvements in their mental wellbeing. Our success is built on strong community networks. These networks create trust, reduce social isolation, and build resilience. They allow us to work collaboratively with local organisations to signpost visitors to additional services when their needs go beyond our remit—ensuring nobody falls through the cracks. At its core, the Alice Cross Centre is much more than a building—it is a dynamic space of belonging, care, and transformation. By nurturing the mind, body, and spirit through inclusive, community-centred approaches, we are not only improving lives today but also helping to shape a healthier, more connected future for Teignmouth.

**References: 1. *The Joy App. (2023). \*How social prescribing can reduce pressure on NHS services\**.**

**2. *Leisure Opportunities. (2023). \*Public leisure centres and health outcomes\**.**

**3. *PubMed. (2013). \*Improving wellbeing through community health programmes\**.**

**4. *Alice Cross Centre. (2025). \*Annual Impact Survey\**.**

**5. *GOV.UK. (2022). \*Review of community health initiatives\**.**

# Our approach to reaching people experiencing disadvantage

- Providing affordable, nutritious meals both at our centre and through our award-winning home delivery service for housebound individuals who might otherwise struggle with food access or nutrition.
- Linking with GPs social prescribers, and other statutory and charitable organisations to support those facing homelessness by providing free hot meals to those who need them.
- Collaborative partnerships with local organisations allow us to effectively signpost visitors to additional support services beyond our scope, ensuring comprehensive care for those with complex needs.
- A new Learning Disability Friendship group aims to create an inclusive social space where participants can develop friendships, learn new skills and enjoy recreational activities in a supportive environment.
- The Alice Cross Centre's Digital Skills Service tackles digital exclusion by providing personalised, patient guidance to older adults on essential technology skills—from video calling family to accessing online information. Through this service, we bridge the digital divide, preventing isolation while enhancing independence and ensuring people maintain vital connections to banking and other services, information, and loved ones in our increasingly digital society.
- Transportation on Christmas day for individuals who would otherwise spend the day alone, enabling them to join us at the centre for a complimentary Christmas celebration with others in the community.



- Offering physical activities which are tailored to various ability levels, ensuring inclusion regardless of fitness or mobility constraints.
- Offering specialised programmes like our Memory Café which supports those with cognitive challenges who face barriers to social participation, as well as their carers.
- Offering a Men's Chat Group and Ladies Chat Group which create comfortable environments where participants can discuss unique challenges, and forge long-lasting and meaningful friendships and connections.
- Offering a Grief Support group which reaches people during vulnerable periods when isolation is common and mental health support is crucial.
- Partnering with Read Easy to reach out to adults who cannot read or who have very poor literacy skills and offer free books and resources.

**We address barriers to participation by :**

- Reducing Financial barriers through affordable or free meal options and low-cost programmes of activities.
- By creating welcoming spaces for diverse community members we reduce social barriers. We pride ourselves in our warm and friendly atmosphere, where everyone is welcomed.
- Offering volunteer opportunities which create pathways for meaningful engagement for those who



# Our Team

At the heart of the operations of the Alice Cross Centre are our hard-working and dedicated members of staff, whose passion and commitment make everything we do possible.

This exceptional team doesn't just work at the Alice Cross Centre – they embody its spirit of community, care, and excellence in everything they do.

<b>Peta Howell – General Manager</b>	Peta Howell brings strategic vision and deep community understanding to guide our direction
<b>Alison Fenton – Centre Coordinator and Finance Administrator</b>	Centre Coordinator and Finance Administrator Alison Fenton keeps our operations running smoothly and our finances on track with meticulous attention to detail.
<b>Dave Cook – Chef and Kitchen manager</b>	Chef Dave Cook continues to amaze us and our community with his culinary creativity and commitment to excellence, transforming every meal into a memorable experience.
<b>Yvonne Lamond – Volunteer Coordinator</b>	Volunteer Coordinator Yvonne Lamond works tirelessly to support and organize our incredible volunteer team, ensuring everyone feels valued and engaged.
<b>Fran Clarke – Marketing Administrator</b>	The newest addition to our team – Fran Clarke - ensures our message reaches the community and our events are well-promoted.
<b>Nicky Howarth - Housekeeper</b>	Housekeeper Nicky Howarth maintains the welcoming, spotless environment that makes everyone feel at home.
<b>Sue Yates (self Employed) – Project leader</b>	Sue Yates brings innovation and energy to our memory café and digital skills, helping us expand our reach and impact

## Staff



Sue Yates  
Support Worker

[sue@thealicecross.co.uk](mailto:sue@thealicecross.co.uk)



Yvonne Lamond  
Volunteer Coordinator

[Yvonne@thealicecross.co.uk](mailto:Yvonne@thealicecross.co.uk)



Peta Howell  
General Manager

[peta@thealicecross.co.uk](mailto:peta@thealicecross.co.uk)



Alison Fenton  
Centre Coordinator

[alison@thealicecross.co.uk](mailto:alison@thealicecross.co.uk)



Dave Cook  
Chef

[dave@thealicecross.co.uk](mailto:dave@thealicecross.co.uk)



Fran Clarke  
Administrator

[Fran@thealicecross.co.uk](mailto:Fran@thealicecross.co.uk)

# Our Trustees

The Alice Cross Centre's dedicated board of trustees plays a crucial role in guiding the organisation's strategic direction and ensuring its continued success in serving the Teignmouth community.

Led by Chair Andy Longford, the trustee board includes Sue Halfyard, Paul Howard, Sarah Holloway, and Deborah Minnett, who collectively bring diverse skills and experience to their governance responsibilities.

The board recently welcomed Vivien Love as the new treasurer, filling this vital financial oversight role. The trustees were briefly joined by long-term volunteer Robin Warren, whose contributions to the centre are gratefully acknowledged, however due to personal circumstances he had to step down from his role.

As trustees, these volunteers carry significant legal and fiduciary responsibilities, including overseeing the centre's financial management, ensuring compliance with charity regulations, setting strategic priorities, and maintaining accountability to both beneficiaries and the wider community. Their governance expertise enables the Alice Cross Centre to operate effectively as a registered charity, making informed decisions about resource allocation, risk management, and long-term sustainability.

Through their voluntary commitment to these demanding roles, the trustee's collective stewardship helps maintain public trust and confidence in the organisation while positioning it for future growth and impact.

Contact the trustees :  
trustees@thealicecross.co.uk



**Trustees**

Trustees are the people who share ultimate responsibility for governing and directing how the Alice Cross Centre is managed and run.



Sarah Holloway



Andy Longford



Deborah Minnett



Sue Halfyard



Vivien Love



Paul Howard

# Our Volunteers

Volunteering at the Alice Cross Centre in Teignmouth offers a meaningful way to directly impact the local community while building personal connections and skills.

We have 90 volunteers who are active in the centre, some giving as much as 10 hours a week. The centre could not possibly function without our loyal band of volunteers giving an estimated 9360 hours a year – which would cost us £114,285 a year if they were each paid £12.21 an hour (national wage).

Volunteers contribute to vital services including meal delivery to vulnerable residents, daily lunches, and support group operations, helping to address food insecurity and social isolation among older people with limited mobility. This volunteer work aligns with broader UK volunteering trends, where approximately 7.5 million adults (16%) participate in formal volunteering at least monthly<sup>1</sup>, and local community and neighbourhood groups are the most popular volunteering cause, involving about 1 in 5 recent volunteers<sup>2,3</sup>.

For Teignmouth specifically, the Alice Cross Centre's volunteer-supported services create a ripple effect of community benefit - from ensuring vulnerable residents receive nutritious meals and social contact, to providing a welcoming space where people can connect, learn new skills, and maintain their wellbeing. The centre has been described as "an important asset to Teignmouth", demonstrating how volunteer contributions help sustain essential community infrastructure that might otherwise struggle to operate.

<sup>1</sup> Source: <https://www.gov.uk/government/statistics/community-life-survey-202324-annual-publication/community-life-survey-202324-volunteering-and-charitable-giving>

<sup>2</sup> Source: <https://commonslibrary.parliament.uk/research-briefings/cdp-2024-0086/>

<sup>3</sup> Source: [www.ncvo.org.uk/news-and-insights/news-index/uk-civil-society-almanac-2024/volunteering/](http://www.ncvo.org.uk/news-and-insights/news-index/uk-civil-society-almanac-2024/volunteering/)

# Some of our AMAZING! OUR VOLUNTEERS



Vanda and Paula



Grace



Jill and Janet



Roger



Sue



Caroline



Amber and Debs



Deborah



Lorna



Sheila



Andy



Chris

Devoted Humble Involved  
Vibrant Selfless Generous  
Passionate Charitable Thanks  
Loving Friendly Wonderful  
**Volunteers** Caring  
UNSELFISH HELPFUL PROSPEROUS GREAT  
Amazing THOUGHTFUL  
Respectable



Jacqueline



Julie



Geoff



Diantha and Derek



Shelia

# Our Mission and Vision

- Our **MISSION** is to maximise our contribution to the well-being of our community.
- Our **VISION** is to be the community centre of choice for improved health and well-being for all.

## Core Values

1. **Compassion:** We foster a warm and understanding environment where every individual is treated with empathy, dignity, and respect.
2. **Inclusion:** The Alice Cross Centre is open to everyone, ensuring equal access to activities and support, while celebrating diversity and promoting social integration.
3. **Empowerment:** We encourage independence and support individuals in developing confidence, skills, and a sense of purpose in a safe and nurturing space.
4. **Respect:** We value the experiences, backgrounds, and needs of all participants, promoting mutual respect and understanding among community members.
5. **Safety and Wellbeing:** We prioritise the physical, emotional, and mental health of all Individuals by creating a safe and supportive environment.
6. **Collaboration:** We work in partnership with community members, carers, and other organisations to provide support.
7. **Dignity:** We uphold the dignity of older and vulnerable people by ensuring they have a voice in decisions that affect their lives, while respecting their autonomy.
8. **Trust:** We aim to build a strong sense of trust between the staff, volunteers, and the community by maintaining transparency, integrity, and reliability in all our services.

Our core values offer more than just activities, but also a space of support and connection for those that need it.

# Priorities for 2025/2026

We are excited to have identified several new project opportunities that will further enhance the support we offer to our community. These include launching an additional Memory Café to meet growing demand, introducing a Music for Dementia programme to provide therapeutic and joyful engagement, and establishing a dedicated Carers Support Group to offer connection and respite for those in caregiving roles. We want to continue to work closely with other organisations to provide joint projects and share funding responsibilities.

We also plan to expand our physical activity programme by adding a new exercise class—such as circuits, Zumba, or Pilates—to provide more choice and cater to varying fitness levels and interests.

These initiatives reflect our commitment to improving wellbeing, inclusion, and quality of life for all who use our services.



Over the next financial year, the Alice Cross Centre will focus on strengthening financial sustainability by increasing rental income, expanding grant funding efforts, and diversifying revenue streams.

A key priority is to grow and engage our volunteer base through targeted training and meaningful opportunities, enabling us to enhance and extend core services such as hot meals, exercise classes, and social support groups.

We will also work to improve public understanding of the services we directly provide versus those offered by partner organisations. These efforts will support our mission to improve wellbeing, reduce isolation, and maintain a welcoming, inclusive space for the community.

# Objectives for 2025/2026

Strategic Objectives	Component Objectives	Targets	Activities
<p><b>1. Strategy, Planning and Financial Management:</b> To implement and report against robust strategies, plans and budgets</p>	<ul style="list-style-type: none"> <li>• Mission and Strategic direction clearly articulated, approved and shared.</li> <li>• Priorities identified with relevant strategies in place.</li> <li>• Effective risk management and contingency planning.</li> <li>• Decisions and activities are evidence based.</li> <li>• To prepare robust budgets and cash flow forecasts.</li> <li>• To comply with all necessary financial procedures and reporting requirements</li> <li>• Sustain and diversify income streams.</li> <li>• Identify new funders.</li> <li>• Control and prioritise expenditure.</li> </ul>	<ul style="list-style-type: none"> <li>• Strategic direction and priorities are relevant, challenging but achievable, and provide a framework for continuous improvement</li> <li>• Medium-term Plan effectively implemented</li> <li>• Trustees represent the community and effectively guide performance</li> <li>• Approved budget by end of May each year.</li> <li>• Maintain income above £200,000 and reduce dependency on one-off or variable funding sources.</li> <li>• Identify at least 3 new potential grant funders</li> </ul>	<p>Activities</p> <ul style="list-style-type: none"> <li>• Medium-term Plan prepared and approved by the beginning of the financial year.</li> <li>• Recruit more Trustees with relevant skills and experience.</li> <li>• Budget prepared and approved by end of May.</li> <li>• Comply with financial procedures.</li> <li>• Identify 1 new funding source each year.</li> <li>• Expand community fundraising, corporate sponsorships, grant applications, and room rentals.</li> <li>• Conduct a room pricing and usage review each year, promote rental availability through targeted marketing. Develop rental packages or discounts for regular/long term bookings.</li> <li>• Explore partnerships with local organisations who may benefit from a regular base.</li> <li>• Assign a volunteer to assist the GM manager to</li> </ul>

	<ul style="list-style-type: none"> <li>• Keep total expenditure within budget while protecting core services.</li> <li>• Strengthen financial resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct a quarterly review of all expenditure lines and identify areas for improved cost efficiency.</li> <li>• All transactions are properly accounted for.</li> <li>• Achieve a small financial surplus.</li> <li>• Build a reserve fund equivalent to 3–6 months of operating costs.</li> <li>• Achieve fundraising targets of <b>£4077</b></li> <li>• Achieve income from food and beverage sales of <b>£77,659</b></li> <li>• Increase rental income and space utilisation by 20%.</li> <li>• Reduce operating costs to 95% of income.</li> <li>• Prepare draft annual</li> </ul>	<p>research funding opportunities.</p> <ul style="list-style-type: none"> <li>• Build relationships with local and national grant-making bodies through networking and proactive outreach.</li> <li>• Quarterly financial reports prepared by end of the following month.</li> <li>• Annual accounts prepared and audited by December 15th.</li> <li>• Develop and implement data collection and analysis plan.</li> </ul>
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		<p>accounts by 30 September.</p> <ul style="list-style-type: none"> <li>• Data collection and analysis needs identified and being met.</li> </ul>	
<p><b>2. Operations</b> Centre operations are efficient and effective to provide the best service to all stakeholders.</p>	<ul style="list-style-type: none"> <li>• Operations are guided by a full set of appropriate procedures which are effectively implemented .</li> <li>• Optimise performance of all staff and volunteers.</li> <li>• To offer a wide range of activities to different target audiences, in line with community needs.</li> <li>• Optimise use of our facilities.</li> <li>• Systems, processes and equipment are modern and efficient.</li> </ul>	<ul style="list-style-type: none"> <li>• Operational procedures being effectively implemented .</li> <li>• Roles and responsibilities of all staff and volunteers clearly identified and effectively carried out.</li> <li>• Increase the numbers of active volunteers and utilise range of skills of volunteers by conducting a skills audit</li> <li>• Maximise use of facilities by increasing occupancy to 90%.</li> <li>• Continuous improvement of systems, equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Review and update operational procedures every two years and ensure compliance.</li> <li>• Review and update roles and responsibilities of all staff and volunteers.</li> <li>• Prepare and implement training programmes for staff and volunteers.</li> <li>• Review staff and volunteer performance on a quarterly basis.</li> <li>• Undertake an annual review of activities and their target audiences.</li> </ul>

		<p>and processes e.g. New CRM</p>	
<p><b>3. Services, Participation and Impact</b> To maximise and report on [participation and impact</p>	<ul style="list-style-type: none"> <li>• Enhance and expand key services.</li> <li>• To increase the numbers and variety/diversity of participants.</li> <li>• Maximise the number of commercial activities.</li> <li>• Support and increase volunteer engagement</li> <li>• Maximise the impact of our food capability.</li> <li>• Improve public and professional understanding and awareness of our services.</li> <li>• Evaluate and report social impact.</li> </ul>	<p>Annual calendar of activities in place by November 30th.</p> <ul style="list-style-type: none"> <li>• Increase number of activities provided by 2 each year.</li> <li>• Increase volunteer hours by 10% and boost overall engagement in Centre activities and services, particularly at evenings and weekends.</li> <li>• Ensure all stakeholders understand which services the Alice Cross Centre provides directly.</li> <li>• Increase number of users referred from social prescribers.</li> <li>• Include an impact report in the Annual</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare and publish calendar of events.</li> <li>• Develop and implement new activities.</li> <li>• Implement a communications and marketing plan.</li> <li>• GM to engage all local statutory and non-statutory organisations with regular communication to clearly define what services we provide in house.</li> <li>• Provide targeted training opportunities to volunteers to expand and enhance our services — enabling them to take on more active roles in service delivery.</li> <li>• Continue to develop a structured volunteer engagement</li> </ul>

		<p>Report to highlight outcomes and attract future support.</p>	<p>programme that includes meaningful roles, regular communication, training opportunities, recognition events.</p> <ul style="list-style-type: none"> <li>• Collect and analyse data on participant numbers, service feedback, and wellbeing indicators.</li> </ul>
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# Our Impact

Our comprehensive impact survey, conducted between January and May 2025, provides compelling evidence of the Alice Cross Centre's vital role in the heart of our community. With 76 service users participating, the results are overwhelmingly positive and speak to the depth of connection and trust we've built over time.

An outstanding 100% of respondents rated our services as either excellent (84%) or good (16%), and every single participant said they would recommend the centre to others. This is a testament to the consistent quality and care we deliver across our services.

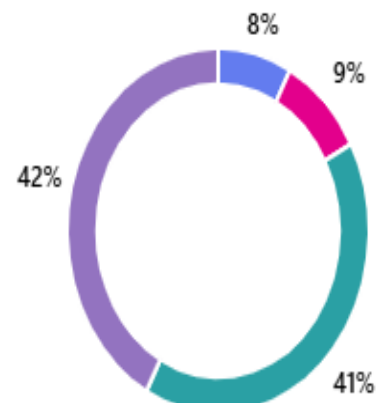
## 14. Would you recommend the Alice Cross Centre to others?

● Yes	75
● No	0
● Unsure	0



The centre attracts adults across a broad age range, though the majority of respondents (85%) were aged over 50. Most users (83%) have been engaging with us for more than a year, reflecting strong loyalty and sustained involvement. Word of mouth remains the most common way people discover us, reinforcing our place as a trusted, grassroots community hub.

● Less than 6 months	6
● 6 months- 1 year	7
● 1-3 years	31
● Over 3 years	32

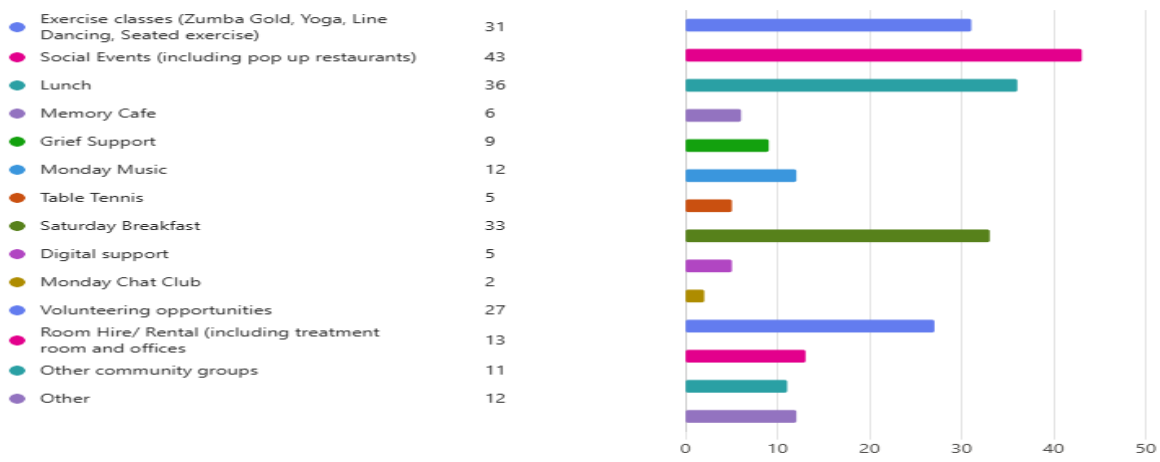


Our greatest impact lies in reducing social isolation—68% of respondents reported improvements in their social connections, while 58% noted enhanced mental well-being and 32% experienced better physical health.



Volunteering opportunities and social events were highlighted as the most valuable services, with users praising the sense of community, purpose, and friendship they’ve found here.

Activities such as yoga, Zumba, Saturday breakfasts, and communal lunches were especially well-attended, and weekly visits were the most common pattern of engagement.



Respondents frequently described the centre as warm and inclusive, commending our staff and volunteers for their kindness and genuine support. One participant summed it up by saying they **“always feel welcomed warmly”** and others praised our **“wonderful supportive community.”**



Encouragingly, all respondents said they would recommend the centre to others. Suggestions for new services included circuit training, craft and games groups, and improved accessibility for those with transport needs.

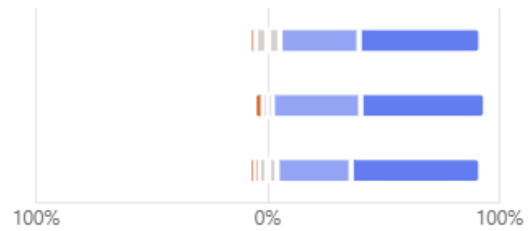
These insights will guide us as we continue to grow and evolve our services.

● Strongly disagree ● Disagree ● Neutral ● Agree ● Strongly agree

I feel more connected to my community

I feel supported by staff and Volunteers

the services have made a positive difference in my life



These results reflect the Alice Cross Centre’s vital role in supporting older adults' health, connection, and quality of life in the community.

The Impact survey data confirms what we see every day: the Alice Cross Centre is not just a place that provides services—it is a vital, life-enhancing space that brings people together, fosters well-being, and strengthens the fabric of our community.



***This data confirms that the Alice Cross Centre  
is not just providing services  
but fundamentally improving lives and  
strengthening our  
community fabric.***

**BUILDING STRONGER  
COMMUNITIES TOGETHER**



**IMPROVING LIVES AT  
ALICE CROSS CENTRE**



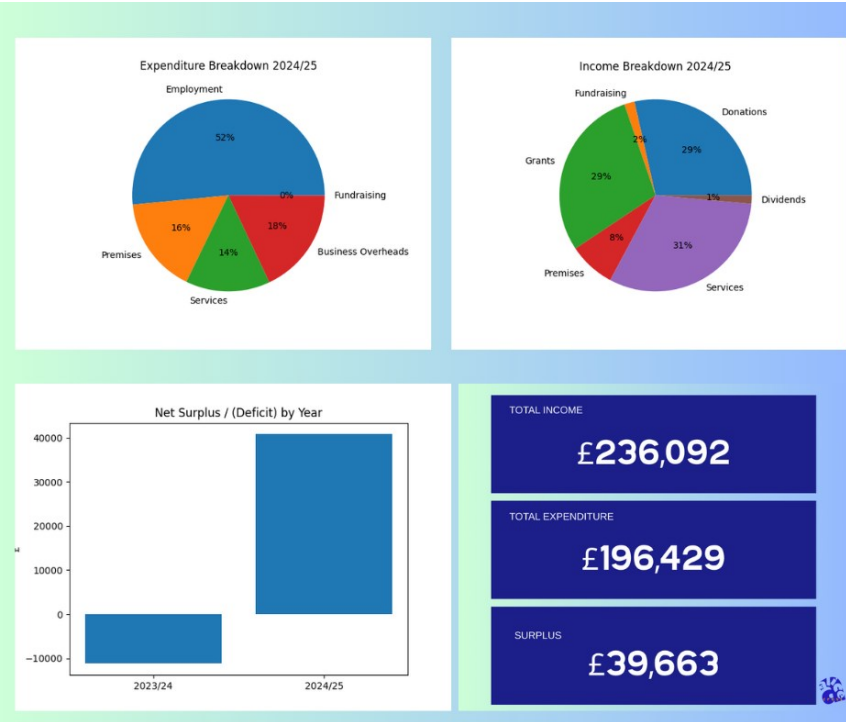
This year, we are incredibly proud to share that we successfully raised £7,000 in just seven weeks to replace our fire alarm system. This was a vital and needed upgrade that ensures the continued safety and wellbeing of everyone who uses The Alice Cross Centre. Achieving this goal so quickly reflects the strength, dedication, and generosity of our community, and it stands out as one of the year's most uplifting achievements.

This remarkable result was only possible thanks to the tireless fundraising efforts of Team Alice, the enthusiasm and commitment of our wonderful volunteers, and the exceptional generosity of Michael Brown, whose donations played a crucial role in reaching our target. We are deeply grateful to everyone who contributed. Your support not only funded essential safety improvements but also reaffirmed the community spirit at the heart of the Centre.

This incredible fundraising milestone was celebrated in style at the official opening of the new fire alarm system during Alice Cross Day in July. In a fitting tribute to the community effort behind the achievement, the Mayor of Teignmouth joined us to cut the ceremonial ribbon, marking not only the installation of a vital safety upgrade but also the collective spirit that made it possible. It was a moment of pride and gratitude for everyone involved, capturing the very best of what the Alice Cross community can accomplish together

# Finances

## Financial Summary for the Year Ended 30 June 2025



The Alice Cross Centre recorded total income of £236,092 during the year, an increase compared with the previous year (£189,463). The Centre’s income continued to be well diversified, with the largest contributions coming from services (£74,116), donations (£67,351) and grants (£68,703). Of the total income, £21,103 was restricted, primarily relating to grant funding.

Total expenditure for the year amounted to £196,429, reflecting the ongoing costs of delivering services and maintaining the Centre.

Employment costs remained the largest area of expenditure at £116,720, reflecting the importance of paid staff in delivering high-quality support. Premises costs totalled £36,797, while service delivery costs were £32,153. Fundraising expenditure remained modest at £86, demonstrating continued efficiency in income generation.

As a result, the Centre achieved an overall surplus of £39,664 before adjustments. After accounting for depreciation of fixed assets (£6,217) and gains on investments (£7,349), the net surplus for the year was £40,796. Restricted funds showed a small deficit of £2,721, reflecting the timing of restricted income and expenditure.

Charitable activities continued to be the primary focus of spending. £188,473 (95.9%) of total expenditure was directed towards direct charitable activities, with £7,956 (4.1%) spent on fundraising costs. This demonstrates the Centre’s strong commitment to maximising the proportion of funds spent on front-line services.

Overall, the Centre remains in a stable and positive financial position, with growing income, controlled expenditure, and a healthy surplus that strengthens reserves and supports future sustainability.

# Review of the year

## July 2024 - Alice Cross Day Celebration

July was highlighted by our special Alice Cross Day - an open day that truly showcased everything we represent. The event celebrated our activities, food, and community spirit, culminating in the official opening of our new lift with Mayor Cate Williams and members of the Rotary Club. This accessibility improvement marked a significant step forward in making our centre welcoming to all community members.

Our Open Gardens Day at the Rowden's was a delightful summer affair, offering access to the beautiful community gardens alongside strawberries and Pimm's, all accompanied by the wonderful music of The Teigns.



Photos: Gaye Iliston

[WWW.THEALICECROSS.CO.UK/OPEN-GARDENS](http://WWW.THEALICECROSS.CO.UK/OPEN-GARDENS)

[@alicecrosscentre](https://www.facebook.com/alicecrosscentre)

[www.thealicecross.co.uk](http://www.thealicecross.co.uk)

☎ 01626 778039

The Alice Cross Centre 1-3 Bitton park Road Teignmouth TQ14 9BT

### August 2024 - Carnival Colours

August saw us take part in Dawlish Carnival with our vibrant bee theme, where we wowed the crowds with our colourful display and infectious enthusiasm. This participation demonstrated our commitment to engaging with the wider community beyond Teignmouth.



### September 2024 - Pride and Performance

September brought our participation in Teignmouth Pride, where we ran a stall in town throughout the weekend, showing our support for inclusivity and diversity.

The Cave continued their excellent work with another successful open mic night for teenagers, providing a vital creative outlet for young people. We also had the pleasure of hosting Newton Abbot Ramblers for an evening of games and supper, expanding our network of community connections.



**October 2024 - Autumn Excellence**

October featured Chef Dave's spectacular autumn dining experience, where he wowed attendees with his "Autumn Delights" menu, beautifully showcasing seasonal and local produce. This demonstrated our commitment to celebrating local suppliers and seasonal eating.

Our bi-annual curry and quiz night, expertly hosted by our chair Andy, brought the community together with delicious homemade curries and sundries, continuing this popular tradition that combines great food with friendly competition.



**November 2024 - Market Magic**

November's highlight was our annual Christmas Market, which showcased talented artisan and local crafters alongside our famous breakfast baps and turkey baps. The event was made even more special with a visit from Father Christmas, creating magical moments for visitors of all ages.

We also had the privilege of hosting a 90th birthday party during November, demonstrating how the centre serves as a venue for life's special celebrations and milestones.



## December 2024 - Christmas Spirit

December was devoted entirely to Christmas celebrations, with several festive meals hosted for our various groups, including our walking group "Walk This Way." These gatherings reinforced the centre's role as a place where our community families come together during the most important times of the year.

A particularly special tradition continued with local legend Tony Lidington's annual reading of "The Christmas Carol," which we hosted at St James Church. The evening was made even more atmospheric by our pop-up choir, comprising volunteers and supporters, who welcomed guests with beautiful carols performed in the historic 12th-century bell tower.



## December 2024 - A Christmas to Remember

Our festive season began with our Christmas Day initiative, where we served free Christmas dinner to 80 people who would otherwise have spent the holiday alone. The day was made even more special with a delightful sing-along session featuring David Haines on piano, followed by a brilliant and entertaining performance from Teignmouth's premier Dolly Parton impersonator.



## January 2025 - New Year, New Voices

January brought fresh energy with two open mic nights organized by local charity The Cave - one dedicated to teenagers and another for our Silver Sessions (over 50s), providing platforms for different generations to showcase their talents. Our Burns Night celebration was a rousing success, complete with traditional toasts, whiskey, music, and dancing.

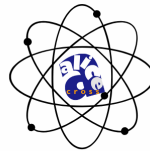
**February 2025 - Community and Connection**

February was particularly busy with our popular jumble sale and our volunteers' appreciation party, where we celebrated the incredible dedication of our volunteers with DJ entertainment and dancing.

Our bi-annual curry and quiz night drew a packed room of competitors vying for the coveted spot on our winners' wall.

A significant milestone was welcoming Teignmouth Science Café on the last Sunday the month - combining restaurant dining with fascinating scientific talks. This innovative concept has proven incredibly successful and continues monthly.

**March 2025 - Recognition and Celebration**  
 March brought well-deserved recognition at the Mayor's Awards, where volunteers Geoff and our meal delivery team received awards for their community service. Peta was also honoured with an individual excellence award and a special Mayor's Choice award.



THE ALICE CROSS CENTRE  
SCIENCE CAFE

**MENU**

01626 778039  
@alicecrosscentre  
www.thealicecross.co.uk

**MAINS**

**Classic Lasagna £11.95**

Layers of pasta with meat sauce and béchamel, baked until golden. Served with garlic bread and a salad garnish.

**Scampi and Chips £11.95**

Golden wholetail scampi with skin-on-fries. Served with garden peas and homemade tartar sauce.

**Homemade Chicken Korma £10.95**

Chicken cooked in a mild curry sauce with ground almonds, coconut cream, and spices. Served with basmati rice, naan bread, and fresh coriander.

**Sweet Potato, Chickpea & Spinach Curry (Ve) £9.95**

Made with sweet potato, chickpeas, and spinach in a lightly spiced tomato sauce, finished with coconut milk. Served with basmati rice, naan bread, and fresh coriander.

**Garlic and Thyme Marinated Halloumi £10.95**

Served with Aolli, Fries and Salad.

**Fully loaded buttermilk chicken burger £11.95**

Tender Buttermilk Chicken in a Brioche Bun with bacon, cheese, onion rings and a BBQ Sauce. Served with fries.

**Ham, Egg & Chips £10.95**

Thick-cut gammon ham served with two fried eggs and chips

**PLEASE ORDER AT THE BAR**

**Roast Pork Sandwich £9.95**

Roast pork with sage and onion stuffing and apple sauce in a ciabatta roll. Served with a side salad.

**Chilli Loaded Fries £10.95**

Skin-on fries topped with chilli con carne and grated cheese.

**SIDES**

Chunky Chips **£2.95**

Topped with melted cheese **£3.95**

**CAKE**

Cake **£3.50**

Cake & Hot Drink **£4.50**

**HOT DRINKS**

Americano **£2.00**

Latte **£2.00**

Cappuccino **£2.00**

Espresso **£2.00**

Tea **£1.00**

Speciality Tea **£1.50**

Hot Chocolate **£1.50**

[www.thealicecross.co.uk](http://www.thealicecross.co.uk)



Andy Longford, Chair. Helen Mahy, Meal Delivery. Peta Howell, General Manager. Viv Wilson, Alice Cross Ambassador. Cate Williams, Mayor of Teignmouth, Eileen Webb, Meal Delivery. Carol Hayes, Meal Delivery. Geoff Gartside, Saturday Breakfast

Our "Taste of the Sea" night on March 15th was another triumph, featuring music from Hooligans Rule and an impressive three-course seafood menu crafted by Dave and Amber.

Later in March, local band Mothers Ruin approached us to organize a fundraising band night featuring Ain't Misbehavin', Celtic Dawn, and Mothers Ruin themselves. The packed venue raised an outstanding £1,000 for the Alice Cross Centre.



We concluded March with a public meeting in lieu of a public AGM, welcoming representatives from various local organisations, and another successful Science Café.

**April 2025 - Entertainment and Engagement**

April saw our centre transformed into a West End club for Divas Night - another sold-out evening featuring dancing, singing, and a spectacular opera performance.



Tozers' Solicitors hosted a fantastic music bingo night, raising £733 for both Alice Cross and hospice care. Our annual games night at month's end brought teams together for friendly competition, followed by another brilliant Science Café.



Above: Divas night  
Below: Tozers' Music Bingo



## May 2025 - Movement and Music

May launched with our walking challenge and series of guided walks, which proved both interesting and extremely popular. Red Rock A Cappella and Torbay Police Choir held a fundraising concert that raised an impressive £2,400.

We participated in the Town Council's VE Day event at Bitton House before hosting our own VE Day party featuring music from The Teigns and Viv Wilson, accompanied by a traditional fish pie supper. Shaldon Singers contributed nearly £500 through their fundraising concert.



Our annual Eurovision party was another packed celebration filled with fun, laughter, dancing, and wonderfully terrible bingo prizes! We also participated in the Traders' Dolly Day on the Triangle, drawing crowds of enthusiastic spectators and participants.

The Heritage Centre's exhibition on our founder, Alice Cross, concluded with an excellent talk from Will and Peta. We also launched our first pop-up café at the indoor market in the new Courtney Community Space, establishing a monthly presence in town.

## June 2025 - Festival and Friendship

June culminated our busy period by hosting the Teignmouth Folk Festival throughout the weekend - a wonderful celebration of music and community.

We hosted a Death Café led by David Berg and Debbie , participated in St Michael's Flower Festival, and launched our groundbreaking Teignbridge Friendship Group - a safe social space designed specifically for adults with learning disabilities and difficulties. The Teignbridge friendship group is a joint project, funded by Teignbridge CVS.

## Looking Forward

This past year have demonstrated the Alice Cross Centre's vital role as a community cornerstone. Through fundraising events, cultural celebrations, innovative programming, and inclusive initiatives, we've not only maintained our mission but expanded our impact. With continued community support and our dedicated volunteers and staff, we look forward to building on these achievements in the months ahead.



thank you!

thank you



THANK YOU

THANK YOU

THANK YOU

THANK YOU



THANK YOU TO OUR SUPPORTERS

- Tozers Solicitors
- Michael Brown
- Teign Housing
- National Lottery Awards for all
- The Mabel Cooper Trust
- The Charles Lewis Foundation
- The Garfield Weston Foundation
- John Lewis Partnership
- Mabel Cooper Trust
- Dawlish Celebrates Carnival
- Teignbridge CVS
- JH Way Funeral Directors
- Red Rock Acappella
- Shaldon Singers
- The Blue Anchor
- Mini Heaven
- Shaldon Bakery
- All our Give a little help a lot supporters

- Teignmouth and Dawlish Rotary Club
- Devon Masonic Lodge
- Heating Geeks
- Christian the roofer
- The Linden
- The Ship Inn
- Happy healthy Bean
- Tibbs
- Victoria's
- The Healthy Pet Shop
- Ocean Foot Therapy
- Happy Bean Health
- Fountains of Health
- Laura Wall
- The Bar
- Morrisons
- Alchemy
- Teignmouth Bakehouse



THANK YOU TO OUR PARTNERS

- Teignmouth Town Council
- The Makery @ Taag
- Lisa Yoga for all
- Read Easy
- St James Church
- Prom Prom Promotions
- Viv Wilson MBE
- Teignmouth and Shaldon Heritage Centre
- Teignmouth Carnival
- Hits Foodback
- Volunteering in Health
- Teignmouth Community Larder
- Assist Teignbridge
- Teign Aid
- Teignbridge CVS
- Devon People First
- Devon Communities Together
- Ilana Jacobs
- David Haines and Teignmouth Science Café
- Teignmouth Traders

**Registered Number 02338079**

**THE ALICE CROSS CENTRE**

**Micro-entity Accounts**

**30 June 2025**

## Micro-entity Balance Sheet as at 30 June 2025

	<i>Notes</i>	<i>2025</i>	<i>2024</i>
		£	£
<b>Fixed Assets</b>		171,348	159,702
<b>Current Assets</b>		77,830	43,047
<b>Prepayments and accrued income</b>		1,829	3,426
<b>Creditors: amounts falling due within one year</b>		(6,010)	(3,780)
<b>Net current assets (liabilities)</b>		<u>73,649</u>	<u>42,693</u>
<b>Total assets less current liabilities</b>		<u>244,997</u>	<u>202,395</u>
<b>Creditors: amounts falling due after more than one year</b>		0	0
<b>Provisions for liabilities</b>		0	0
<b>Accruals and deferred income</b>		0	0
<b>Total net assets (liabilities)</b>		<u>244,997</u>	<u>202,395</u>
<b>Reserves</b>		<u>244,997</u>	<u>202,395</u>

- For the year ending 30 June 2025 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.
- The accounts have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 16 February 2026

And signed on their behalf by:

**Andrew Longford, Director**

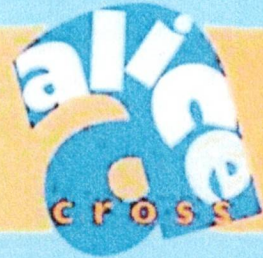
**Notes to the Micro-entity Accounts for the period ended 30 June 2025****1 Employees**

	<i>2025</i>	<i>2024</i>
Average number of employees during the period	6	6

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.

[www.thealicecross.co.uk](http://www.thealicecross.co.uk)

**THE ALICE CROSS CENTRE**  
Teignmouth's community hub



1-3 Bitton Park Road, Teignmouth TQ14 9BT  
Tel: 01626 778039  
Email: [info@thealicecross.co.uk](mailto:info@thealicecross.co.uk)

Registered Charity Number: 800996

Company Registration Number 2338079  
Charity Registration Number 800996

**THE ALICE CROSS CENTRE**  
**FINANCIAL REPORT**  
**YEAR ENDED 30 JUNE 2025**

## 1. Officers and Professional Advisers

### Trustees

Mrs D Minett  
Mrs S Halfyard  
Mr A Longford  
Ms S Holloway  
Mr P Howard  
Mr R Warren  
Ms V Love

### Secretary

Ms Peta Howell

### Registered Office

1 Bitton Park Road  
Teignmouth  
Devon TQ14 9BT

### Independent Examiner

Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon TQ14 8EB

### Bankers

Co-operative Bank  
PO Box250  
Delf House  
Southway  
Skelmersdale WN8 6WT

### Solicitors

Tozers  
Charity Department  
Broadwalk House  
Southernhay West  
Exeter Devon EX1 1UA

## 2 Trustees' Report

The Trustees have pleasure in presenting their Report and Financial Statements for the year ended 30<sup>th</sup> June 2025. The Accounts reflect the provisions of the Charities Acts 2002, 2006 and 2011 as well as those of various Companies Acts and Accounting Standards.

### Reference and Administrative Information

The Alice Cross Centre is a registered charity (No. 800996).

The Charity is a Company limited by guarantee number 2338079, with members guaranteeing a sum not exceeding £1. By concession from the Registrar of Companies the word "Limited" can be dispensed with. It is governed by a Memorandum and Articles of Association dated 24<sup>th</sup> January 1989, as amended 16<sup>th</sup> December 1993, 10<sup>th</sup> May 2005 and 24<sup>th</sup> November 2020. Its registered office is at: 1 Bitton Park Road, Teignmouth, Devon TQ14 9BT.

### Structure, Governance and Management

Company law requires the Trustees, who are all Directors, 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 surplus or deficit of the Charity for that period. In preparing these Financial Statements the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the Financial Statements on a going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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 Companies Act 1985. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### Trustees and Administration

Administration is vested in the committee of Trustees (Board of Trustees). Trustees are normally appointed in a general meeting.

The Trustees who served during the year are as follows:

- Mr A Longford (Chair)
- Mrs S Halfyard
- Mr D Hawkins
- Mrs D Minett
- Ms S Holloway
- Mr P Howard (appointed 8 July 2024)
- Mr R Warren (appointed 20 January 2025 and resigned 18 March 2025)
- Ms Vivian Love – Treasurer (appointed 12 May 2025)

The present Trustees are all Directors of the Company.

The Company's bankers are The Co-operative Bank.

## Operational Issues

### 2.1.1 Objects

The objects for which the charity is established are to promote and provide for the welfare of the elderly, to promote the provision of facilities for recreation, to preserve and protect the health of people and promote social inclusion within the area of Teignmouth and the surrounding area. The Company's funds may be invested in any investment, security, or property at the discretion of the Trustees in furtherance of these objectives.

### 2.1.2 Activities

The principal activity of the Charity is to provide, manage and maintain a community centre, the Alice Cross Centre, for the promotion of well-being amongst the community of Teignmouth, Shaldon and District. During the year, the Trustees have continued to fulfil this objective and the centre has been open daily. Readers are referred to the Centre manager's report for details of activities during the year.

## Financial Issues

### 2.1.3 Reserves Policy

The Trustees recommend that the level of reserves should represent circa 18-months' regular expenditure, approximately £141,000. This is intended to cover the following areas:

- Capital Fund. This comprises the capital investments of the Charity. It is a restricted fund solely for the purpose of maintaining and improving the Charity's premises and facilities, where costs exceed £10,000 per year.
- General Fund. The General Fund is a working reserve to ensure that the Charity is able to continue its obligations in the event of a shortfall in income or a sudden upturn in expenditure.
- Designated Funds. From time to time these are created for specific refurbishment and infrastructure projects.

The Trustees are satisfied that the Charity's assets are sufficient to meet its ongoing obligations for the coming year. The level of reserves held has been reviewed by the Trustees who are of the opinion that they are at an appropriate level relevant to the ongoing financial needs of the Charity. The Investment Policy implemented three years ago has been reviewed and changed in accordance with suggestions from Charles Stanley, the Charity's investment fund managers.

### 2.1.4 Voluntary Help and Donations in Kind

In addition to paid staff, the Charity depends on unpaid voluntary help to continue in its present form. For the purpose of these accounts, no value has been attached to this voluntary help nor to any donations in kind.

### 2.1.5 Accounts

The full accounts are shown in section 5.

The Income and Expenditure section of the accounts shows a surplus of £39,664 for the year.

Total net assets on the Balance Sheet are £244,996 which includes £2,010 of restricted funds. A separate breakdown of restricted funds is shown in Annex 5 to the accounts.

The value of our investments has increased by £7,349 to £92,512.

Fixed asset movements are shown in Annex 1 to the accounts. During the past three years we have made a significant investment in the buildings with a kitchen upgrade and a full refurbishment of the lift to the upper floors.

### 3 Treasurer's Report

The continued cost of living challenges that we are all facing, have somewhat impacted on the financial results. We continue to show a reasonably healthy balance sheet at the end of the financial year and despite there being significant changes of management staff, we managed to achieve sufficient income and achieve an overall surplus in our trading accounts.

The Income & Expenditure account for the year shows that our income has risen significantly this year, with grants, donations and services showing particularly healthy increases. We have made some investment in our building and our salary costs have risen in line with government minimum wage rates, leading to a deficit for the year, although at a reduced level from the previous year.

Use of the premises continues to increase with many regular classes and activities being held at the centre and lunches being served four days per week.

We are aware that people are facing difficult times and it is important that we continue to provide help and support to the people in our community. To this end we will continue to apply for grants whenever possible and are confident that these and other sources of income coupled with a strong balance sheet will enable us to continue to provide support to our local community.

The Trustees are grateful for all the grants received to date and the help we receive from our volunteers. We continue to review the financial position of the Charity on a regular basis and will do so going forward.

Treasurer (see note)  
1 Bitton Park Road  
Teignmouth  
Devon  
TQ14 9BT

**NOTE:**

Due to the resignation of the treasurer, in November 2025, the year-end accounts were completed by staff members with the support of a volunteer Financial Advisor, appointed by the Trustees.

## 4 Independent Examiner's Report

The Trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 or the Companies Act 1985 and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act 2011
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act, and
- To state whether particular matters have come to my attention

I have carried out an independent examination of the books of this Company. They appear to have been correctly maintained, and I am of the opinion that this Balance Sheet, and the supporting Income and Expenditure Account, reflect a fair and accurate record of the Company's position in the financial year ended 30<sup>th</sup> June 2025.

David Rudall  
Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon  
TQ14 8EB

Company Registration Number 2338079

Charity Registration Number 800996

**THE ALICE CROSS CENTRE  
FINANCIAL REPORT  
YEAR ENDED 30 JUNE 2025**

**THE ALICE CROSS CENTRE**

Accounts for Year Ended




30 June 2025

STATUS: FINAL

**INCOME & EXPENDITURE**

Component	Financial Year 2024/ 2025			2023/ 2024			Notes Ref
	Total	Unrestricted	Restricted	Total	Unrestricted	Restricted	
Income:	£	£	£	£	£	£	
Business General	£0	£0	£0	0	0	0	
Dividends	£3,336	£3,336	£0	2,755	2,755	0	
Donations	£67,351	£67,351	£0	19,980	19,524	456	
Fundraising	£4,074	£4,074	£0	4,147	4,037	110	
Grants	£68,703	£47,600	£21,103	84,276	82,604	1,672	
Premises	£18,512	£18,512	£0	20,380	20,380	0	
Services	£74,116	£74,116	£0	57,925	56,750	1,175	
<b>TOTAL INCOME</b>	<b>£236,092</b>	<b>£214,989</b>	<b>£21,103</b>	<b>189,463</b>	<b>186,050</b>	<b>3,413</b>	
Expenditure:							
Business Overheads	£40,673	£40,673	£0	52,111	134,105	25,097	
Employment	£116,720	£116,720	£0	107,091	0	0	
Fundraising	£86	£86	£0	233	233	0	
Premises	£6,797	£6,797	£0	15,921	15,921	0	
Services	£32,153	£8,329	£23,824	29,654	29,654	0	
Sundry	£0	£0	£0	0	0	0	
<b>EXPENDITURE</b>	<b>£196,429</b>	<b>£172,605</b>	<b>£23,824</b>	<b>205,010</b>	<b>179,913</b>	<b>25,097</b>	
Restriction adjustment				0	12,759	12,759	
<b>TOTAL EXPENDITURE</b>	<b>£196,429</b>	<b>£172,605</b>	<b>£23,824</b>	<b>205,010</b>	<b>167,154</b>	<b>37,856</b>	
<b>I&amp;E SURPLUS/(DEFICIT)</b>	<b>£39,664</b>	<b>£42,385</b>	<b>-£2,721</b>	<b>-15,547</b>	<b>18,896</b>	<b>-34,443</b>	9
Cash Balance adjustment	£0	£0	£0	0	0	0	
<b>GROSS I&amp;E SURPLUS/(DEFICIT)</b>	<b>£39,664</b>	<b>£42,385</b>	<b>-£2,721</b>	<b>-15,547</b>	<b>18,896</b>	<b>-34,443</b>	
P&L Adjustments							
Depreciation of Fixed Assets	-£6,217			-3,894	0	0	
Change in Value of Investments	£7,349			8,260	0	0	
<b>TOTAL</b>	<b>£1,132</b>			<b>4,366</b>			
<b>NET I&amp;E SURPLUS/(DEFICIT)</b>	<b>£40,796</b>			<b>-11,181</b>			
CHARITABLE EXPENDITURE							4
Direct Charitable Expenditure	£188,473	95.9%		196,818	96.0%	0.0%	
Fundraising costs	£7,956	4.1%		£8,193	4.0%	0.0%	
<b>TOTAL</b>	<b>£196,429</b>			<b>205,010</b>			

**THE ALICE CROSS CENTRE**  
**Accounts for Year Ended 30 June 2025**

BALANCE SHEET		VERSION: Final				
Component		2024/2025		2023/2024		Notes:
		£	£	£	£	
<b>Fixed Assets:</b>						1,2,3
	Tangible Assets	78,836		74,539		5 & Annex 1
	Investments	92,512		85,163		5 & Annex 2
			<b>171,348</b>		<b>159,702</b>	
<b>Current Assets:</b>						Annex 3
	Bank Accounts	77,040		41,328		
	Cash + Pleo	790		1,719		
	Debtors	1,829		3,426		Annex 4
			<b>79,658</b>		<b>46,474</b>	
<b>Current Liabilities:</b>						Annex 4
	Creditors & Accruals	-6,010		3,780		
			<b>-6,010</b>		<b>3,780</b>	
<b>Net Current Assets:</b>			<b>73,648</b>		<b>42,694</b>	
<b>NET ASSETS</b>			<b>244,996</b>		<b>202,396</b>	
<b>CAPITAL &amp; RESERVES SUMMARY</b>						
	Endowments	0		0		
	Net Current Assets	73,648		42,694		
	Investments	92,512		85,163		
	Tangible Assets	78,836		74,539		
	Total		<b>244,996</b>		<b>202,396</b>	
<b>Reserve Fund Breakdown</b>						
	Restricted Funds	2,010		4,731		Annex 5
	Operational Reserve (unrestricted)	102,505		73,462		6
	Capital Reserve (unrestricted)	61,645		49,664		7
	<b>TOTAL RESERVES</b>		<b>166,160</b>		<b>127,857</b>	
<p>For the year ending 30 June 2025 the company was entitled to exemption from audit under section 477 of the Companies Act.</p> <p>The Members have not required the Company to obtain an audit in accordance with section 476 of the Companies Act 2006.</p> <p>The Directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.</p> <p>These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.</p>						
<b>SIGNED BY:</b>						
Trustee:	Andrew Longford			Date:	16/2/26	
Treasurer:	(in lieu of Treasurer)	NAIL HOWELL 		Date:	16/2/26	
Checked as correct by:	Examiner: Greenwood Accountancy Ltd			Date:	09/02/2026	

Annex1: TANGIBLE ASSETS - RECONCILIATION					
Component	2024/2025		2023/2024		Notes:
	£	£	£	£	
<b>ASSET VALUES</b>					
Asset values at end of previous FY	100,330		96,841		5
New assets in current FY	7,553		3,489		
Revaluation	0		0		
<b>TOTAL ASSETS Before depreciation</b>		<b>107,883</b>		<b>100,330</b>	
<b>CUMULATIVE DEPRECIATION</b>					
Previous FY	-25,791		-£22,333		
Add Current FY	-3,257		-3,458		
<b>TOTAL DEPRECIATION OF ASSETS</b>		<b>-29,047</b>		<b>-25,791</b>	
<b>TOTAL TANGIBLE ASSET VALUES C/F</b>		<b>78,836</b>		<b>74,539</b>	

Annex 2: INVESTMENTS - RECONCILIATION					
	2024/2025		2023/2024		Notes:
	£	£	£	£	
<b>Opening Holdings</b>					
Value of Investments B/F	83,627		91,524		
Capital Accounts B/F	986		0		
Income Account B/F	550		379		
<b>TOTAL Investment Portfolio B/F</b>		<b>85,163</b>		<b>91,903</b>	
<b>Changes</b>					
Sale of investments during year	0		-21,453		
Gain/Loss on sales	0		1,190		
Purchase of investments during the year	0		4,957		
Change in portfolio value on new purchases	0		0		
Change in value of remaining investments	7,349		7,409		
<b>Change in value of Investments</b>		<b>7,349</b>		<b>-7,897</b>	
Change in Capital Account	-33		986		
Change in Income Account	26		171		
<b>Closing holdings</b>					
Value of Investments C/F	90,983		83,627		
Capital Account C/F	953		986		
Income Account C/F	576		550		
<b>TOTAL Investment Portfolio C/F</b>		<b>92,512</b>		<b>85,163</b>	

Annex 3: CASH - RECONCILIATION				Notes:
		2024/2025		
		£	£	
Opening Balances				
	Cash in Hand	1,426		
	Bank Account	41,328		
	Pleo Account	294		
	<b>TOTAL BALANCE B/F</b>	<b>43,047</b>		
Changes				
	Sale of Investments	0		
	Income	236,092		
	<b>Total Income</b>		<b>236,092</b>	
	Expenditures	196,429		
	Purchase of Fixed Assets	4,882		
	<b>Total Expenditure</b>		<b>201,311</b>	
	<b>TOTAL BALANCE C/F</b>		<b>77,829</b>	
Closing Balances				
	Cash in Hand	588		
	Bank Account	77,040		
	Pleo Account	201		
	<b>TOTAL BALANCE C/F</b>		<b>77,829</b>	

Annex 4: BALANCE - RECONCILIATION				Notes:
		2024/2025		
Component		£	£	
Previous Year Funds:				
	Fund Balance B/F	202,396		
	Plus creditors previous year	3,780		
	Less debtors previous year	-3,426		
	<b>Previous Year Total</b>		<b>202,749</b>	
Current Year Fund Changes:				
	Fixed Assets		4,296	
	Investments		7,349	
	Bank and Cash Balances		34,782	
	<b>Total Fund Changes</b>		<b>46,427</b>	
Fund Balance C/F			<b>249,177</b>	
	Plus debtors		1,829	
	Less creditors		-6,010	
	<b>Net Balance Reconciliation</b>		<b>-4,181</b>	
	<b>NET ASSETS ON BALANCE SHEET</b>		<b>244,996</b>	

Annex 5: RESTRICTED FUND SUMMARY					
FUND	Brought Forward	New	Spend	Residual C/F	Notes
	£	£	£	£	
Previous year Funds B/F	4,731		4731	0	
<b>New Funds This FY</b>					
Growing Communities Fund - Meal Delivery Service		663	663	0	
Devon County Council - Memory Cafe		500	500	0	
Recovery Devon - Grant for Grief Support Group		420	420	0	
Albert Hunt SP Trust - Food Services		5,000	5000	0	
The Inman Charity Trust		2,500	2500	0	
Devon Community Foundation		5,000	5000	0	
Telgn Housing - Memory Cafe Music		500	500	0	
The David Gibbons Trust - Meal Delivery		2,500	2,500	0	
TCLF Grant - Memory Cafe		1,020	510	510	
Zedra Trust - Memory Cafe		3,000	1500	1,500	
<b>ALL FUNDS</b>	<b>4,731</b>	<b>21,103</b>	<b>23,824</b>	<b>2,010</b>	

Annex 6: NOTES TO ACCOUNTS					
1. TRUSTEES' EMOLUMENTS: In accordance with the Memorandum & Articles of Association, the Trustees receive no salary, fees or remuneration.					
2. TAXATION: No provision for taxation is considered necessary in view of the registered charity status.					
3. EMPLOYEES INFORMATION:					
The average number of persons employed by the Charity during the year was :	2024/2025	6	2023/2024	6	
The total employment costs (Wages, Salaries + Social Security Costs) were :	2024/2025	£116,720	2023/2024	£107,091	
<i>Note Adjustment 2023/24 - increased from £102,901 to include National Insurance &amp; Pensions</i>					
4. CHARITABLE EXPENDITURE: Fundraising expenditure is defined as the sum of fund-raising costs and 5% of business costs					
5. As per our financial policy tangible assets are valued using the historical cost convention and depreciated appropriately. Investments are valued using the fair value convention. <i>(In the case of buildings note that we have also obtained a market evaluation of £375,000 which would apply if using a fair value convention).</i>					
6. OPERATIONAL RESERVE set at 6 months of the previous year's annual expenditure					
7. CAPITAL RESERVE set at balance of liquid assets held in reserve for any major expenditure e.g. Improvements to building					
8. Actual purchase of a fixed asset split over 2 financial years					
9. A deficit in the restricted funds is caused by costs associated with grant awards that have been partially carried forward					

**THE ALICE CROSS CENTRE**

England & Wales - Charity number 800996

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# Accounts

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**THE ALICE CROSS CENTRE**  
Teignmouth's community hub



**THE ALICE CROSS CENTRE**

**ANNUAL REPORT**

**YEAR ENDED 30 JUNE 2024**



Company Registration Number 2338079  
Charity Registration Number 800996

**Trustees Statement**

This last year has seen The Alice Cross Centre continue to provide and develop services of the highest quality covering a wide range of activities, events and support services that continue to establish our position as the “go to” community centre for Teignmouth and the

surrounding area. We have seen the Centre open its doors to a wide range of age groups, which we have encouraged to help give a better appeal to the community as well as continuing to support the “elder” community of the Teignbridge area.

The Centre now offers varied activities for all ages from Mother and toddlers visiting our Community Cafe through to elderly and infirm support meetings. In particular our staff have encouraged the involvement of children from local primary schools to interact with our Memory Café attendees. The Teignmouth Youth Choir and a youth drama group meetings at the Centre have provided more interaction with the younger community. We will continue to encourage this wider community involvement.

The Trustees have supported the Medium-Term Plan for 2024– 26, which the Centre team has now engaged with, following the strategic objectives, priorities and the targets set for the Centre development. The Plan embodies the Vision of The Alice Cross Centre to be the community centre of choice for improved health and wellbeing for all, with a Mission to maximise our contribution to the well-being of our community.

The Trustees have also encouraged the continued significant investment in the development of the Centre whilst supporting the key personnel and encouraging a steady development of the core services required by the community. The objectives set are based around four guiding pillars of Food, Community, Movement and Mind. Having adopted these, we are seeing that the Centre activities are expanding to meet the needs of the wider community that it now represents.

We have seen the proposed future development of the Centre start to take shape, with the installation of the new lift, enabling us to provide much improved access to all 3 floors of the building. We can now consider ways to progress further Centre development to support broadening of the range of community support activities.

The Alice Cross Centre Board of Trustees sincerely thank the General Manager, Jackie O’Brien, and our dedicated staff for their continued commitment to improve and develop the Centre activities in line with the aims set out in our plan. The Trustees and the Centre staff can only achieve further success with the continued support of our volunteers, clients and the wider community that we service. We shall continue to work with them all to reach new goals and further develop The Alice Cross Centre as Teignmouth’s “go to” Community Hub.

The Alice Cross Centre Board of Trustees

| June 2024

## Centre Manager's Report

I am pleased to report continued income growth this financial year, with a further reduction in our deficit. We continue to invest in our building and were fortunate enough to receive another grant of £45,000 from the Valencia Communities Fund to install a new lift. We haven't had a working lift in the centre for over 30 years. It is hoped that this will have a really positive impact on the Centre by making the upper floors accessible. We can now provide access for Centre users with disabilities or mobility challenges to services including counsellors, massage and Reiki therapists. Our well-being team have already confirmed that the lift has helped their clients and enabled them to advertise their services as accessible for all. It has also helped our staff move bulky items, which has been very helpful from a manual handling perspective. The lift is also providing us with the opportunity to rearrange our space, subject to successful capital grant applications, to maximise our rental income. This will bring more stability to our charity, particularly in these times of austerity where it is becoming more challenging to access funding.

The 42 per cent growth in income from our previous financial year has been due to a 161 per cent increase in grant income and a 73 per cent increase in food donations. Our general donations reduced this year, which I attribute to the cost-of-living crisis we are experiencing. However, this crisis is what has also helped us to access additional grants such as The Cost of Living Fund, (managed by the National Lottery Community Fund), enabling us to deliver our Heat Café project again. We also continue to fundraise creatively, such as our Big Dip for Dementia and have also held some very successful restaurant evenings, which won the Centre a prestigious "Yummy Award" from u3a and helped to put our food on the Teignmouth map.

Our Heat Café and Saturday morning Community Breakfast Cafe became core support services during this financial year, as the "donate what you can afford" model we use makes it accessible for everybody, helping to alleviate food poverty. As a warm space during the winter months, with our little free shop stocking warm clothes and blankets, we also supported people with fuel poverty particularly those that couldn't afford to heat their home. As one of our 75 year-old service users said "Your delicious food and having a warm and friendly place to come to helps me so much. I don't have heating at home apart from a storage heater that doesn't work. I have a coal fire but don't use it anymore. Money is really tight since my mortgage payments went up."

We continue our valuable work supporting older people, whilst further developing the Centre as a hub for the whole community, creating opportunities for intergenerational activities and the benefits this provides. Our Memory Café for people with dementia is an important example of this, where local school children sing for the group and show them their school work, providing well-being benefits for all. We have also held some Teen Open Mic nights which have been a great success and a positive way to engage our young people, whilst aiding them to develop their confidence and performance skills in a safe environment.

Our Slow Cooker course was so successful last year that we ran an Air Fryer course this year, where a selection of good value and nutritious meals were demonstrated, and attendees were sent home with a bag of ingredients to make the meal at home. Encouraging ways for our service users to save money through energy efficiency, whilst eating nutritious food, is at the heart of these projects. The benefits reach more than the person taking the course as they bring their new skills home to feed their families. 102 people attended this course.

It has been another very active year for the whole team, with a packed schedule of events to both raise awareness and funds, including charity days on the Den, St Michaels Flower Festival, our legendary quiz nights, a successful Christmas Lunch, Pre-Loved Sales, Xmas

Market, Eurovision Extravaganza and our D-Day Remembrance Event. Our yoga and Zumba Gold fitness classes are going from strength to strength, and we have introduced a gentle chair exercise class which is well attended. Line Dancing with Viv Wilson has been held here for over 15 years and is much loved by the dancers. Our weekly table tennis sessions have seen an increase in attendance from people with additional needs and it has been a joy watching them integrate and have fun, competing against the other players.

It is wonderful to see the Centre being used by many groups including The World Ship Society, The Chess Club, Teignmouth Youth Choir, Dramatically Different Drama Group, Quilters Club and Monday Chat Club. Our rooms are rented by other voluntary sector organisations including Volunteering in Health and League of Friends, and for private parties for children and adults, establishing our position as an accessible community hub for Teignmouth.

I look forward to our next phase of consolidation and development, where we aim to stabilise costs, find new ways to increase income, whilst becoming less reliant on grants. The grant environment does seem to be changing and we may face challenges in raising sufficient funds to cover our core costs. We will need to start to look for new sources of core funding to ensure that our increasing range of services can continue to grow.

As always, we couldn't achieve any of this without the support of our dedicated team of trustees, staff and volunteers whom I thank unreservedly for their support. I am also in awe of their dedication and commitment to our services and the warm welcome they share with our service users. Our relationship with our voluntary sector colleagues, partners, donors and funders are very important to us too, and I look forward to continuing to work together for the benefit of our community.

Jackie O'Brien  
General Manager June 2024



The Pupils of Teignmouth Primary School sing for our Memory Café.

## 1. Introduction to the Centre - Our Story

Alice Cross was driven by the idea that no-one in Teignmouth should feel lonely. From her early community work after World War One, Alice continually involved herself in helping others in the town. She started small by providing hot meals for a few older people. This led to the formation of “The Teignmouth Old People’s Welfare Committee” in 1950. In 1978 The Alice Cross Centre was built as a meeting place and hub where she continued to work tirelessly until aged 97. It was funded with help from Teignmouth Rotary Club on the site that used to be the old coach station, and it is where we still operate from today.

The Alice Cross Centre was set up as a charity and registered at Companies House in 1989, and now with a team of 6 full and part-time staff and a core group of 82 loyal and active volunteers, the Charity continues to uphold the original vision of Alice Cross, to enhance health and wellbeing in the community of Teignmouth, Shaldon and District through a programme of activities and service provision. Our core services still include providing hot meals for older people, plus the whole community, which connects us strongly with Alice’s original vision.

**“I still have a lot to give and would rather be doing something I love than sitting at home. I enjoy feeding people and supporting the charity and the team here.”**

Volunteer Chef, Aged 83



2. Mission, Vision, and Core Values

- Our MISSION is to maximise our contribution to the well-being of our community.

- Our VISION is to be the community centre of choice for improved health and well-being for all.

## Core Values

1. **Compassion:** We foster a warm and understanding environment where every individual is treated with empathy, dignity, and respect.
2. **Inclusion:** The Alice Cross Centre is open to everyone, ensuring equal access to activities and support, while celebrating diversity and promoting social integration.
3. **Empowerment:** We encourage independence and support individuals in developing confidence, skills, and a sense of purpose in a safe and nurturing space.
4. **Respect:** We value the experiences, backgrounds, and needs of all participants, promoting mutual respect and understanding among community members.
5. **Safety and Wellbeing:** We prioritise the physical, emotional, and mental health of all individuals by creating a safe and supportive environment.
6. **Collaboration:** We work in partnership with community members, carers, and other organisations to provide support.
7. **Dignity:** We uphold the dignity of older and vulnerable people by ensuring they have a voice in decisions that affect their lives, while respecting their autonomy.
8. **Trust:** We aim to build a strong sense of trust between the staff, volunteers, and the community by maintaining transparency, integrity, and reliability in all our services.

Our core values offer more than just activities, but also a space of support and connection for those that need it.

## 3. Our Objectives

We have a Medium-Term Plan which sets out our Strategic Objectives, Targets and Activities for 2024-7. This is summarised below.

<b>Strategic objective</b>	<b>Component objectives</b>	<b>Targets</b>	<b>Activities</b>
<b>1. Strategy and Planning</b> To have agreed clarity about our role, purpose and direction.	<ul style="list-style-type: none"> <li>• Mission and Strategic direction are clearly articulated, approved and shared.</li> <li>• Effective management team.</li> <li>• Priorities identified with relevant strategies in place.</li> <li>• Effective risk management and contingency planning.</li> </ul>	<ul style="list-style-type: none"> <li>• Strategic direction and priorities are relevant, challenging but achievable, and provide a framework for continuous improvement.</li> <li>• Medium-term Plan is effectively implemented.</li> <li>• Trustees represent the community and effectively guide performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Medium-term Plan prepared and approved.</li> <li>• Undertake regular performance reviews and take action as necessary.</li> <li>• Recruit more Trustees with relevant skills and experience.</li> <li>• Develop and implement data collection and analysis plan.</li> </ul>

Strategic objective	Component objectives	Targets	Activities
	<ul style="list-style-type: none"> <li>Decisions and activities are evidence based.</li> </ul>	<ul style="list-style-type: none"> <li>Measurable progress towards our Mission.</li> <li>Data collection and analysis needs identified and being met.</li> </ul>	
<p><b>2. Financial Management</b> To achieve medium term financial stability and properly account for financial performance.</p>	<ul style="list-style-type: none"> <li>To prepare robust budgets and cash flow forecasts.</li> <li>To comply with all necessary financial procedures and reporting requirements.</li> <li>To maximise income from all sources.</li> <li>To minimise operating costs.</li> <li>To base decisions on regular reviews of financial performance, and profitability of activities.</li> </ul>	<ul style="list-style-type: none"> <li>Approved budget by end of May each year.</li> <li>All transactions are properly accounted for.</li> <li>Achieve a small financial surplus.</li> <li>Increase revenue from premises and services* by 10%. Services as per our annual accounts are AC Activities, Bar and Catering (less MDS free meals)</li> <li>To identify 3 new donors, including trusts.</li> <li>Introduce regular donation scheme to achieve additional income of £1000 in 2024-25, rising by 10% per year.</li> <li>Achieve fundraising target of £20,000</li> <li>Increase income from food sales by 10%, including increased use of catering services by 10%, measured by income.</li> <li>Increase profits from food and beverage sales to</li> </ul>	<ul style="list-style-type: none"> <li>Budget prepared and approved.</li> <li>Undertake regular financial reconciliations.</li> <li>Enforce financial procedures.</li> <li>Identify new funding sources.</li> <li>Quarterly financial reports prepared by end of the following month.</li> <li>Annual accounts prepared and audited by December 15<sup>th</sup>.</li> <li>Respond to audit comments on a timely basis.</li> </ul>

Strategic objective	Component objectives	Targets	Activities
		<p>a gross margin of 50% in 2024/25</p> <ul style="list-style-type: none"> <li>• Reduce operating costs to 98% of income.</li> <li>• Prepare draft annual accounts by 30 September.</li> </ul>	
<p><b>3. Operations</b> Centre operations are efficient and effective to provide the best service to all stakeholders.</p>	<ul style="list-style-type: none"> <li>• Operations are guided by a full set of appropriate procedures which are effectively implemented.</li> <li>• Optimise performance of all staff and volunteers.</li> <li>• To offer a wide range of activities to different target audiences, in line with community needs.</li> <li>• Optimise use of our facilities.</li> <li>• Systems, processes and equipment are modern and efficient.</li> </ul>	<ul style="list-style-type: none"> <li>• To have a full set of operational procedures in place and effectively implemented.</li> <li>• Roles and responsibilities of all staff and volunteers clearly identified and effectively carried out.</li> <li>• Increase the numbers and range of skills of volunteers.</li> <li>• Maximise use of facilities by increasing occupancy to 75% based on a 7-day week availability. Continuous improvement of systems and processes.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to review and update operational procedures and ensure compliance.</li> <li>• Continue to implement training programmes for staff and volunteers.</li> <li>• Review staff and volunteer performance on a regular basis.</li> <li>• Undertake a review of activities and their target audiences.</li> <li>• Identify opportunities to increase use of facilities.</li> </ul>
<p><b>4. Participation and Impact</b> To maximise participation and impact</p>	<ul style="list-style-type: none"> <li>• To increase the number and range of activities and services provided.</li> <li>• To increase the numbers and variety/diversity of participants.</li> <li>• Maximise the number of commercial activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Annual calendar of activities in place by November 30th.</li> <li>• Increase number of activities provided by 2 each year.</li> <li>• Increase number of groups using the Centre by 2 each year.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare and publish calendar of events.</li> <li>• Implement an advocacy plan to attract new users.</li> <li>• Develop and implement new activities.</li> <li>• Undertake awareness survey.</li> </ul>

Strategic objective	Component objectives	Targets	Activities
	<ul style="list-style-type: none"> <li>• Increase participation from younger people.</li> <li>• Maximise the impact of our food capability.</li> <li>• Improve access to the Centre.</li> <li>• To raise awareness of the Centre.</li> <li>• To undertake impact reviews and demonstrate increased impact.</li> </ul>	<ul style="list-style-type: none"> <li>• Achieve a wider range of users, including younger people.</li> <li>• Improve awareness levels to increase footfall of users by a minimum of 5% each year.</li> <li>• Increase number of users referred from social prescribers to 50 per year.</li> <li>• Increase participation of lower income groups.</li> <li>• 1 new commercial activity carried out.</li> <li>• Marketing activities are reaching our target audience.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop and implement a comprehensive communications and marketing plan.</li> <li>• Increase the interest in the Centre by giving at least 2 presentations to external groups/ organisations.</li> <li>• Develop case studies of “success stories”.</li> <li>• Improve access including parking and transport.</li> <li>• Monitor impact through data analysis and surveys.</li> </ul>



The Alice Cross Open Day with Volunteers, our Mayor Cate Williams, Colin Barber from Teignmouth Rotary and Robyn Buchanan from Rotary.

#### 4. The Team

##### Our Trustees



Dan Hawkins



Deborah Minett



Sue Halfyard



Andy Longford  
Chair



Liz Batson  
Treasurer



Sarah Holloway

## Our Staff



Jackie O'Brien  
General Manager



Alison Fenton  
Centre Co-ordinator



Yvonne Lamond  
Volunteer Co-ordinator



Peta Howell  
Marketing & Admin Support



Sue Yates  
Support Worker



Dave Cook  
Chef & F & B Manager

The Alice Cross had 6 trustees during the year, with Elizabeth (Lizzie) Batson as Treasurer and Andy Longford as Chair. Sarah Holloway joined the board of Trustees on 13 November 2023 and Lizzie Batson resigned on 13 May 2024. The Alice Cross Team would like to thank Lizzie for her important contribution to the governance and strategic direction of the centre during her time on the board, particularly in her role as Treasurer.

The loyal staff team remains the same as last year and includes Nicky Howarth, our Housekeeper.

We are also supported by a dedicated team of 75 volunteers who help in all aspects of running the centre. The Centre could not function without our loyal band of volunteers giving an estimated **7,750** hours a year – which would cost **£88,660**, if they were each paid £11.44 an hour. Without their help the Centre would find it almost impossible to function - so a huge thank you to all you wonderful volunteers and a big thank you to our dedicated team of trustees, and

staff. The synergy of our committed team is what makes The Alice Cross Centre thrive and such a positive place to be.

## 5. Highlights

### Impact of our Charitable Work in 2023-24

- **The food delivery team** served up 3,831 hot meals to a total of 42 homes in the area four days a week offering social contact and a welfare check by both the food courier and telephone booking volunteers. We also served 3536 meals in the centre, which includes lunch and Saturday Community Breakfast, plus the hot meals served at our Heat Cafés.
- **Christmas Lunch** in December 2023 served 62 people a Christmas Meal plus 18 Volunteers.
- The popular **Memory Café sessions** for people with dementia saw around 30 users per week, with carers also attending or taking time out knowing they don't have to worry about their loved one for a while.
- **The Heat Café**, designed to offer a cosy space during the colder months was run on two afternoons a week, offering simple food on a 'pay-what-you-can-afford' basis and layered with services such as energy advice and our digitals skills pop-in. This attracted up to 30 people per session.



Heat Cafe



Christmas Day 2023

- **Saturday Community Breakfast** continued to thrive this year, attracting up to 35 diners per session. It is popular with families and the Park Runners. The homeless people in Teignmouth also rely on this service and we are proud that we have created an inclusive space for people to eat together.
- Two-weekly **music groups** regularly attracted up to 15 people, run by local musicians and our own volunteers who perform and host the ever-popular singalongs. The musicians encourage the audience to participate.
- A bi-monthly **bereavement support group** was attended by an average of 14 people. The group is run by experienced volunteers who are Cruse trained to provide bereavement support. It allows the attendees to share their feelings and emotions with people who are going through the same experience. We have many referrals from the local surgery for this group as NHS counselling takes so long to access and we have an excellent reputation for bereavement support.
- Our weekly **Digital Skills Sessions** were used by a small group of over 65's, up to 2 per week.
- **Pilates and Zumba sessions** were hosted weekly. Subsidised by the Centre, they catered for over 50's with 10 attending Pilates and up to 20 attending Zumba.



## Zumba Gold

- We have 4 **Yoga** classes a week for mixed abilities, with 52 people attending, run by an independent yoga teacher who hires our hall.
- We have started a **Gentle Chair Exercise** group, which is attended by 8 people.
- A subsidised **Table Tennis group** met weekly, all attendees being over 65 years. They paid £2 per session and the group regularly attracted up to 12 players. A group with additional needs have joined the group this year and get so much pleasure from playing table tennis and mixing with everybody that attends.
- We secured funding for an Air Fryer course, with each attendee being given a recipe and ingredients to cook at home. The tutor demonstrated a variety of meals and tips for getting the best results using an Air Fryer. 102 people completed the 5 courses we ran.
- Our **Art and Craft Group** ran weekly a month and was regularly attended by 10 people of mixed abilities including people with additional needs and their carers.

## Other Services

The Centre continues to hold a regular podiatry clinic, and delivers counselling and holistic therapies, including massage and reiki through independent practitioners. We added a hairdressing service this year. We continue to support Teignmouth Community School's (TCS) enrichment programme by providing cooking sessions and work experience for Year 10 and Year 13 students. We also host partner organisation Teign Aid who support people facing homelessness and with benefit queries.

We have also welcomed the opportunity to meet with other local groups such as Teignbridge CVS, the Macular Society and the Rotary Club to increase awareness of our activities.

## WHAT'S ON AT THE ALICE CROSS?

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**MONDAY**

10.30 - 12pm Monday Music  
 10am - 12pm Monday Chat Club  
 12pm - Lunch in the hall or delivered to the home  
 3.45pm - 4.30pm - Teignmouth Youth Choir

**TUESDAY**

10.15am - 11.45am Line dancing with Viv  
 10.30am - 12.30pm Quilter's tea party  
 2.30pm - 3.30 Chair Yoga with Lisa  
 4.15pm - 5.15pm Mat yoga with Lisa  
 email: lisayogaforall@gmail.com

**WEDNESDAY**

9.30am - 10.15am Zumba Gold with Peta  
 10.30am - 12pm Grief Support Group  
 10.45am - 11.45am Seated Yoga with Lisa  
 12.15 - Mid week Roast in the hall  
 2.30pm - 4.30pm Digital Skills 1:1  
 1.30pm - 3.30pm Table Tennis

**THURSDAY**

10am - 12pm Memory Cafe  
 12pm - 1pm Lunch in the hall or delivered to the home.  
 1 pm - 3pm TeignAid  
 1pm - 3.30pm- Community Café (last orders 3pm)  
 7.30pm - 9.30pm World Ship Society

**FRIDAY**

10am - 11.30am The Teigns Rehearsal and Coffee  
 Fish Friday! 12pm in the hall or delivered to the home  
 4.30pm - 9.30pm Dramatically Different Youth Drama

**SATURDAY**

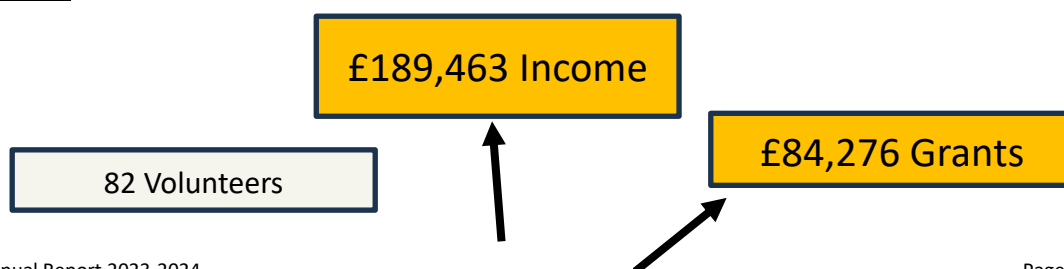
9am - 12pm Community Breakfast café (Last orders 11.30)

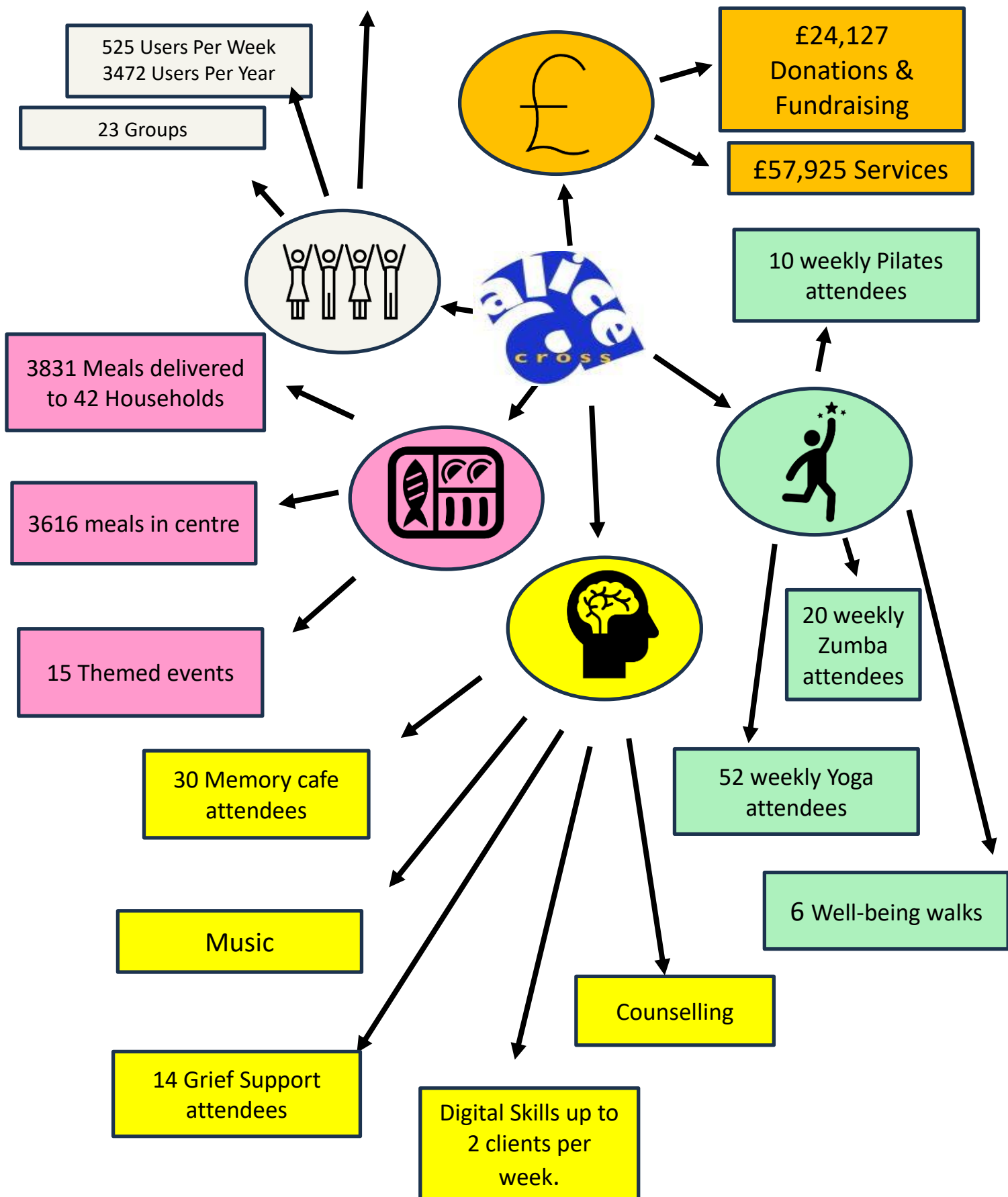
**SUNDAY**

12pm - 2pm Sunday Lunch (Twice a month)  
 Booking Essential - 01626 778039

@thealicecross  
 @alicecrosscentre  
[www.thealicecross.co.uk](http://www.thealicecross.co.uk)

Our year in numbers





## Events and Catering

Income from Catering and Food Events this financial year was £46,777 and last financial year was £27,032.

This improved financial performance has been achieved through a number of new or expanded activities including:

- Special dinner nights
- Catering at other special events such as the Eurovision Song Contest evening, and our popular Curry and Quiz nights
- Cake sales
- Frozen food sales
- Catering for private events such as birthday parties, funeral wakes, wedding receptions and private dinners.



Eurovision Night 2024



Taste of the Sea



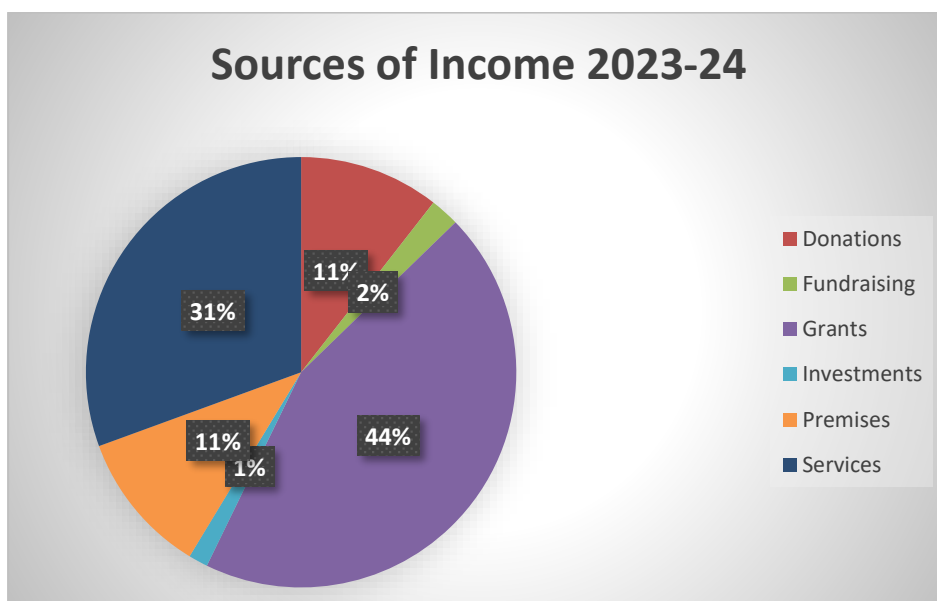
VE Day Celebrations

## 6. Finances

For this financial year (FY), income was £189,463 (FY 2022-23 £133,009) and expenditure £205,010 (FY2022-23 £146,923). This means a deficit of £11,181 for the year.

The Income and Expenditure account for the year shows that our income has again risen significantly this year, with grants, donations and income from services showing particularly healthy increases. The diagram below shows the contribution from our different sources of income. We have made some investment in our building and our salary costs have risen in line with government minimum wage rates, leading to a deficit for the year, although at a reduced level from the previous year.

Use of the premises continues to increase with many regular classes and activities being held at the centre and lunches being served four days per week.



However, levels of expenditure have increased across all categories, due to increases across the board in the cost of living, pay rises for staff, and significant increases in premises costs due to unexpected repairs and maintenance costs. Efforts to improve cost control will be a priority for the next F/Y.

Total net assets on the Balance Sheet are £509,408. During the past two years we have made a significant investment in our building with a kitchen upgrade and a full refurbishment of the lift to the upper floors. The building was valued by an independent valuer on 30 June 2024. This resulted in a revaluation uplift of £252,820. As at 30 June 2024 the buildings are included on the balance sheet at a value of £375,000. The value of our investments has decreased by £6,361 to £85,163.

Despite the continued cost of living challenges that we are all facing, the financial results continue to show a healthy balance sheet at the end of the financial year.

However, we are seeing signs that the environment for securing grant funding is changing, and it is likely to become much harder to achieve our recent levels of grant funding. In addition to this, grant funding tends to be earmarked for specific services or investment in improving our premises. The Centre will need to find new sources of funding to cover our increased core running costs.

## **7. Case Studies and Testimonials.**

Our Grief Support group meets every two weeks and provides a telephone counselling service, group sessions or the opportunity to meet 1 – 1 in a café. Here are some recent testimonials

“Please can we have this group every week?”

“I have mental health problems. I really didn’t want to come to this group and (yet) now I look forward to it!”

“There are not many groups around. That is why this group is like gold dust.”

Our meal delivery drivers do so much more than just deliver food:

- Customer 1 – suffers from Fibromyalgia and depression. With some encouragement from she has attended our chair exercise class and has signed up to come to our Grief Support group. C also attends the exercise class and said the positive change in J’s demeanour was noticeable.
- Customer 2 has cancer and suffers from muscle weakness which limits his mobility. He confided in us that he doesn’t do his exercises. Our delivery volunteer has encouraged him to do them to improve his quality of life and he has reported that she has “inspired him to start again.”
- Customer 3 struggles with mobility and depression. He lives in an upstairs flat and finds it hard to get down the stairs. Our delivery volunteer has shown him different ways to approach getting down them, including coming down on his behind if his legs can’t adjust to getting down safely. She also gave him some easy goals like making his way to a bench in the grounds to sit in the sun. He reported that he had been out twice the day prior and was feeling elated.

This demonstrates the positive outcomes that our meal delivery customers get from our service. As well as the initial welfare check from the phone team who ring weekly to take their orders (and become phone befrienders), customers get a second welfare check from the delivery person and as these cases demonstrate, they can support them to improve their quality of life.

## 8. The Future

We have moved into the next stage of our Medium-Term Plan, though our priorities stay the same:

- Identifying stable, long- and medium-term sources of funding and diversify income sources.
- Increasing revenue from primary purpose commercial activities.
- Minimising operating costs.
- Maximising use of our facilities, in particular by making better use of our upper floor.
- Increasing the number and diversity of users.
- Increasing the numbers and skills sets of volunteers.
- Widening the reach of the Centre for providing activities for new target audiences.
- Improving data management and performance reporting.
- Raising awareness of the Centre.
- Increasing range and use of food options and revenue.
- Identifying ways to assess impact.

We have identified the following exciting **project** opportunities:

- Increasing income by becoming more commercially focussed, including offering the use of space on the upper floor.
- Establishing a database of information about our volunteers and users, which will allow us to serve these groups more effectively.
- Improving data management and the content of our Annual Report to demonstrate our successes more effectively.
- Introducing three new activities to attract a wider audience and make even better use of our facilities.
- Increasing returns from our food offering through new initiatives. In this financial year we introduced the sale of frozen food and have increased the number of special dinners and catering for private events.

The most pressing issue for us in the next financial year will be to focus on fund-raising efforts. We have been very successful this year in our grant funding applications. However, the environment seems to be changing, and we are now struggling to get sufficient funding to cover our core running costs. We will need to be very proactive in identifying new sources of funds from grants, partnerships, local businesses, fundraising activities, sponsorship and increasing uptake of our regular subscriptions initiative.

## 9. Thank you

Finally, we would like to say a heartfelt thank you to all our donors, trustees, volunteers, staff and voluntary sector partners for the support you have given us during the year. Sincere thanks to the trusts, foundations and private individuals who prefer to remain anonymous for their support.

If you would like to sponsor an activity or event at Alice Cross, please do get in touch. Popular choices are sponsoring our Allotment, Grief Support Group, Memory Café, Meal Delivery Service or printing our Annual Report.

## Supporters in 2023-2024 include:

29th May 1961 Charitable Trust  
Age UK Devon  
Alastair Sutherland  
Alice Cross Centre Events & Fundraising Team  
Viscount Amory Charitable Trust  
Assist Teignbridge  
Blue Anchor Teignmouth  
Browne Jacobson Solicitors  
RS Brownless Charitable Trust  
Citizens Advice Bureau  
Co-op Community Fund  
Co-op Funeral Care Teignmouth  
Co-op Teignmouth (Matt Hooper and team)  
Cost of Living Fund (DCC)  
Cllr David Cox (DCC)  
Dawlish Community Transport  
Dawlish Rotary Club  
Devon Community Fund  
Mabel Cooper Charitable Trust  
Devon Highwaymen Bikers  
Devon Memory Café Consortium  
Diantha Coombes; Monday Music and more.  
Eric Crocker  
Elmgrant Trust  
FareShare  
Foyle Foundation  
Garfield Weston Foundation  
David Gibbons Foundation  
Greenwood Accountancy Ltd  
Growing Communities Fund (DCC)  
Cllr Andrew Henderson  
Neil Howell  
Marjorie and Geoffrey Jones Charitable Trust  
Edgar E Lawley Foundation  
Libraries Support Fund (DCC)  
Lottery, Awards for All Fund  
Lottery, Cost of Living Fund  
Matthews Wrightson Charity Trust  
Melissa Middleton, The Whistle Stop Cafe  
Clare Milne Foundation

Mini Heaven Bakers  
Morrisons Teignmouth  
National Lottery  
Norman Family Charitable Trust  
Shaldon Bakery  
South West Water  
Teignbridge Community and Voluntary Services  
Teignmouth Dementia Action Alliance  
Teignbridge District Council  
Teignmouth Rotary Club  
Teignmouth Town Council  
Teignmouth Town Clerk  
Teignmouth and District u3a  
The Teigns - Monday Music and Fund Raising  
Tesco Newton Abbot  
Tesco Teignmouth  
Valencia Communities Fund  
Volunteer Evening Bar Team  
Cllr Cate Williams (DCC)  
Viv Wilson MBE

J. Officers and Professional Advisors

the alice cross centre



Mr S Hayward  
Mr A Longford  
Ms S Holloway

The Trustees

Secretary

Mr S Hayward

Registered Office

Company Registration Number 2338079  
Charity Registration Number 800996

Mr S Hayward  
Mr A Longford  
Ms S Holloway

Independent Examiners

+

**THE ALICE CROSS CENTRE  
FINANCIAL REPORT  
YEAR ENDED 30 JUNE 2024**

Partners

Mr S Hayward  
Mr A Longford  
Ms S Holloway

Directors

The Trustees

## 1. Officers and Professional Advisers

### Trustees

Mrs D Minett  
Mr D Hawkins  
Mrs S Halfyard  
Mr A Longford  
Ms S Holloway

### Secretary

Ms Jacqueline O'Brien

### Registered Office

1 Bitton Park Road  
Teignmouth  
Devon TQ14 9BT

### Independent Examiner

Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon TQ14 8EB

### Bankers

Co-operative Bank  
PO Box250  
Delf House  
Southway  
Skelmersdale WN8 6WT

### Solicitors

Tozers  
Charity Department  
Broadwalk House  
Southernhay West  
Exeter Devon EX1 1UA

## 2 Trustees' Report

The Trustees have pleasure in presenting their Report and Financial Statements for the year ended 30<sup>th</sup> June 2024. The Accounts reflect the provisions of the Charities Acts 2002, 2006 and 2011 as well as those of various Companies Acts and Accounting Standards.

### Reference and Administrative Information

The Alice Cross Centre is a registered charity (No. 800996).

The Charity is a Company limited by guarantee number 2338079, with members guaranteeing a sum not exceeding £1. By concession from the Registrar of Companies the word "Limited" can be dispensed with. It is governed by a Memorandum and Articles of Association dated 24<sup>th</sup> January 1989, as amended 16<sup>th</sup> December 1993, 10<sup>th</sup> May 2005 and 24<sup>th</sup> November 2020. Its registered office is at: 1 Bitton Park Road, Teignmouth, Devon TQ14 9BT.

### Structure, Governance and Management

Company law requires the Trustees, who are all Directors, 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 surplus or deficit of the Charity for that period. In preparing these Financial Statements the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the Financial Statements on a going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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 Companies Act 1985. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### Trustees and Administration

Administration is vested in the committee of Trustees (Board of Trustees). Trustees are normally appointed in general meeting.

The Trustees who served during the year are as follows:

- Mrs S Halfyard
- Mr D Hawkins
- Mrs E Batson (resigned 13 May 2024)
- Mrs D Minett
- Mr A Longford (Chair)
- Ms S Holloway (appointed 13 November 2023)

The present Trustees are all Directors of the Company.

The Company's bankers are The Co-operative Bank.

### Operational Issues

#### 2.1.1 Objects

The objects for which the charity is established are to promote and provide for the welfare of the elderly, to promote the provision of facilities for recreation, to preserve and protect the health of people and promote social inclusion within the area of Teignmouth and the surrounding area. The Company's

funds may be invested in any investment, security, or property at the discretion of the Trustees in furtherance of these objectives.

### **2.1.2 Activities**

The principal activity of the Charity is to provide, manage and maintain a community centre, the Alice Cross Centre, for the promotion of well-being amongst the community of Teignmouth, Shaldon and District. During the year, the Trustees have continued to fulfil this objective and the centre has been open daily. Readers are referred to the Centre manager's report for details of activities during the year.

## **Financial Issues**

### **2.1.3 Reserves Policy**

The Trustees recommend that the level of reserves should represent circa 18-months' regular expenditure, approximately £141,000. This is intended to cover the following areas:

- Capital Fund. This comprises the capital investments of the Charity. It is a restricted fund solely for the purpose of maintaining and improving the Charity's premises and facilities, where costs exceed £10,000 per year. A review of our activities has suggested that an investment in modernising the internal structure of the Alice Cross Centre would be more in line with our new strategy and offer potential for increased revenue.
- General Fund. The General Fund is a working reserve to ensure that the Charity is able to continue its obligations in the event of a shortfall in income or a sudden upturn in expenditure.
- Designated Funds. From time to time these are created for specific refurbishment and infrastructure projects.

The Trustees are satisfied that the Charity's assets are sufficient to meet its ongoing obligations for the coming year. The level of reserves held has been reviewed by the Trustees who are of the opinion that they are at an appropriate level relevant to the ongoing financial needs of the Charity. The Investment Policy implemented three years ago has been reviewed and changed in accordance with suggestions from Charles Stanley, the Charity's investment fund managers.

### **2.1.4 Voluntary Help and Donations in Kind**

In addition to paid staff, the Charity depends on unpaid voluntary help to continue in its present form. For the purpose of these accounts, no value has been attached to this voluntary help nor to any donations in kind.

### **2.1.5 Accounts**

The full accounts are shown in section 5.

The Income and Expenditure section of the accounts shows a deficit of £11,181 for the year.

Total net assets on the Balance Sheet are £256,588 which includes £4,731 of restricted funds. A separate breakdown of restricted funds is shown in Annex 5 to the accounts.

The value of our investments has decreased by £6,361 to £85,163.

Fixed asset movements are shown in Annex 1 to the accounts. During the past two years we have made a significant investment in the buildings with a kitchen upgrade and a full refurbishment of the lift to the upper floors.

### 3 Treasurer's Report

The continued cost of living challenges that we are all facing, have somewhat impacted on the financial results. We continue to show a reasonably healthy balance sheet at the end of the financial year, despite there being an overall deficit in our trading accounts.

The Income & Expenditure account for the year shows that our income has again risen significantly this year, with grants, donations and services showing particularly healthy increases. We have made some investment in our building and our salary costs have risen in line with government minimum wage rates, leading to a deficit for the year, although at a reduced level from the previous year.

Use of the premises continues to increase with many regular classes and activities being held at the centre and lunches being served four days per week.

We are aware that people are facing difficult times and it is important that we continue to provide help and support to the people in our community. To this end we will continue to apply for grants whenever possible and are confident that these and other sources of income coupled with a strong balance sheet will enable us to continue to provide support to our local community.

The Trustees are grateful for all the grants received to date and the help we receive from our volunteers. We continue to review the financial position of the Charity on a regular basis and will do so going forward.

Treasurer  
1 Bitton Park Road  
Teignmouth  
Devon  
TQ14 9BT

## 4 Independent Examiner's Report

The Trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 or the Companies Act 1985 and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act 2011
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act, and
- To state whether particular matters have come to my attention

I have carried out an independent examination of the books of this Company. They appear to have been correctly maintained and I am of the opinion that this Balance Sheet, and the supporting Income and Expenditure Account, reflect a fair and accurate record of the Company's position in the financial year ended 30<sup>th</sup> June 2024.

David Rudall  
Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon  
TQ14 8EB

## 5 Year End Accounts

### THE ALICE CROSS CENTRE Accounts for Year Ended 30 June 2024

#### BALANCE SHEET

Component	2023/2024		2022/2023		Notes:
	£	£	£	£	
<b>Fixed Assets:</b>					
Tangible Assets	128,678		129,083		Annex 1
Investments	85,163		91,903		Annex 2
		<b>213,841</b>		<b>220,986</b>	
<b>Current Assets:</b>					Annex 3
Bank Accounts	41,622		38,340		
Cash	1,426		350		
Debtors	3,479		9,967		Annex 4
		<b>46,527</b>		<b>48,657</b>	
<b>Current Liabilities:</b>					
Creditors & Accruals	(3,780)		(1,874)		Annex 4
		<b>(3,780)</b>		<b>(1,874)</b>	
<b>Net Current Assets:</b>		<b>42,747</b>		<b>46,783</b>	
<b>NET ASSETS</b>		<b>256,588</b>		<b>267,769</b>	
<b>CAPITAL &amp; RESERVES</b>					
Endowments	0		0		
Restricted Funds	4,731		13,656		Annex 5
Unrestricted Funds	251,857		254,113		
<b>TOTAL CAPITAL</b>		<b>256,588</b>		<b>267,769</b>	


For the year ending 30 June 2024 the company was entitled to exemption from audit under section 477 of the Companies Act.

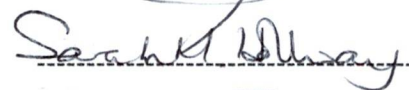
The Members have not required the Company to obtain an audit in accordance with section 476 of the Companies Act 2006.

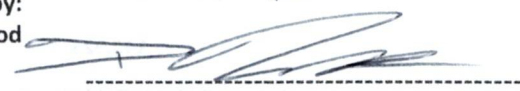
The Directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

**SIGNED BY:**

Trustee: Andrew Longford  Date: 10/02/2025

Treasurer:  Date: 10/02/2025

Checked as correct by:  
Examiner: Greenwood  
Accountancy Ltd  Date: 24/02/2025

**THE ALICE CROSS CENTRE**  
**Accounts for Year Ended 30 June 2024**

2024/2023

<b>INCOME &amp; EXPENDITURE</b>							
Component	2023/2024			2022/2023			Notes:
	Total	Unrestricted	Restricted	Total	Unrestricted	Restricted	
<b>Income:</b>	<b>£</b>	<b>£</b>			<b>£</b>	<b>£</b>	
Business General	0	0	0	250	250	0	
Donations	19,980	19,524	456	35,187	31,417	3,770	
Fundraising	4,147	4,037	110	10,556	9,561	995	
Grants	84,276	82,604	1,672	32,260	24,400	7,860	
Dividend Income	2,755	2,755	0	3,713	3,713	0	
Premises	20,380	20,380	0	19,116	19,116	0	
Services	57,925	56,750	1,175	31,927	31,290	637	
<b>TOTAL INCOME</b>	<b>189,463</b>	<b>186,050</b>	<b>3,413</b>	<b>133,009</b>	<b>119,747</b>	<b>13,262</b>	
<b>Expenditure:</b>							
Business	159,202	134,105	25,097	122,970	90,504	32,466	
Fundraising	233	233	0	628	628	0	
Premises	15,921	15,921	0	3,807	3,807	0	
Services	29,654	29,654	0	19,518	18,416	1,102	
Sundry	0	0	0	0	0	0	
<b>EXPENDITURE</b>	<b>205,010</b>	<b>179,913</b>	<b>25,097</b>	<b>146,923</b>	<b>113,355</b>	<b>33,568</b>	
Restriction adjustment		(12,759)	12,759		(6,811)	6,811	
<b>TOTAL EXPENDITURE</b>	<b>205,010</b>	<b>167,154</b>	<b>37,856</b>	<b>146,923</b>	<b>106,544</b>	<b>40,379</b>	
<b>I&amp;E (DEFICIT)/ SURPLUS FOR THE YEAR</b>	<b>(15,547)</b>	<b>18,896</b>	<b>(34,443)</b>	<b>(13,914)</b>	<b>13,203</b>	<b>(27,117)</b>	
Cash Balance adjustment	0	0	0	0	0	0	
<b>GROSS I&amp;E (DEFICIT) SURPLUS</b>	<b>(15,547)</b>	<b>18,896</b>	<b>(34,443)</b>	<b>(13,914)</b>	<b>13,203</b>	<b>(27,117)</b>	
<b>P&amp;L Adjustments</b>							
Depreciation of Fixed Assets	(3,894)			(3,465)			
Change in Value of Investments	8,260			(3,325)			
<b>TOTAL</b>	<b>4,366</b>			<b>(6,790)</b>			
<b>NET PROFIT &amp; LOSS</b>	<b>(11,181)</b>			<b>(20,704)</b>			
<b>CHARITABLE EXPENDITURE</b>							
Direct Charitable Expenditure		196,818	96.0%		140,147	95.4%	
Fundraising costs		8,192	4.0%		6,776	4.6%	IE-1
<b>TOTAL</b>		<b>205,010</b>			<b>146,923</b>		

**THE ALICE CROSS CENTRE**  
**Accounts for Year Ended 30 June 2024**

**Annex1: FIXED ASSETS - RECONCILIATION**

Component	2023/2024		2022/2023	
	£	£	£	£
<b>ASSET VALUES</b>				
Asset values at end of previous FY	129,083		123,643	
New assets in current FY	3,489		8,906	
Revaluation uplift	0		0	
<b>TOTAL ASSETS Before depreciation</b>		<b>132,572</b>		<b>132,549</b>
<b>DEPRECIATION</b>				
Previous FY assets	(3,590)		(3,045)	
New assets in current FY	(304)		(421)	
<b>TOTAL DEPRECIATION OF ASSETS</b>		<b>(3,894)</b>		<b>(3,466)</b>
<b>TOTAL ASSET VALUES C/F</b>		<b>128,678</b>		<b>129,083</b>

**Annex 2: INVESTMENTS - RECONCILIATION**

	2023/2024		2022/2024	
	£	£	£	£
<b>Opening Holdings</b>				
Value of Investments B/F	91,524		108,939	
Capital Accounts B/F	0		577	
Income Account B/F	379		712	
<b>TOTAL Investment Portfolio B/F</b>		<b>91,903</b>		<b>110,228</b>
<b>Changes</b>				
Sale of investments during year	(21,453)		(24,945)	
Gain/Loss on sales	1,190		(479)	
Purchase of investments during the year	4,957		9,945	
Change in portfolio value on new purchases	0		(107)	
Change in value of remaining investments	7,409		(2,406)	
<b>Change in value of Investments</b>		<b>(7,897)</b>		<b>(17,992)</b>
Change in Capital Account		986		0
Change in Income Account		171		(333)
<b>Closing holdings</b>				
Value of Investments C/F	83,627		91,524	
Capital Account C/F	986		0	
Income Account C/F	550		379	
<b>TOTAL Investment Portfolio C/F</b>		<b>85,163</b>		<b>91,903</b>

**Annex 3: CASH - RECONCILIATION**

	2023/2024		2022/2023		Notes:
	£	£	£	£	
<b>Opening Balances</b>					
Cash in Hand	350		742		
Bank Account	38,340		61,336		
<b>TOTAL BALANCE B/F</b>		<b>38,690</b>		<b>62,078</b>	
Sale of Investments	15,000		15,000		
Income	189,463		133,009		
Current Year change in Debtors	6,488		(9,967)		
<b>Net Income</b>		<b>210,951</b>		<b>138,042</b>	
Expenditures	205,010		146,923		
Current Year change in Accruals	(1,906)		5,601		
<b>Net Expenditure</b>		<b>203,104</b>		<b>152,524</b>	
Purchase of Fixed Assets		3,489		8,906	
<b>TOTAL BALANCE C/F</b>		<b>43,048</b>		<b>38,690</b>	
<b>Closing Balances</b>					
Cash in Hand	1,426		350		
Alice Cross	41,622		38,340		
<b>TOTAL BALANCE C/F</b>		<b>43,048</b>		<b>38,690</b>	

**Annex 4: BALANCE - RECONCILIATION**

Component	2023/2024		2022/2023		Notes:
	£	£	£	£	
<b>Previous Year Funds:</b>					
Fund Balance B/F	267,769		288,473		
Plus creditors previous year	1,874		7,476		
Less debtors previous year	(9,967)		0		
<b>Previous Year Total</b>		<b>259,676</b>		<b>295,949</b>	
<b>Current Year Fund Changes:</b>					
Fixed Assets	(405)		5,440		
Investments	(6,740)		(18,325)		
Bank and Cash Balances	4,358		(23,388)		
<b>Total Fund Changes</b>		<b>(2787)</b>		<b>(36,273)</b>	
<b>Fund Balance C/F</b>		<b>256,889</b>		<b>259,676</b>	
<b>Plus debtors</b>		<b>3,479</b>		<b>9,967</b>	
<b>Less creditors</b>		<b>(3,780)</b>		<b>(1,874)</b>	
<b>Net Balance Reconciliation</b>		<b>256,588</b>		<b>267,769</b>	
<b>NET ASSETS ON BALANCE SHEET</b>		<b>256,588</b>		<b>267,769</b>	

## Annex 5: RESTRICTED FUND SUMMARY

Fund	Brought Forward	New	Spend	X-Charge	Balance from unrestricted	Residual
	£	£	£	£	£	£
Memory Cafe	13,656	300	1,789	7,436	0	4,731
Young Onset	0	0	0	0	0	0
Xmas day fund	0	0	0	0	0	0
Pathway to Health	0	0	0	0	0	0
Grief Support	0	0	0	0	0	0
Heat Cafe	0	3,113	1,078	14,794	12,759	0
Devon Community Foundation	0	0	0	0	0	0
<b>ALL FUNDS</b>	<b>13,656</b>	<b>3,413</b>	<b>2,867</b>	<b>22,230</b>	<b>12,759</b>	<b>4,731</b>

\*Unrestricted funds include a grant of £10,000 from the Foyle Foundation for which we are very grateful.

## Annex 6: NOTES TO ACCOUNTS

1. TRUSTEES' EMOLUMENTS: In accordance with the Memorandum and Articles of Association, the Trustees receive no salary, fees or remuneration.

2. TAXATION: No provision for taxation is considered necessary in view of the registered charity status.

3. EMPLOYEES INFORMATION:

The average number of persons employed by the Charity during the year was :

<b>2023/2024</b>	6	<b>2022/2023</b>	6
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The total employment costs (Wages, Salaries + Social Security Costs) were :

<b>2023/2024</b>	£102,901	<b>2022/2023</b>	£96,199
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IE-1 CHARITABLE EXPENDITURE: Fundraising expenditure is defined as the sum of fund-raising costs and 5% of business costs

## 6 Accounting Policies

These Financial Statements have been prepared in accordance with the requirements of the Companies Act and also the Statement of Recommended Practice – Accounting by Charities.

### Basis of Accounting

The Financial Statements have been produced under the historical cost convention.

A cash flow statement is not required in view of the size of the Charity.

### Depreciation

Depreciation is charged on Freehold Property at the rate of 1% per annum using the reducing balance method.

For fixtures and fittings, we are implementing the following:

- expensing items costing £500 or less,
- applying a straight-line method for computer hardware costing more than £500 over 3 years,
- applying a straight-line method for other items costing over £500 over 5 years.

### Investment Income

Income from quoted investments is stated gross. Investments are valued at market value in the balance sheet.

### Reserves

The entity's reserves may be restricted or unrestricted.

### Recognition of Income and Expenses

The accounts are prepared on the accruals basis. Income and expenses are recognised on the date of the transaction.

## 4 Independent Examiner's Report

The Trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 or the Companies Act 1985 and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act 2011
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act, and
- To state whether particular matters have come to my attention

I have carried out an independent examination of the books of this Company. They appear to have been correctly maintained and I am of the opinion that this Balance Sheet, and the supporting Income and Expenditure Account, reflect a fair and accurate record of the Company's position in the financial year ended 30<sup>th</sup> June 2024.

David Rudall  
Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon  
TQ14 8EB

Treasurer  
1 Pitton Park Road  
Teignmouth  
Devon  
TQ14 8BT

**THE ALICE CROSS CENTRE**

England & Wales - Charity number 800996

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# Accounts

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the alice cross centre



# THE ALICE CROSS CENTRE

## ANNUAL REPORT

YEAR ENDED 30 JUNE 2023



Company Registration Number 2338079  
Charity Registration Number 800996

## Trustees Statement

During this last year, The Alice Cross Centre has continued to provide and develop services of the highest quality covering a range of activities, events and support services that have further established our position as the “go to” community centre for Teignmouth and the surrounding area. We have seen the Centre open its doors to a much wider range of age groups, than the traditionally expected “elder” community of the Teignbridge area.

The centre now offers support and activities for all ages from Mother and toddlers visiting our Community Cafe through to elderly and infirm support meetings. In particular, our staff have welcomed children from local primary schools to interact with our Memory Café attendees, we have encouraged development of a youth choir and a youth drama group. These activities for the wider community are signposting new needs for which we plan to develop further services to support these communities.

We deservedly thank our Centre Manager, Jackie, and her team for their continued dedication to improve and develop the centre activities in line with the aims set out previously by the Trustees. We would also like to acknowledge the incredible work our volunteers do for the Centre and would like to thank them for their contribution to our services. Moving forward, the Trustees have supported the development of a medium-term plan for 2024 – 26, which will outline strategic objectives, priorities and the steps to be taken to meet targets set. The plan will clarify the Vision of The Alice Cross Centre to be the community centre of choice for improved health and wellbeing for all, with an updated Mission to maximise our contribution to the well-being of our community.

The Trustees have also encouraged the continued significant investment in the development of the Centre whilst supporting the key personnel and encouraging a steady development of the core services required by the community. The objectives set are based around four guiding pillars of Food, Community, Movement and Mind that will enable the Centre to grow as well as adapt to the needs of the wider community that it now represents.

As we continue to invest into the Centre and its growth, we do so whilst managing the risk of the charity and a risk register is used to document the risks identified, level of severity and probability, ownership and mitigation measures for each risk. Risks are logged with reference to impact and probability and risk appetite is identified by reference to the same criteria.

The Alice Cross Centre Board of Trustees and the Centre staff can only achieve further success with the continued support of our volunteers and clients and, in line with this new Medium-Term Plan, we shall continue to work with them all to reach new goals and further develop The Alice Cross Centre as Teignmouth’s “go to” Community Hub.

The Alice Cross Centre Board of Trustees

January 2024.

## Our story

Alice Cross was driven by the idea that no-one in Teignmouth should feel lonely. From her early community work after World War One, Alice continually involved herself in helping others in the town. In 1978 The Alice Cross Centre was built as a meeting place and hub where she continued to work tirelessly until aged 97.

The Alice Cross Centre was set up as a charity and registered at Companies House in 1989, and now with a team of 6 full and part-time staff and a core group of 82 loyal and active volunteers, the charity continues to uphold the original vision of Alice Cross, to enhance health and wellbeing in the community of Teignmouth, Shaldon and District through a programme of activities and service provision.

*“I volunteer here because I want to give something to the community. I enjoy the diversity of the service users. We gain as much from the service users as they gain from us.”*

Volunteer at the Heat Café and Community Breakfast Café, age 72.



## Centre Manager's Report

This has been my first full financial year at The Alice Cross Centre and I am pleased to report that we have seen many positive improvements during that time including a significant growth in income, the streamlining of operations using new technology and processes, premises improvements, most notably a new commercial kitchen funded by a Valenica Communities Fund grant of £48,000, and new projects, services and activities which have improved participation and impact and diversified our service users.

I continue to be passionate about the pillars of health that guide our services; food, community, movement, and the more recently added “mind” and we have worked hard this year to follow our vision to be “the community centre of choice for improved health and well-being for all”, with the updated mission “to maximise our contribution to the well-being of our community.”

Income has more than doubled since last financial year, due to new funding streams and donors, growth in our food offering, and more creative fundraising, resulting in a reduced deficit and a strong balance sheet.

Our service growth has been focused on projects that supported our clients through the cost-of-living crisis this year, in particular the Heat Café, a warm and welcoming community café with food available on a pay what you can basis, helping to alleviate both food and fuel poverty. We took on new meal delivery customers including more people who couldn't afford to pay, subsidised by our Lottery Community Fund grant and added in another meal delivery day for further support. We also delivered a successful slow cooker course to 50 students, teaching them how to make nutritious and inexpensive food, whilst saving money on their energy bills. They also received a free slow cooker and left with the ingredients to cook their first meal.

Our memory Café continues to grow and thrive, supporting 28 people with dementia and their families and carers. One of our highlights was when Teignmouth Primary School visited to sing for everybody and share their work, photo below.

It has been a very active year for the whole team, with a packed schedule of events to both raise awareness and funds, including charity days on the Den, St Michaels Flower Festival, Defibrillator Opening Ceremony, Teignmouth Carnival, Murder Mystery Evening, The Kings Coronation Celebrations, Quiz Nights, our legendary Christmas Lunch, Big Green Week, and the introduction of our Christmas and Easter market to name but a few. The events encourage our community to socialise, have fun and helps to alleviate social isolation, which has been proven to have a positive effect on well-being and mental health.



## The Team

### Our Trustees



Dan Hawkins



Deborah Minett



Sue Halfyard



Andy Longford



Liz Batson  
Treasurer

### Our Staff



Jackie O'Brien  
General Manager



Alison Fenton  
Centre Co-ordinator



Yvonne Lamond  
Volunteer Co-ordinator



Peta Howell  
Marketing & Admin Support



Sue Yates  
Support Worker



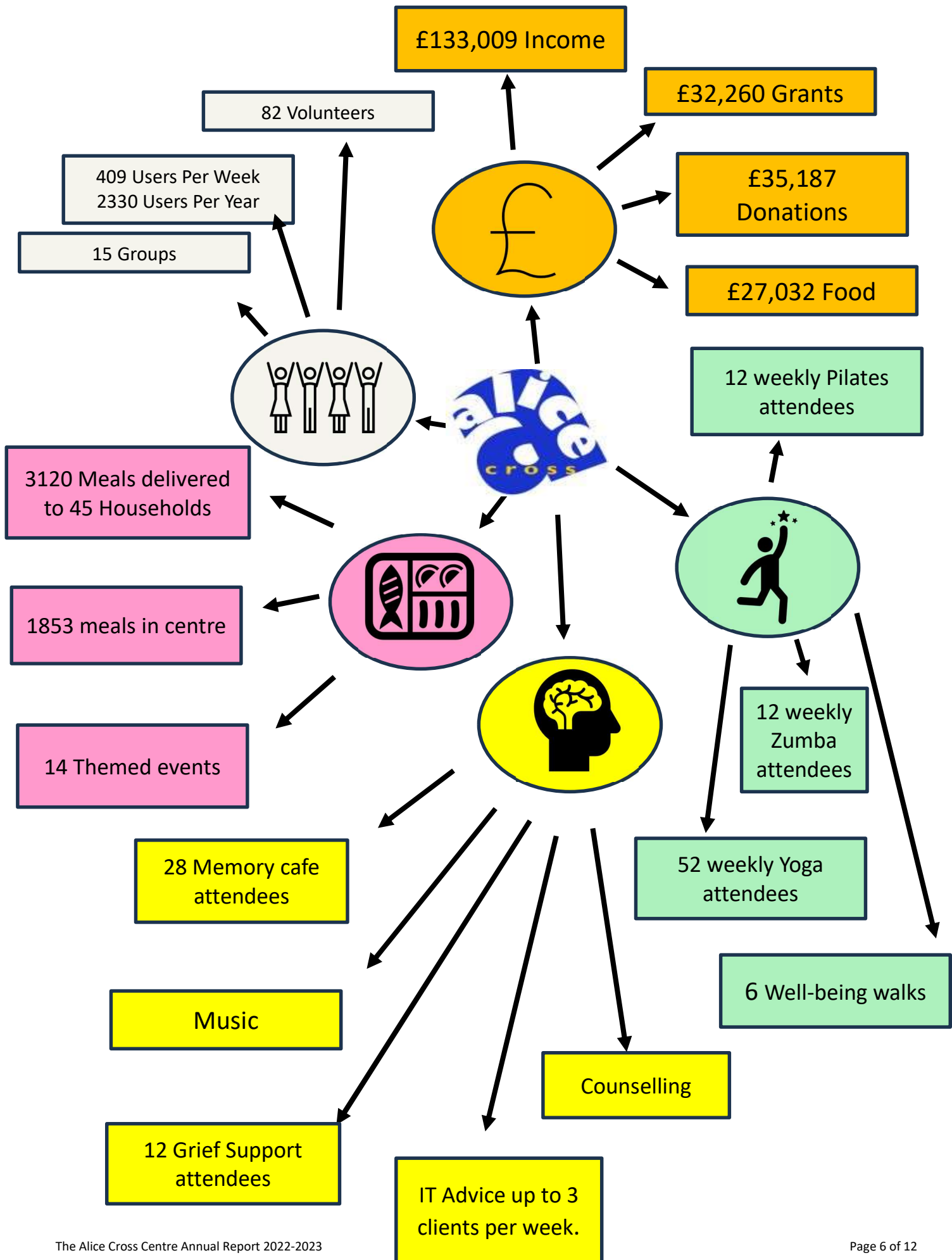
Dave Cook  
Chef & F & B Manager

The Alice Cross had 5 trustees during the year, with Elizabeth Batson as Treasurer. The job of Chair is shared between the 5 trustees. Pat Henchie resigned as a trustee in July 2022 and Dan Hawkins joined as a trustee in September 2022. The Alice Cross Team would like to thank Pat for her important contribution to the governance and strategic direction of the centre during her time on the board.

The staff team remains the same as last year as shown above, with the addition of our part time cleaner Nicky Howarth.

We are also supported by a dedicated team of 82 volunteers who help in all aspects of running the centre. The Centre could not function without our loyal band of volunteers giving an estimated **7,500** hours a year – which would cost **£78,750**, if they were each paid £10.50 an hour. Without their help the Centre would find it almost impossible to function - so a huge thank you to all you wonderful volunteers and a big thank you to our dedicated team of trustees, and staff. The synergy of our committed team is what makes The Alice Cross Centre thrive and such a positive place to be.

# Main Headlines



## The Impact of our Charitable Work in 2022-23

- **The food delivery team** served up 3,120 hot meals to a total of 45 homes in the area four days a week offering social contact and a welfare check by both the food courier and telephone booking volunteers. We also served 1852 lunches in the centre plus meals served at our Heat Cafés. This is a vital part of our work and where appropriate we work collaboratively with other voluntary organisations.
- **Christmas Lunch** in December 2022 was our first one in three years, post pandemic. We fed 72 guests and 13 volunteers and it was a joyous day for all.
- The popular **Memory Café sessions** for people with dementia saw around 28 users per week, with carers also attending or taking time out knowing they don't have to worry about their loved one for a while.



**The Heat Café**, designed to offer a cosy space during the colder months was run on two afternoons a week, offering simple food on a 'pay-what-you-can-afford' basis and layered with services such as energy advice and our digital skills pop-in. This attracted up to 30 people per session. In warmer months we rebranded the sessions as the **Community Café**.

We introduced our popular Saturday Community Breakfast towards the end of the financial year and this is growing in visitor numbers weekly, with an average of over 30 people per session and is attracting a new audience to the centre. We also do markets and pre-loved sales on Saturday morning, enhanced by

breakfast being served.

- Two-weekly **music groups** regularly attracted up to 15 people, run by local musicians and our own volunteers who perform and host the ever-popular singalongs. The musicians encourage the audience to participate, for example one person brings his drum kit to play along and other people get the opportunity to take centre stage and sing with the band.
- A bi-monthly **bereavement support group** was attended by an average of 12 people. The group is run by experienced volunteers who are Cruse trained to provide bereavement support. It allows the attendees to share their feelings and emotions with people who are going through the same experience. We have many referrals from the local surgery for this group as NHS counselling takes so long to access and we have an excellent reputation for bereavement support.
- Devon County Council funded the weekly **Digital Skills Sessions** and this was used by a small group of over 65's, up to 3 per week.
- **Pilates and Zumba sessions** were hosted weekly. Subsidised by the Centre, they catered for over 50's with up to 12 per class.
- We have 4 **Yoga** classes a week for mixed abilities, with 52 people attending, run by an independent yoga teacher who hires our hall.
- A subsidised **Table Tennis group** met weekly, all attendees being over 65 years. They paid £2 per session and the group regularly attracted up to 12 players.
- We secured funding for a "**Chat and Chop**" **slow cooking course**, with each attendee being given a slow cooker for use at home. 50 people completed the course, spread over five sessions with 10 students each time.
- Our **Art and Craft Group** ran twice a month and was regularly attended by 15 people of mixed abilities including people with special educational needs and their carers.

# WHAT'S ON AT THE ALICE CROSS?



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## MONDAY

- 10.30 - 12pm Monday Music
- 10am - 12pm Monday Chat Club
- 1pm - 3.30pm Community Café
- 3.45pm - 4.30pm - Teignmouth Youth Choir

## TUESDAY

- 10.15am - 11.45am Line dancing with Viv
  - 10.30am - 12.30pm Quilter's tea party
  - 12pm - 12.45 - NEW! Zumba Toning with Vicki
  - 2.30pm - 3.30 Chair Yoga with Lisa
  - 4.15pm - 5.15pm Mat yoga with Lisa
  - 5.30pm - 6.30pm Mat yoga with Lisa
- email: lisayogaforall@gmail.com

## WEDNESDAY

- 9.30am - 10.15am Zumba Gold with Peta
- 10.30am - 12pm Grief Support Group
- 10.45am - 11.45am Seated Yoga with Lisa
- 2.30pm - 4.30pm Digital Skills 1:1
- 1.30pm - 3.30pm Table Tennis

## THURSDAY

- 10am - 12pm Memory Cafe
- 12pm - 1pm Lunch Club
- 1 pm - 3pm TeignAid
- 1.30pm - 4pm - Community Café
- 7.30pm - 9.30pm World Ship Society

## FRIDAY

- 10am - 11.30am The Teigns Rehearsal and Coffee
- Fish Friday! 12pm in the hall or delivered to the home
- 1pm - 3.30pm - Community Café
- 4.30pm - 9.30pm Dramatically Different Youth Drama

## SATURDAY

- 9am - 12pm Community Breakfast café

## SUNDAY

- 12pm - 2pm Sunday Lunch (once a month)
- Booking Essential - 01626 778039



@thealicecross



@alicecrosscentre

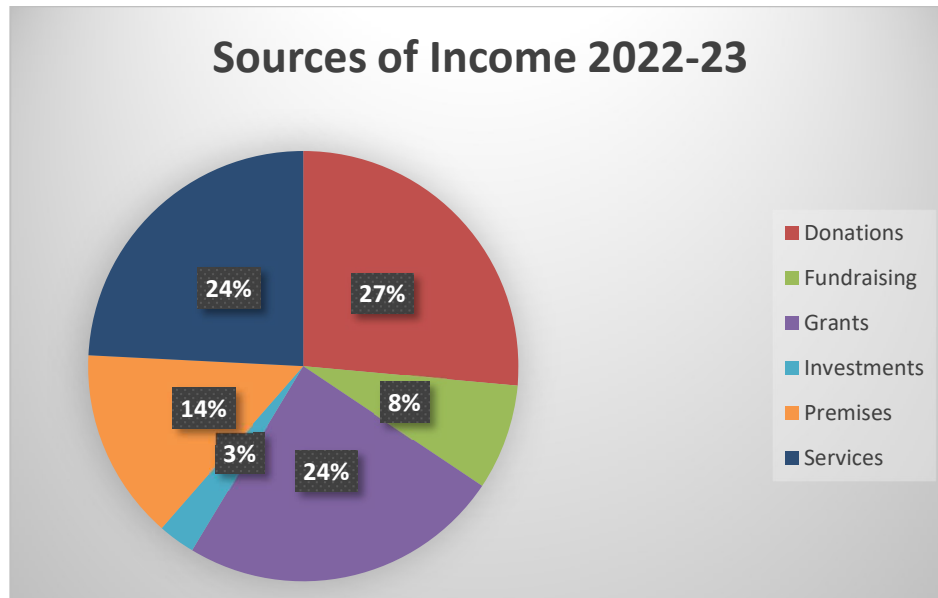
www.thealicecross.co.uk

## Events and Catering

We were fortunate to be awarded a £48,000 grant from Valancia Communities Fund to install a new commercial kitchen, as our original kitchen was over 30 years old and no longer fit for purpose. The new kitchen was fitted in March 2023 and has been a game changer for the centre, enabling us to increase our meal capacity and reach more people. We are pleased to report we have achieved a 5 star rating again at a recent EHO inspection. We cater for events and parties and have had some good bookings this year, including three “big” birthdays celebrations, a Liberal Democrat party, four wakes and three children’s parties, plus poetry events. We had many more regular bookings for non-catered private events and parties, all an important source of income for us, whilst affordable for our local community. Our licensed bar is an important asset too.



## Sources of Income 2022-23



Income was £133,009 (FY 2021-22 £64,634) and Expenditure £146,923 (FY2021-22 £93,529). We have moved closer to our goal of diversifying our income sources this financial year as demonstrated in the diagram. The split between the various income sources is nicely distributed across the income categories.

For the first time this year we incorporated a big challenge into our fundraising strategy with the aim being lots of people raising a little, whilst working towards a shared goal. We chose an inclusive walking challenge to “Walk and Mile a Day in March.” Twenty-three people signed up and we raised over £5280. Eric Crocker, an 81 year old ex-postman, took this challenge to heart and raised over £2,000 of the total, and highlighted what you can achieve when you put your mind to it.

Neil Howell, an ex-Chair of our Trustee Board, also did a big challenge by walking the Camino Way for The Alice Cross Heat Café. He raised £2491. A big thanks to Neil, Eric and the rest of our walking challenge team. Your efforts are truly appreciated.

### Other Services

The centre continues to hold a regular podiatry clinic and delivers counselling and holistic therapies, including massage and reiki through independent practitioners. We continue to support Teignmouth Community School’s (TCS) enrichment programme by providing cooking sessions, running two courses this year due to popular demand. We take a student every year from TCS for a week’s work experience plus Duke of Edinburgh volunteers. We also host partner organisation Teign Aid who support people facing homelessness and with benefit queries.

### Case Studies and Testimonials.

Our Grief Support group meets every two weeks and provides a telephone counselling service, group sessions or the opportunity to meet 1 – 1 in a café. Here are some recent testimonials:

- *“You have all been so great. I wouldn’t be where I am now without this group.”*
- *“I like coming to this group, because I can talk with people who understand”.*
- *“I was a bit worried about coming to the group but now I am so glad I did.”*

Mr C has our meal deliveries. He is disabled and finds it difficult to get out.

*“It’s a joy having friendly volunteers delivering a delicious meal to your door, particularly when you are disabled. The quality of food is outstanding and the service a wonderful kindness.”*

Ms M uses our Heat Café.

*“I love the people in here, the friendly attitude and the way it is. I always feel comfortable and welcomed and never judged. A lot of people feel a bit funny about the scooter but you don’t. If I didn’t have The Alice, I would have nowhere else to go.”*



“Feeding the community”

J is aged 75, partially sighted and lives alone. She was referred to The Alice Cross Centre by her doctor after lockdown. Her husband had died, and she was feeling lonely and isolated. She uses our meal delivery service as well as eating lunch in the centre. She attends Monday Music, the Memory Café, Thursday Heat Café and Saturday Community Breakfast. She has meals delivered on Friday and alternative Sundays. She says:

*“I enjoy mixing with a variety of people, where there is no distinction between disability or able bodied, so it’s very nice. I never feel judged for my disability, and it is incredibly friendly here every time. I enjoy the people I meet.”*

## The Future

We have recently finished a consultative process and drawn up a Medium-Term Business plan for 2024 – 2026. Our priorities are:

- Identifying stable, long- and medium-term sources of funding and diversify income sources.
- Increasing revenue from commercial activities.
- Minimising operating costs.
- Maximising use of our facilities.
- Increasing the number and diversity of users.
- Increasing the numbers and skills sets of volunteers.
- Widening the reach of the Centre for providing activities for new target audiences.
- Improving data management and performance reporting.
- Raising awareness of the Centre.
- Increasing range and use of food options and revenue.
- Identifying ways to assess impact.

We have recently received another grant from Valencia Communities Fund to refurbish our lift. Once this work has been completed it enables us to re-organise the space in our building to maximise its potential, subject to funding. We hope to create more meeting rooms, upgrade our therapy room and create a new community café meeting space that will be accessible when the main hall is in use.

We will still be continuing our valuable work to support older people, alongside developing services that are relevant for a wider age demographic to create a vibrant community centre that is attractive and feels relevant and welcoming no matter what your age.

## Thank you

Finally, we would like to say a heartfelt thank you to all our donors, trustees, volunteers, staff and voluntary sector partners for the support you have given us during the year. Sincere thanks to the trusts, foundations and private individuals who prefer to remain anonymous for their support.

If you would like to sponsor an activity or event at Alice Cross, please do get in touch. Popular choices are sponsoring our Allotment, Grief Support Group, Memory Café, Meal Delivery Service or printing our Annual Report.

The 29th May 1961 Charitable Trust	Melissa Middleton, The Whistle Stop Cafe
Age UK Devon	Mini Heaven Bakers
Alastair Sutherland	Morrisons Teignmouth
Cllr Andrew Henderson (DCC)	The National Lottery
Alice Cross Centre Events & Fundraising Team	Neil Howell
Assist Teignbridge	The Norman Family Charitable Trust
Browne Jacobson Solicitors	R.S. Brownless Charitable Trust
Citizens Advice Bureau	Shaldon Bakery
The Clare Milne Trust	South West Water
Co-op Community Fund	Teignbridge Community and Voluntary Services
Co-op Funeral Care Teignmouth	Teignbridge District Council
Co-op Teignmouth (Matt Hooper and team)	Teign Heritage Centre
Cost of Living Fund (DCC)	Teignbridge Lottery
Cllr David Cox (DCC)	Teignmouth Dementia Action Alliance group
Dawlish Community Transport	Teignmouth Rotary Club
Dawlish Rotary Club	Teignmouth Town Council
Devon Community Fund	Teignmouth Town Clerk
Devon Highwaymen Bikers	Teignmouth Traders Association
Devon Memory Café Consortium	Teign CVS
Diantha Coombes; Monday Music and more.	Teign Martime and Shanty Festival
Eric Crocker	Teignmouth & District u3a
The Elmgrant Trust	The Teigns - Monday Music and Fund Raising
FareShare	Tesco Newton Abbot
The Foyle Foundation	Tesco Teignmouth
Garfield Weston Foundation	Tozers Solicitors (including Will writing donations)
Greenwood Accountancy Ltd	Scott Richards Solicitors
Growing Communities Fund (DCC)	Valencia Communities Fund
Homeless in Teignmouth Support Foodbank (HITS)	Viscount Amory's Charitable Trust
Libraries Support Fund (DCC)	Volunteer Evening Bar Team: Dave, Sara, Vanda, Sue
Lottery, Awards for All Fund	Volunteering in Health
Lottery, Cost of Living Fund	Our Volunteers
The Mabel Cooper Charitable Trust	Weatherheads Web - Angie and Huw
The Marjorie and Geoffrey Jones Charitable Trust	Valencia Communities Fund
Matthews Wrightson Charity Trust	Cllr Cate Williams (DCC)
Malcolm and Martin – Monday Music	Viv Wilson MBE

Best Wishes,

**Jackie**

Jackie O'Brien – General Manager



**Company Registration Number 2338079**  
**Charity Registration Number 800996**

**THE ALICE CROSS CENTRE**  
**FINANCIAL REPORT**  
**YEAR ENDED 30 JUNE 2023**

## 1. Officers and Professional Advisers

### Trustees

Mrs E Batson (Treasurer)  
Mrs D Minett  
Mrs S Halfyard  
Mr A Longford  
Mr D Hawkins (appointed 12/09/2022)

### Secretary

Ms Jacqueline O'Brien

### Registered Office

1 Bitton Park Road  
Teignmouth  
Devon TQ14 9BT

### Independent Examiner

Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon TQ14 8EB

### Bankers

Co-operative Bank  
PO Box250  
Delf House  
Southway  
Skelmersdale WN8 6WT

### Solicitors

Tozers  
Charity Department  
Broadwalk House  
Southernhay West  
Exeter Devon EX1 1UA

## 2 Trustees' Report

The Trustees have pleasure in presenting their Report and Financial Statements for the year ended 30 June 2023. The Accounts reflect the provisions of the Charities Acts 2002, 2006 and 2011 as well as those of various Companies Acts and Accounting Standards.

### Reference and Administrative Information

The Alice Cross Centre, formerly Age Concern, Teignmouth and Shaldon is a registered charity (No. 800996).

The Charity is a Company limited by guarantee number 2338079, with members guaranteeing a sum not exceeding £1. By concession from the Registrar of Companies the word "Limited" can be dispensed with. It is governed by a Memorandum and Articles of Association dated 24 January 1989, as amended 16 December 1993, 10 May 2005 and 24 November 2020. Its registered office is at: 1 Bitton Park Road, Teignmouth, Devon TQ14 9BT.

### Structure, Governance and Management

Company law requires the Trustees, who are all Directors, 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 surplus or deficit of the Charity for that period. In preparing these Financial Statements the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
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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 Companies Act 1985. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### Trustees and Administration

Administration is vested in the committee of Trustees (Board of Trustees). Trustees are normally appointed in general meeting.

The Trustees who served during the year are as follows:

- Mrs S Halfyard
- Mr D Hawkins (appointed 12 September 2023)
- Mrs E Batson
- Mrs D Minett
- Mr A Longford
- Mrs P. Henchie (resigned 5 July 2022)

The present Trustees are all Directors of the Company.

The Company's bankers are The Co-operative Bank.

## Operational Issues

### 2.1.1 Objects

The objects for which the charity is established are to promote and provide for the welfare of the elderly, to promote the provision of facilities for recreation, to preserve and protect the health of people and promote social inclusion within the area of Teignmouth and the surrounding area. The Company's funds may be invested in any investment, security, or property at the discretion of the Trustees in furtherance of these objectives.

### 2.1.2 Activities

The principal activity of the Charity is to provide, manage and maintain a day centre, the Alice Cross Centre, for the promotion of well-being amongst the community of Teignmouth, Shaldon and District. During the year, the Trustees have continued to fulfil this objective and the centre has been open daily. Readers are referred to the Centre manager's report for details of activities during the year.

## Financial Issues

### 2.1.3 Reserves Policy

The Trustees recommend that the level of reserves should represent circa 15-months' regular expenditure, approximately £184,000. This is intended to cover the following areas:

- Capital Fund. This comprises the capital investments of the Charity. It is a restricted fund solely for the purpose of maintaining and improving the Charity's premises and facilities, where costs exceed £10,000 per year. A review of our activities has suggested that an investment in modernising the internal structure of the Alice Cross Centre would be more in line with our new strategy and offer potential for increased revenue.
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The Trustees are satisfied that the Charity's assets are sufficient to meet its ongoing obligations for the coming year. The level of reserves held has been reviewed by the Trustees who are of the opinion that they are at an appropriate level relevant to the ongoing financial needs of the Charity. The Investment Policy implemented three years ago has been reviewed and changed in accordance with suggestions from Charles Stanley, the Charity's investment fund managers.

### 2.1.4 Voluntary Help and Donations in Kind

In addition to paid staff, the Charity depends on unpaid voluntary help to continue in its present form. For the purpose of these accounts, no value has been attached to this voluntary help nor to any donations in kind.

### 2.1.5 Accounts

The full accounts are shown in section 6.

Total net assets on the Balance Sheet are £267,769, which includes £13,656 of restricted funds. The value of our investments has decreased by £18,325 to £91,903. A separate breakdown of restricted funds is shown in Annex 5 to the accounts.

The Income and Expenditure section of the accounts shows a deficit of £20,704 for the year. Fixed asset movements are shown in Annex 1 to the accounts. As at 30 June 2023 the buildings are included on the balance sheet at a value of £123,414. The buildings were revalued by an independent valuation on 30 June 2021 and the valuation will be reviewed regularly.

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It has been another challenging year for the Charity but nevertheless the financial results continue to show a healthy balance sheet at the end of the financial year.

The Income & Expenditure account for the year shows that our income has more than doubled for the year under review with grants, donations and services showing particularly healthy increases. Our costs have continued to rise during the year which has resulted in a deficit for the year, although at a reduced level from the previous year. The most significant increase in costs relate to employment costs. This is a result of the Trustee's decision to invest in personnel with a view to increase the provision of meals and activities within the centre.

Use of the premises continues to increase with many regular classes and activities being held at the centre. Lunches are being served on three days during the week and every alternate Sunday and there is a breakfast club on Saturday mornings.

People continue to face difficult times and it is important that we continue to provide help and support to the people in our community. To this end we are continuing to apply for grants whenever possible and are confident that these and other sources of income coupled with a strong balance sheet will enable us to continue to provide support to our local community.

The Trustees are grateful for all the grants received to date and the help we receive from our volunteers. We continue to review the financial position of the Charity on a regular basis and will do so going forward.



E. Batson (Treasurer)  
1 Bitton Park Road  
Teignmouth  
Devon  
TQ14 9BT

## 4 Independent Examiner's Report

The Trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 or the Companies Act 1985 and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act 2011
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act, and
- To state whether particular matters have come to my attention

I have carried out an independent examination of the books of this Company. They appear to have been correctly maintained and I am of the opinion that this Balance Sheet, and the supporting Income and Expenditure Account, reflect a fair and accurate record of the Company's position in the financial year ended 30<sup>th</sup> June 2023.



David Rudall  
Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon  
TQ14 8EB

# 5 Year End Accounts

## THE ALICE CROSS CENTRE Accounts for Year Ended 30 June 2023

### BALANCE SHEET

Component	2022/2023		2021/2022		Notes:
	£	£	£	£	
<b>Fixed Assets:</b>					
Tangible Assets	129,083		123,643		Annex 1
Investments	91,903		110,228		Annex 2
		<b>220,986</b>		<b>233,871</b>	
<b>Current Assets:</b>					Annex 3
Bank Accounts	38,340		61,336		
Cash	350		742		
Debtors	9,967		0		Annex 4
		<b>48,657</b>		<b>62,078</b>	
<b>Current Liabilities:</b>					
Creditors & Accruals	(1,874)		(7,476)		Annex 4
		<b>(1,874)</b>		<b>(7,476)</b>	
<b>Net Current Assets:</b>		<b>46,783</b>		<b>54,602</b>	
<b>NET ASSETS</b>		<b>267,769</b>		<b>288,473</b>	
<b>CAPITAL &amp; RESERVES</b>					
Endowments	0		0		
Restricted Funds	13,656		27,151		Annex 5
Unrestricted Funds	254,113		261,322		
<b>TOTAL CAPITAL</b>		<b>267,769</b>		<b>288,473</b>	

For the year ending 30 June 2023 the company was entitled to exemption from audit under section 477 of the Companies Act.

The Members have not required the Company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The Directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

SIGNED BY:

Trustee: Andrew Longford



Date:

22/01/24

Treasurer: Elizabeth Batson

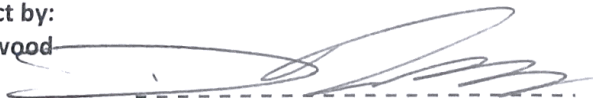


Date:

22/01/24

Checked as correct by:

Examiner: Greenwood  
Accountancy Ltd



Date:

12/01/2024

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**THE ALICE CROSS CENTRE**  
**Accounts for Year Ended 30 June 2023**

**INCOME & EXPENDITURE**

Component	2022/2023			2021/2022			Notes:
	Total	Unrestricted	Restricted	Total	Unrestricted	Restricted	
<b>Income:</b>	£	£			£	£	
Business General	250	250	0	100	100	0	
Donations	35,187	31,417	3,770	9,097	8,944	153	
Fundraising	10,556	9,561	995	4,635	3,359	1,276	
Grants	32,260	24,400	7,860	20,311	2,294	18,017	
Dividend Income	3,713	3,713	0	3,173	3,173	0	
Premises	19,116	19,116	0	15,842	15,842	0	
Services	31,927	31,290	637	11,476	11,476	0	
<b>TOTAL INCOME</b>	<b>133,009</b>	<b>119,747</b>	<b>13,262</b>	<b>64,634</b>	<b>45,188</b>	<b>19,446</b>	
<b>Expenditure:</b>							
Business	122,970	90,504	32,466	67,300	60,972	6,328	
Fundraising	628	628	0	0	0	0	
Premises	3,807	3,807	0	5,490	4,307	1,183	
Services	19,518	18,416	1,102	20,739	11,053	9,686	
Sundry	0	0	0	0	0	0	
<b>EXPENDITURE</b>	<b>146,923</b>	<b>113,355</b>	<b>33,568</b>	<b>93,529</b>	<b>76,332</b>	<b>17,197</b>	
Restriction adjustment		(6,811)	6,811		(3,503)	3,503	
<b>TOTAL EXPENDITURE</b>	<b>146,923</b>	<b>106,544</b>	<b>40,379</b>	<b>93,529</b>	<b>72,829</b>	<b>20,700</b>	
<b>I&amp;E (DEFICIT)/ SURPLUS FOR THE YEAR</b>	<b>(13,914)</b>	<b>13,203</b>	<b>(27,117)</b>	<b>(28,895)</b>	<b>(27,641)</b>	<b>(1,254)</b>	
Cash Balance adjustment	0	0	0	0	0	0	
<b>GROSS I&amp;E (DEFICIT) SURPLUS</b>	<b>(13,914)</b>	<b>13,203</b>	<b>(27,117)</b>	<b>(28,895)</b>	<b>(27,641)</b>	<b>(1,254)</b>	
<b>P&amp;L Adjustments</b>							
Purchase of Assets	0	0		3,505	3,505		
Depreciation of Fixed Assets	(3,465)	(3,465)		(2,369)	(2,369)		
Change in Value of Investments	(3,325)	(3,325)		(10,198)	(10,198)		
<b>TOTAL</b>	<b>(6,790)</b>	<b>(6,790)</b>		<b>(9,062)</b>	<b>(9,062)</b>		
<b>NET PROFIT &amp; LOSS</b>	<b>(20,704)</b>	<b>6,413</b>		<b>(37,957)</b>	<b>(36,703)</b>		
<b>CHARITABLE EXPENDITURE</b>							
Direct Charitable Expenditure		140,147	95.4%		69,781	95.8%	
Fundraising costs		6,776	4.6%		3,048	4.2%	IE-1
<b>TOTAL</b>		<b>146,923</b>			<b>72,829</b>		

**THE ALICE CROSS CENTRE**  
**Accounts for Year Ended 30 June 2023**

**Annex1: FIXED ASSETS - RECONCILIATION**

Component	2022/2023		2021/2022	
	£	£	£	£
<b>ASSET VALUES</b>				
Asset values at end of previous FY	123,643		122,507	
New assets in current FY	8,906		3,505	
<b>TOTAL ASSETS Before depreciation</b>		<b>132,549</b>		<b>126,011</b>
<b>DEPRECIATION</b>				
Previous FY assets	(3,045)		(2,187)	
One-off adjustment to revalue assets	0		0	
New assets in current FY	(421)		(182)	
<b>TOTAL DEPRECIATION OF ASSETS</b>		<b>(3,466)</b>		<b>(2,369)</b>
<b>TOTAL ASSET VALUES C/F</b>		<b>129,083</b>		<b>123,643</b>

**Annex 2: INVESTMENTS - RECONCILIATION**

	2022/2023		2021/2022	
	£	£	£	£
<b>Opening Holdings</b>				
Value of Investments B/F	108,939		119,569	
Capital Accounts B/F	577		159	
Income Account B/F	712		697	
<b>TOTAL Investment Portfolio B/F</b>		<b>110,228</b>		<b>120,426</b>
<b>Changes</b>				
Sale of investments during year	(24,945)		(7,521)	
(Loss)/gain on sales	(479)		164	
Purchase of investments during the year	9,945		6,842	
Change in portfolio value on new purchases	(107)		(2,768)	
Change in value of remaining investments	(2,406)		(7,348)	
<b>Change in value of Investments</b>		<b>(17,992)</b>		<b>(10,630)</b>
Change in Capital Account		0		417
Change in Income Account		(333)		16
<b>Closing holdings</b>				
Value of Investments C/F	91,524		108,939	
Capital Account C/F	0		577	
Income Account C/F	379		712	
<b>TOTAL Investment Portfolio C/F</b>		<b>91,903</b>		<b>110,228</b>

**Annex 3: CASH - RECONCILIATION**

	2022/2023		2021/2022		Notes:
	£	£	£	£	
<b>Opening Balances</b>					
Cash in Hand	742		143		
Alice Cross	61,336		95,354		
<b>TOTAL BALANCE B/F</b>		<b>62,078</b>		<b>95,497</b>	
Sale of Investments	15,000		0		
Income	133,009		64,634		
Current Year change in Debtors	(9,967)		0		
<b>Net Income</b>		<b>138,042</b>		<b>64,634</b>	
Expenditures	(146,923)		(93,529)		
Current Year change in Accruals	(5,601)		(4,524)		
<b>Net Expenditure</b>		<b>(152,524)</b>		<b>(98,053)</b>	
Purchase of Fixed Assets		(8,906)			
<b>TOTAL BALANCE C/F</b>		<b>38,690</b>		<b>62,078</b>	
<b>Closing Balances</b>					
Cash in Hand	350		742		
Alice Cross	38,340		61,336		
<b>TOTAL BALANCE C/F</b>		<b>38,690</b>		<b>62,078</b>	

**Annex 4: BALANCE - RECONCILIATION**

Component	2022/2023		2021/2022		Notes:
	£	£	£	£	
<b>Previous Year Funds:</b>					
Fund Balance B/F	288,473		326,430		
Plus creditors previous year	7,476		12,000		
Less debtors previous year	0		0		
<b>Previous Year Total</b>		<b>295,949</b>		<b>338,430</b>	
<b>Current Year Fund Changes:</b>					
Fixed Assets	5,440		1,136		
Investments	(18,325)		(10,198)		
Bank and Cash Balances	(23,388)		(33,419)		
<b>Total Fund Changes</b>		<b>(36,273)</b>		<b>(42,481)</b>	
<b>Fund Balance C/F</b>		<b>259,676</b>		<b>295,949</b>	
Plus debtors		9,967		0	
Less creditors		(1,874)		(7,476)	
<b>Net Balance Reconciliation</b>		<b>267,769</b>		<b>288,473</b>	
<b>NET ASSETS ON BALANCE SHEET</b>		<b>267,769</b>		<b>288,473</b>	

## Annex 5: RESTRICTED FUND SUMMARY

Fund	Brought Forward £	New £	Spend £	X-Charge £	Balance from unrestricted £	Residual £
Memory Cafe	19,037	100	1,581	3,900	0	13,656
Young Onset	822	0	0	822	0	0
Xmas day fund	364	1,555	947	992	20	0
Covid-19	1,033	0	0	1,033	0	0
Pathway to Health	1,427	0	0	1,427	0	0
Drive & Dine Concert	3,371	0	0	3,371	0	0
Grief Support	633	912	0	1,560	15	0
Heat Cafe	0	8,695	963	14,508	6,776	0
Jubilee	14	0	0	14	0	0
Alliance	450	0	0	450	0	0
Devon Community Foundation	0	2,000	2,000	0	0	0
<b>ALL FUNDS</b>	<b>27,151</b>	<b>13,262</b>	<b>5,491</b>	<b>28,077</b>	<b>6,811</b>	<b>13,656</b>

## Annex 6: NOTES TO THE ACCOUNTS

- TRUSTEES' EMOLUMENTS:** In accordance with the Memorandum and Articles of Association, the Trustees receive no salary, fees or remuneration.
- TAXATION:** No provision for taxation is considered necessary in view of the registered charity status.
- EMPLOYEES INFORMATION:**

The average number of persons employed by the Charity during the year was as follows:

	2022/2023		2021/2022
	6		4

The total employment costs (Wages, Salaries + Social Security Costs) were as follows:

	2022/2023		2021/2022
	£96,199		£57,523
- IE-1 CHARITABLE EXPENDITURE:** Fundraising expenditure is defined as the sum of fund-raising costs and 5% of business costs
- FA-1** Depreciation as per accounting policies, items less than £500 are expensed through income & expenditure.
- FA-2** 1st year depreciation on new purchases is pro-rata to number of months remaining in the financial year from date of purchase.
- IN-1** Sales of Vodafone, Enterprise Prods Partnership PLC, Aviva, Land Securities Group, WPP PLC, Reckitt Benckiser Group, Haleon and Enel SPA were made in the year.
- IN-2** Purchases of Edinburgh Investments Trust, Fidelity Investment Funds and Morgan Stanley Funds were made in the year.

## **6 Accounting Policies**

These Financial Statements have been prepared in accordance with the requirements of the Companies Act and also the Statement of Recommended Practice – Accounting by Charities.

### **Basis of Accounting**

The Financial Statements have been produced under the historical cost convention.

A cash flow statement is not required in view of the size of the Charity.

### **Depreciation**

Depreciation is charged on Freehold Property at the rate of 1% per annum using the reducing balance method.

For fixtures and fittings, we are implementing the following:

- expensing items costing £500 or less,
- applying a straight-line method for computer hardware costing more than £500 over 3 years,
- applying a straight-line method for other items costing over £500 over 5 years.

### **Investment Income**

Income from quoted investments is stated gross. Investments are valued at market value in the balance sheet.

### **Reserves**

The entity's reserves may be restricted or unrestricted.

### **Recognition of Income and Expenses**

Income is recognised on the date the Charity's right to receive payment is established. Expenses are recognised on the date of invoices received.



**Company Registration Number 2338079**  
**Charity Registration Number 800996**

**THE ALICE CROSS CENTRE**  
**FINANCIAL REPORT**  
**YEAR ENDED 30 JUNE 2023**

## 1. Officers and Professional Advisers

### Trustees

Mrs E Batson (Treasurer)  
Mrs D Minett  
Mrs S Halfyard  
Mr A Longford  
Mr D Hawkins (appointed 12/09/2022)

### Secretary

Ms Jacqueline O'Brien

### Registered Office

1 Bitton Park Road  
Teignmouth  
Devon TQ14 9BT

### Independent Examiner

Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon TQ14 8EB

### Bankers

Co-operative Bank  
PO Box250  
Delf House  
Southway  
Skelmersdale WN8 6WT

### Solicitors

Tozers  
Charity Department  
Broadwalk House  
Southernhay West  
Exeter Devon EX1 1UA

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The Trustees are grateful for all the grants received to date and the help we receive from our volunteers. We continue to review the financial position of the Charity on a regular basis and will do so going forward.



E. Batson (Treasurer)  
1 Bitton Park Road  
Teignmouth  
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TQ14 9BT

## 4 Independent Examiner's Report

The Trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 or the Companies Act 1985 and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act 2011
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act, and
- To state whether particular matters have come to my attention

I have carried out an independent examination of the books of this Company. They appear to have been correctly maintained and I am of the opinion that this Balance Sheet, and the supporting Income and Expenditure Account, reflect a fair and accurate record of the Company's position in the financial year ended 30<sup>th</sup> June 2023.



David Rudall  
Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon  
TQ14 8EB

# 5 Year End Accounts

## THE ALICE CROSS CENTRE Accounts for Year Ended 30 June 2023

### BALANCE SHEET

Component	2022/2023		2021/2022		Notes:
	£	£	£	£	
<b>Fixed Assets:</b>					
Tangible Assets	129,083		123,643		Annex 1
Investments	91,903		110,228		Annex 2
		<b>220,986</b>		<b>233,871</b>	
<b>Current Assets:</b>					Annex 3
Bank Accounts	38,340		61,336		
Cash	350		742		
Debtors	9,967		0		Annex 4
		<b>48,657</b>		<b>62,078</b>	
<b>Current Liabilities:</b>					
Creditors & Accruals	(1,874)		(7,476)		Annex 4
		<b>(1,874)</b>		<b>(7,476)</b>	
<b>Net Current Assets:</b>		<b>46,783</b>		<b>54,602</b>	
<b>NET ASSETS</b>		<b>267,769</b>		<b>288,473</b>	
<b>CAPITAL &amp; RESERVES</b>					
Endowments	0		0		
Restricted Funds	13,656		27,151		Annex 5
Unrestricted Funds	254,113		261,322		
<b>TOTAL CAPITAL</b>		<b>267,769</b>		<b>288,473</b>	

For the year ending 30 June 2023 the company was entitled to exemption from audit under section 477 of the Companies Act.

The Members have not required the Company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The Directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

SIGNED BY:

Trustee: Andrew Longford



Date:

22/01/24

Treasurer: Elizabeth Batson



Date:

22/01/24

Checked as correct by:

Examiner: Greenwood  
Accountancy Ltd



Date:

12/01/2024

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**THE ALICE CROSS CENTRE**  
**Accounts for Year Ended 30 June 2023**

**INCOME & EXPENDITURE**

Component	2022/2023			2021/2022			Notes:
	Total	Unrestricted	Restricted	Total	Unrestricted	Restricted	
<b>Income:</b>	£	£			£	£	
Business General	250	250	0	100	100	0	
Donations	35,187	31,417	3,770	9,097	8,944	153	
Fundraising	10,556	9,561	995	4,635	3,359	1,276	
Grants	32,260	24,400	7,860	20,311	2,294	18,017	
Dividend Income	3,713	3,713	0	3,173	3,173	0	
Premises	19,116	19,116	0	15,842	15,842	0	
Services	31,927	31,290	637	11,476	11,476	0	
<b>TOTAL INCOME</b>	<b>133,009</b>	<b>119,747</b>	<b>13,262</b>	<b>64,634</b>	<b>45,188</b>	<b>19,446</b>	
<b>Expenditure:</b>							
Business	122,970	90,504	32,466	67,300	60,972	6,328	
Fundraising	628	628	0	0	0	0	
Premises	3,807	3,807	0	5,490	4,307	1,183	
Services	19,518	18,416	1,102	20,739	11,053	9,686	
Sundry	0	0	0	0	0	0	
<b>EXPENDITURE</b>	<b>146,923</b>	<b>113,355</b>	<b>33,568</b>	<b>93,529</b>	<b>76,332</b>	<b>17,197</b>	
Restriction adjustment		(6,811)	6,811		(3,503)	3,503	
<b>TOTAL EXPENDITURE</b>	<b>146,923</b>	<b>106,544</b>	<b>40,379</b>	<b>93,529</b>	<b>72,829</b>	<b>20,700</b>	
<b>I&amp;E (DEFICIT)/ SURPLUS FOR THE YEAR</b>	<b>(13,914)</b>	<b>13,203</b>	<b>(27,117)</b>	<b>(28,895)</b>	<b>(27,641)</b>	<b>(1,254)</b>	
Cash Balance adjustment	0	0	0	0	0	0	
<b>GROSS I&amp;E (DEFICIT) SURPLUS</b>	<b>(13,914)</b>	<b>13,203</b>	<b>(27,117)</b>	<b>(28,895)</b>	<b>(27,641)</b>	<b>(1,254)</b>	
<b>P&amp;L Adjustments</b>							
Purchase of Assets	0	0		3,505	3,505		
Depreciation of Fixed Assets	(3,465)	(3,465)		(2,369)	(2,369)		
Change in Value of Investments	(3,325)	(3,325)		(10,198)	(10,198)		
<b>TOTAL</b>	<b>(6,790)</b>	<b>(6,790)</b>		<b>(9,062)</b>	<b>(9,062)</b>		
<b>NET PROFIT &amp; LOSS</b>	<b>(20,704)</b>	<b>6,413</b>		<b>(37,957)</b>	<b>(36,703)</b>		
<b>CHARITABLE EXPENDITURE</b>							
Direct Charitable Expenditure		140,147	95.4%		69,781	95.8%	
Fundraising costs		6,776	4.6%		3,048	4.2%	IE-1
<b>TOTAL</b>		<b>146,923</b>			<b>72,829</b>		

**THE ALICE CROSS CENTRE**  
**Accounts for Year Ended 30 June 2023**

**Annex1: FIXED ASSETS - RECONCILIATION**

Component	2022/2023		2021/2022	
	£	£	£	£
<b>ASSET VALUES</b>				
Asset values at end of previous FY	123,643		122,507	
New assets in current FY	8,906		3,505	
<b>TOTAL ASSETS Before depreciation</b>		<b>132,549</b>		<b>126,011</b>
<b>DEPRECIATION</b>				
Previous FY assets	(3,045)		(2,187)	
One-off adjustment to revalue assets	0		0	
New assets in current FY	(421)		(182)	
<b>TOTAL DEPRECIATION OF ASSETS</b>		<b>(3,466)</b>		<b>(2,369)</b>
<b>TOTAL ASSET VALUES C/F</b>		<b>129,083</b>		<b>123,643</b>

**Annex 2: INVESTMENTS - RECONCILIATION**

	2022/2023		2021/2022	
	£	£	£	£
<b>Opening Holdings</b>				
Value of Investments B/F	108,939		119,569	
Capital Accounts B/F	577		159	
Income Account B/F	712		697	
<b>TOTAL Investment Portfolio B/F</b>		<b>110,228</b>		<b>120,426</b>
<b>Changes</b>				
Sale of investments during year	(24,945)		(7,521)	
(Loss)/gain on sales	(479)		164	
Purchase of investments during the year	9,945		6,842	
Change in portfolio value on new purchases	(107)		(2,768)	
Change in value of remaining investments	(2,406)		(7,348)	
<b>Change in value of Investments</b>		<b>(17,992)</b>		<b>(10,630)</b>
Change in Capital Account		0		417
Change in Income Account		(333)		16
<b>Closing holdings</b>				
Value of Investments C/F	91,524		108,939	
Capital Account C/F	0		577	
Income Account C/F	379		712	
<b>TOTAL Investment Portfolio C/F</b>		<b>91,903</b>		<b>110,228</b>

**Annex 3: CASH - RECONCILIATION**

	2022/2023		2021/2022		Notes:
	£	£	£	£	
<b>Opening Balances</b>					
Cash in Hand	742		143		
Alice Cross	61,336		95,354		
<b>TOTAL BALANCE B/F</b>		<b>62,078</b>		<b>95,497</b>	
Sale of Investments	15,000		0		
Income	133,009		64,634		
Current Year change in Debtors	(9,967)		0		
<b>Net Income</b>		<b>138,042</b>		<b>64,634</b>	
Expenditures	(146,923)		(93,529)		
Current Year change in Accruals	(5,601)		(4,524)		
<b>Net Expenditure</b>		<b>(152,524)</b>		<b>(98,053)</b>	
Purchase of Fixed Assets		(8,906)			
<b>TOTAL BALANCE C/F</b>		<b>38,690</b>		<b>62,078</b>	
<b>Closing Balances</b>					
Cash in Hand	350		742		
Alice Cross	38,340		61,336		
<b>TOTAL BALANCE C/F</b>		<b>38,690</b>		<b>62,078</b>	

**Annex 4: BALANCE - RECONCILIATION**

Component	2022/2023		2021/2022		Notes:
	£	£	£	£	
<b>Previous Year Funds:</b>					
Fund Balance B/F	288,473		326,430		
Plus creditors previous year	7,476		12,000		
Less debtors previous year	0		0		
<b>Previous Year Total</b>		<b>295,949</b>		<b>338,430</b>	
<b>Current Year Fund Changes:</b>					
Fixed Assets	5,440		1,136		
Investments	(18,325)		(10,198)		
Bank and Cash Balances	(23,388)		(33,419)		
<b>Total Fund Changes</b>		<b>(36,273)</b>		<b>(42,481)</b>	
<b>Fund Balance C/F</b>		<b>259,676</b>		<b>295,949</b>	
Plus debtors		9,967		0	
Less creditors		(1,874)		(7,476)	
<b>Net Balance Reconciliation</b>		<b>267,769</b>		<b>288,473</b>	
<b>NET ASSETS ON BALANCE SHEET</b>		<b>267,769</b>		<b>288,473</b>	

## Annex 5: RESTRICTED FUND SUMMARY

Fund	Brought Forward £	New £	Spend £	X-Charge £	Balance from unrestricted £	Residual £
Memory Cafe	19,037	100	1,581	3,900	0	13,656
Young Onset	822	0	0	822	0	0
Xmas day fund	364	1,555	947	992	20	0
Covid-19	1,033	0	0	1,033	0	0
Pathway to Health	1,427	0	0	1,427	0	0
Drive & Dine Concert	3,371	0	0	3,371	0	0
Grief Support	633	912	0	1,560	15	0
Heat Cafe	0	8,695	963	14,508	6,776	0
Jubilee	14	0	0	14	0	0
Alliance	450	0	0	450	0	0
Devon Community Foundation	0	2,000	2,000	0	0	0
<b>ALL FUNDS</b>	<b>27,151</b>	<b>13,262</b>	<b>5,491</b>	<b>28,077</b>	<b>6,811</b>	<b>13,656</b>

## Annex 6: NOTES TO THE ACCOUNTS

- TRUSTEES' EMOLUMENTS:** In accordance with the Memorandum and Articles of Association, the Trustees receive no salary, fees or remuneration.
- TAXATION:** No provision for taxation is considered necessary in view of the registered charity status.
- EMPLOYEES INFORMATION:**

The average number of persons employed by the Charity during the year was as follows:

	2022/2023		2021/2022
	6		4

The total employment costs (Wages, Salaries + Social Security Costs) were as follows:

	2022/2023		2021/2022
	£96,199		£57,523
- IE-1 CHARITABLE EXPENDITURE:** Fundraising expenditure is defined as the sum of fund-raising costs and 5% of business costs
- FA-1** Depreciation as per accounting policies, items less than £500 are expensed through income & expenditure.
- FA-2** 1st year depreciation on new purchases is pro-rata to number of months remaining in the financial year from date of purchase.
- IN-1** Sales of Vodafone, Enterprise Prods Partnership PLC, Aviva, Land Securities Group, WPP PLC, Reckitt Benckiser Group, Haleon and Enel SPA were made in the year.
- IN-2** Purchases of Edinburgh Investments Trust, Fidelity Investment Funds and Morgan Stanley Funds were made in the year.

## **6 Accounting Policies**

These Financial Statements have been prepared in accordance with the requirements of the Companies Act and also the Statement of Recommended Practice – Accounting by Charities.

### **Basis of Accounting**

The Financial Statements have been produced under the historical cost convention.

A cash flow statement is not required in view of the size of the Charity.

### **Depreciation**

Depreciation is charged on Freehold Property at the rate of 1% per annum using the reducing balance method.

For fixtures and fittings, we are implementing the following:

- expensing items costing £500 or less,
- applying a straight-line method for computer hardware costing more than £500 over 3 years,
- applying a straight-line method for other items costing over £500 over 5 years.

### **Investment Income**

Income from quoted investments is stated gross. Investments are valued at market value in the balance sheet.

### **Reserves**

The entity's reserves may be restricted or unrestricted.

### **Recognition of Income and Expenses**

Income is recognised on the date the Charity's right to receive payment is established. Expenses are recognised on the date of invoices received.

**THE ALICE CROSS CENTRE**

England & Wales - Charity number 800996

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# Accounts

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the alice cross centre



# THE ALICE CROSS CENTRE

## ANNUAL REPORT

YEAR ENDED 30 JUNE 2022



Company Registration Number 2338079

## **Trustees Statement**

The last year has continued to be a very challenging and difficult time for the newly renamed 'The Alice Cross Centre'. As with many such charitable organisations, funding opportunities for the charity have become more difficult to access as they have significantly changed due to the knock-on effects of Brexit, the Covid Pandemic and the conflict between Russia and Ukraine. Additionally, midway through the year, the General Manager of 12 years standing, moved on to take charge of the VIH charity and the Chair of the Trustees resigned due to conflicts of business. The Trustees, however, have managed to keep the charity operating almost unaffected and have appointed a new General Manager, Jackie O'Brien, who has taken on the challenges and has brought a new spirit of direction and capability to the Alice Cross Centre.

The Board of Trustees now strongly believe that the core team of Jackie, Alison and Yvonne, assisted by the new Kitchen Manager, David, are continuing to re-define and develop the services provided by the Alice Cross Centre with a very high level of commitment and vision. The feedback received from the community of Teignmouth (and beyond) is indicating that the Alice Cross Centre continues to provide a unique and necessary meals service and offers a community centre for a wide cross section of local inhabitants.

The Trustees have continued working behind the scenes to ensure that the Centre services have been maintained to a very high standard and that the focus of the management is to stabilise the financial position and to move forward from the difficulties of 2021/22. They have approved the significant investment in the development of the centre whilst supporting the key personnel and encouraging a steady development of the core services required by the community.

Moving forward knowing that the population is forecast to live longer, be more active and healthier in older life, there needs to be an emphasis on developing preventative and wellbeing services. A number of new opportunities are being planned to meet these needs and to further support the local community in the now, well respected Alice Cross way. However, the Board of Trustees and staff can only do this with the continued support of our volunteers and clients and we shall continue to work with them all to keep The Alice Cross Centre being Teignmouth's Community Hub.

Thank you

The Alice Cross Centre Board of Trustees

14 October 2022.



Coordinator, Alison Fenton, part time Volunteer Coordinator, Yvonne Lamond, part time Office Administrator Peta Howell, part time Support Worker, Sue Yates, full time Chef and Kitchen Manager, Dave Cook and part time cleaner Nicky Howarth. We are also supported by a dedicated team of 68 volunteers who help in all aspects of running the centre. We couldn't do what we do without them and thank them for all their loyalty and hard work.

## Our Trustees



Pat Henchie



Deborah Minett



Sue Halfyard



Andy Longford



Liz Batson  
Treasurer

## Our Staff



Jackie O'Brien  
General Manager  
Manager



Alison Fenton  
Centre Co-ordinator



Yvonne Lamond  
Volunteer Co-ordinator



Peta Howell  
Marketing & Admin Support



Sue Yates  
Support Worker



Dave Cook  
Chef & Kitchen

The Trustees made a decision to grow the team this year, so that The Alice Cross Centre has a full skill set to enable them to move forward and navigate the new voluntary sector landscape, which will aim to be less reliant on government grants with more focus on fundraising and developing services that contribute to our income. As always, the team have continued to provide a professional and dedicated service, despite the continued uncertainty post covid. On behalf of myself and the trustees, we would like to thank them for another year of incredible loyalty and hard work, supporting over 400 people in our community.



The Centre could not function without the loyal band of over 60 volunteers giving an estimated **7,500** hours a year - which would cost **£67,500**, if they were each paid £9 an hour. Without their help the Centre would find it almost impossible to function - so a huge thank you to all you wonderful volunteers.

We rely on volunteers to support our meal delivery service to vulnerable and housebound people. It is volunteers who collect and

deliver the food and bring caring contact to our clients, giving them the opportunity to do a welfare check at the same time. Volunteers also run our tabletop fundraising events and support Alice Cross Centre events, fulfilling all the hospitality roles required for a seamless event. Without them we could not deliver these services. We also have administrative and reception roles, plus grant writing and fundraising opportunities. Our volunteers represent a diverse section of our community and include people with additional needs and young people on work experience secondments. Yvonne Lamond our Volunteer Co-ordinator plays a central role in supporting our volunteers and ensuring that we have cover for all our services. She does an outstanding job, as do all of our team. Our volunteers are our ambassadors and spread the word about our services. We couldn't be more proud of them.

## Activities

Post Covid, the centre has slowly come back to life and we are offering lunches back in the centre three times a week, which is increasing in uptake week on week. Our "Fish n Chip" Friday, which is every second week, is always a popular choice.

**What's on at the Alice Cross?\***

Scan the QR Code to donate to our totalgiving fund.

**Monday**  
 10.30 - 12pm Monday Music  
 10am - 12pm Monday Chat Club  
 Lunch Club at the Alice or meal delivery.  
 6pm - 7pm Yoga with Alison

**Tuesday**  
 10.15am - 11.45am Line dancing with Viv  
 10.30am - 12.30pm Quilter's tea party  
 1pm - 3pm Alice Crafters Craft Group  
 2.30pm - 4pm U3A Italian  
 4.15pm - 5.15pm Mat yoga with Lisa  
 5.30pm - 6.30pm Wiggles and Giggles  
 7pm-10pm Teignmouth Chess Club

**Wednesday**  
 9.30am - 10.15am Zumba Gold with Peta  
 10.30am - 12pm Grief Support Group  
 10.45am - 11.45am Seated Yoga with Lisa  
 12.30pm - 3pm NEW! Digital Skills 1:1  
 2pm - 3.30pm Table Tennis  
 3pm - 4pm U3A Spanish  
 7pm - 9pm Sewing club

**Thursday**  
 10am - 12pm Memory Cafe  
 12pm - 1pm Lunch Club and Meal delivery  
 12.30pm - 2pm TeignAid  
 5.30pm - 6.30pm - NEW! Pilates with Kelly  
 7.30pm - 9.30pm World Ship Society (2nd Thursday)

**Friday**  
 10am - 11.30am The Teigns Rehearsal and Coffee  
 Fish Friday! 12pm Lunch club in the hall or delivered.  
 4.30pm - 9.30pm Dramatically Different Youth Drama

**Room hire available!**  
 Call 01626 778039 or email [Info@thealicecross.co.uk](mailto:Info@thealicecross.co.uk)

\* Please note that the timetable is subject to change. Some clubs do not run weekly and may be bi-weekly or monthly.

[www.thealicecross.co.uk](https://www.thealicecross.co.uk)  
 @alicecrossdevon  
 @thealicecross  
 @alicecrosscentre

As you can see, we have a busy timetable of weekly events, some our own and others are regular community events. The diversity of the timetable means there is something for everybody at The Alice and includes activities for all ages.

## Memory Café

Memory loss and dementia are widespread and increasing problems which very often lead to isolation from the community for both sufferers and carers. Post lockdown, the group has come back into the centre and has gone from strength to strength with more members coming along each week. The atmosphere is relaxed and informal and participants can swap stories, ideas and tips on coping while taking part in a variety of activities to stimulate cognitive awareness. We often have visiting musicians (who

volunteer their time), such as Diantha Coombes and Malcolm and Martin, who interact with our guests and stimulate memories through music. This can be very moving for them. Our overall aim is to provide support to the person with memory difficulty and an opportunity for the carer to have some stimulation and respite. The friendship and community that the group members experience helps to alleviate loneliness and isolation. They also enjoy a chair fit session before lunch to improve strength and mobility. The group eat together at lunch time, an important part of the Memory Café. As well as having a nourishing hot meal, they experience a family atmosphere round the dining table, enjoy the ritual of a meal together with conversation and light heartedness. Our volunteers are so kind during meal service and look after the group with great love and care.

## Zumba Gold, Pilates and Yoga

As part of our moving effectively aim, we hold regular weekly fitness classes which focus on core strength and flexibility, all helping to promote a healthy, supple body and longevity. The classes are suitable for all ages and fitness levels. Yoga is run by Lisa and she holds both a chair and mat yoga class. We also have a weekly table tennis group, which is very relaxed and also provides an opportunity to chat together with a cuppa.

## Events and Fundraising

We hold regular fundraising events both in the centre and out in the community, which include quiz, bingo and band nights, coffee mornings and table top sales.

We really enjoyed being at The Queen's Jubilee celebrations as it gave us the opportunity to showcase all the things the Alice Cross Centre does, particularly relevant after the pandemic, to remind people that we were still here with lots to offer them. It was a wonderful occasion to celebrate again with the general public, after the isolation of lockdown. I think we successfully managed to convey the fun we have whether you come to the Alice as a volunteer or guest.





We also hire our hall out at weekends for events at a reasonable rate and it has been booked this year for a variety of celebrations and parties, including “big” birthdays, poetry events, christenings, wakes and musical events amongst others. We are licensed and can provide a bar and catering service for all events.

## Catering

We are very proud of the quality of the food that our chef and team of volunteers produce from our 5\* kitchen. We continue to run our Meal Delivery Service and delivered 2845 hot meals during this financial year to 35 homes per day, up to 4 times a week. Volunteers do our meal deliveries, and it means they get to know who they are delivering to and can do a welfare check at the same time. Two volunteers, Daphne and Maureen, call our clients weekly to take their orders for the week and develop relationships that are valued by our clients and provide another opportunity to do a welfare check. Our clients are generally older people who find it difficult to shop and cook or they might have mobility issues, so the meal service is a lifeline to them and ensures they get a nutritious hot meal. The meals are subsidised and cost £5 for a main meal and £2 for a dessert. Meals are free if the client is in receipt of an income related benefit.



**The Dream Team, Volunteers Jacqueline and Shane with Dave, our Chef**

One of our principal charitable aims is to subsidise hot meals as the benefit they provide to those who would otherwise be eating alone is an important element of the service we offer. Our lunches in the centre are a social occasion, and it is a service that men, in particular, who are often more difficult to reach and engage with, are keen to attend. People with special needs also use our lunch service so we are reaching a diverse group of people from our community. We provide lunch in the centre on the

same days as our meal delivery service which is Monday, Thursday and Friday and every second Sunday, with one Sunday lunch per month in the Centre.

Our Christmas Lunch did not take place in December 2021 but we are pleased to report we did do it in December 2022 and there will be more about it in next year's annual report.



**Sunday lunch for our Meal Delivery Service Customers.**

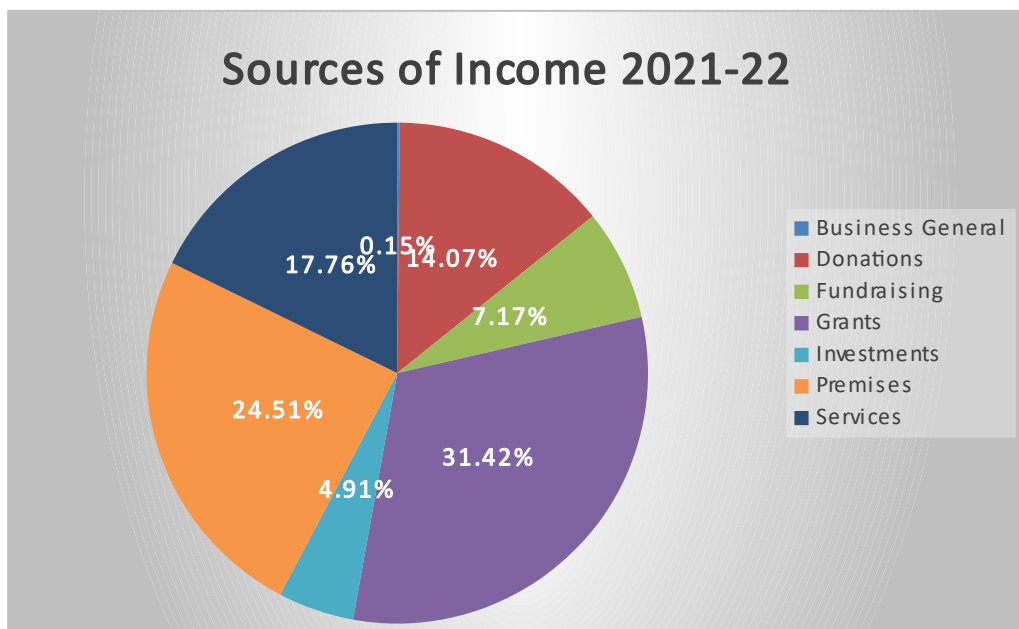
### **Income/Fundraising**

As discussed previously income dropped significantly in this financial year. This was due to a decrease in grants by 7%, though they still accounted for 31% of our overall income, and a decrease in income from trusts and foundations by 30%, mainly due to the financial climate following the pandemic. Premises income increased by 17% and is an important part of our core income, whilst income from donations and fundraising increased by 5%. The rest of our income categories were pretty much on par with 2020-21. We would like to say thank you to the grant bodies, private donors, local businesses and everybody that contributed to our fundraisers and made donations. Your support means a lot to us and makes a difference to the people that benefit from our services.

We held many fundraising events including music evenings and singalongs with The Teigns, quiz nights, bingo, a Christmas Fayre, tabletops, cakes sales, raffles and craft fayres, including the carnival. A huge thank you to everybody that donated items for our tabletops and fayres, baked cakes, knitted gloves, painted pictures and crafted beautiful items for us to sell. A lot of people all doing a little is what makes our charity tick and collectively makes an impact.

The Rotary Club of Teignmouth held several very successful quiz and food nights raising funds for both Alice Cross & other organisations including Teign Heritage Centre.

A massive thanks to Tozers Solicitors for all their support. For everybody that makes a simple will they forfeit their fee in lieu of a donation to us.



Income was £64,634 (FY 2019-20 £89,017) and expenditure £93,529 (FY 2019-20 £87,678).

## Other Services

The centre continues to hold a regular podiatry clinic, a grief support group and delivers counselling and holistic therapies, including massage and reiki through partner organisations. We continue to support the Teignmouth Community School Enrichment programme by providing cooking sessions and many students take placements with us to gain work experience. We also host partner organisation Teign Aid who support people facing homelessness and who need help with benefit applications.

Our Grief Support group meets every two weeks and provides a telephone counselling service, group sessions or the opportunity to meet 1 - 1 in a café. Here are some testimonials which show how valuable the service is:

1. *“My dearest wife passed away nearly two and a half years ago, just 4 days prior to the first Covid lockdown. Our daughter who lives in France had cancer and was shielding in her house.*

*After nearly 60 years of a wonderful marriage I was at a very low ebb in my life. I contacted the Alice Cross Centre in Teignmouth who put me in touch with Ann. She rang me on a regular basis throughout the lockdown when contact with others was very restricted. Without her support advice and kindness my life would have been much the poorer during that time. I later found out she had been part of the Cruse project prior to her moving to the Teignmouth area. After lockdown Ann started group sessions at Alice*

*Cross which opened another aspect of support by meeting others in similar situations which was very helpful."*

*Throughout the period of my support she was understanding, kind and constructive. She is one of those special people you rarely meet in life."*

2. *"Having lost both my husband and my father within 18 months I cannot stress enough just how important it is to connect with other bereaved people in a secure and confidential space; to share our experiences and our feelings, and to support each other through the grief and the loneliness of one of the most traumatic events anyone can face."*

**THERAPIES AT THE ALICE**

*Massage Therapy*

Gary Glanville - Massage therapist  
Telephone : 07966381802

Vanda Halina Therapies - Aromatherapy, Sports & Swedish Massage. ITEC Practitioner.  
Telephone: 01626 772694 or 07870865513

Carole Clark - ITEC Practitioner, Reflexology, Indian Head Massage, Reiki, reflexology and Sports Massage. Also offering Facials, Manicures and Pedicures.  
Telephone: 07887 401639

*Counselling*  
Wellness in mind -  
Teign Counselling Service

Steven Smyth-Bonfield BA  
Hons. MBACP. Adv Dip  
Intergrative Counsellor.  
Telephone: 07576 603669  
Email:  
[stevengbonfield@gmail.com](mailto:stevengbonfield@gmail.com)

*Chiropody*

Jane Thomas - Chiropodist  
Bsc (Hons) MCPod  
HCPC Registered  
Alternate Wednesday  
mornings by appointment.  
Telephone: 01626 778039

The Alice Cross Centre  
1-3 Bitton park Road  
Teignmouth TQ149BT  
[www.thealicecross.co.uk](http://www.thealicecross.co.uk)  
@thealicecrosscentre

## The Future

As Adult Social Care strategy continues to focus on supporting people to remain independent in their own homes for as long as possible, our Pathways to Health focus is more relevant than ever as we support people to eat well, move more and come together as a community to alleviate loneliness and social isolation, promoting good physical and mental health. Our meal delivery service plays an important part in enabling people to remain in their own home and we aim to expand this service by providing home cooked frozen meals, to supplement the hot meals that we provide.

We are thrilled to report that we have been successful in our bid to Valencia Communities Fund for £48,000, to refurbish our very dated kitchen. This is incredible news and will allow us to continue to expand the food services that we already offer, helping more people to have access to a nutritious food. The work will take place in March/April 2023.

We are all facing an extended cost of living crisis so one of our key priorities is to support our local community to help alleviate food and fuel poverty. We have started a Heat Cafe, as part of the national warm spaces initiative, where food is available on a pay what you can basis. We will continue to build and expand on this service and layer

other services over the top, for example, cooking lessons on a budget and digital literacy lessons. We continue to use surplus food to help save waste and it also enables us to provide subsidised/free food to our customers.

We plan to grow our fitness offering and two members of the team have recently trained to do well-being walks, so that we can offer level 1 walks from the Alice Cross. There is evidence to show that walking is one of the most effective exercises for health and wellbeing and it is inclusive for the majority of people, with the important social aspect.

We continue to strengthen our infrastructure with new digital technology, and we have upgraded our phone system to VOIP technology, introduced Xero Accounting, a Beacon CRM Database and a Zettle till system so that we can improve communication and information gathering. This will in turn provide more detailed management information, essential to creating a strong and robust charity. With new technology comes the need for more staff training, so this will be an important priority for 22-2023, so that the new software can be incorporated into our daily working practices effectively. Many thanks go to Huw Weatherhead for his ongoing support of our IT infrastructure, both software and hardware. His support is invaluable.

As space in our building is finite there will be a focus this year on looking to develop more outreach services, as a way of attracting more funding opportunities and reaching more people. At the same time, we want to grow other sources of income so that we aren't so reliant on grant income.

Coming out of a year of an income deficit, creates more pressure to break even this financial year, so whilst we will always strive to expand and grow, it will be done with financial prudence, as consolidation is also an important part of this year's remit, so that we can continue to provide the important services that we already offer.

We will continue to work in close cooperation with VIH, Assist, Teignbridge CVS, and other local charities to reduce duplication of services and improve the support for all older people and the wider community locally.

Most importantly, we want to have another year of community building with lots of fun and laughter, working collaboratively and making sure we enjoy every minute of this wonderful journey together.

## **Thank you**

Finally, we would like to say a massive thank you to all our donors, volunteers, staff and partners, including any we have unwittingly not listed, for all the hard work and support you have given us over this last year.

The 29th May 1961 Charitable Trust  
Age UK Devon  
Alastair Sutherland  
Anthony Powell  
ASAP Printing  
Assist Teignbridge  
Charlie Bass  
Co-op Community Fund

The Norman Family Charitable Trust  
Cllr Jacqui Orme (DCC)  
Robert Phipps Jnr and the Adventure Golf Kiosk  
Monday Music: Anthony Powell  
The Red Hat Society: The Purple Pebbles of Teignmouth  
Shaldon Bakery  
Shop Dead Gorgeous  
South West Water

Co-op Local Recovery Fund  
Co-op Teignmouth (Matt Hooper and team)  
Cllr David Cox (DCC)  
Dawlish Community Transport  
Monday Music: Dawlish Songbirds, Jo Collett & Beryl Combs  
Devon Community Fund  
Devon Highwaymen Bikers  
Devon Memory Café Consortium  
Monday Music and more: Diantha Coombes  
Cllr Alison Eden (TDC)  
FareShare  
ForTeign (Incredible Fund)  
Greenwood Accountancy Ltd  
Cllr Andrew Henderson (DCC)  
HITS  
The Marjorie and Geoffrey Jones Charitable Trust  
The League of Friends of Teignmouth Hospital  
Monday Music: Malcolm and Martin  
Melissa Middleton, The Whistle Stop Cafe  
Clare Milne Trust  
Mini Heaven Bakers  
Morrisons Teignmouth  
The National Lottery

South Devon and Torbay CCG  
Teignbridge Community and Voluntary Services  
Teignbridge District Council  
Teign Heritage Centre  
Teign Housing Tenants' Forum Community Chest  
Teignmouth Dementia Action Alliance group  
Rotary Club of Teignmouth  
Richard Palmer, Snrs Captain, Teignmouth Golf Club  
Teignmouth Town Council  
Teignmouth Town Clerk (Tracy Rowe and team)  
Teignmouth Traders Association  
Monday Music and more: The Teigns  
Tesco Newton Abbot  
Tesco Teignmouth  
Tozers Solicitors (including Will writing donations)  
Teignmouth & District u3a  
Volunteer Evening Bar Team: Dave, Sara, Vanda  
Volunteering in Health  
Our Volunteers  
Weatherheads Web - Angie and Huw  
Wiggles and Giggles  
Cllr Cate Williams (DCC)  
Viv Wilson MBE

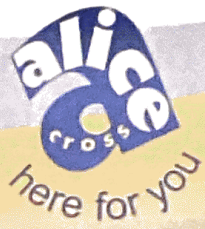
Sincere thanks to the trusts, foundations and private individuals who prefer to remain anonymous for their support.

If you would like to sponsor an activity or event at Alice Cross, please do get in touch!

## **Jackie**

Jackie O'Brien – General manager

the alice cross centre



Company Registration Number 2338079  
Charity Registration Number 800996

**THE ALICE CROSS CENTRE**  
**FINANCIAL REPORT**  
**YEAR ENDED 30<sup>TH</sup> JUNE 2022**

# 1. Officers and Professional Advisers

## Trustees

Mrs E Batson (Treasurer)  
Mrs D Minett  
Mrs P Henchie  
Mrs S Halfyard  
Mr A Longford

## Secretary

Ms Jacqueline O'Brien

## Registered Office

1 Bitton Park Road  
Teignmouth  
Devon TQ14 9BT

## Independent Examiner

Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon TQ14 8EB

## Bankers

Co-operative Bank  
PO Box250  
Delf House  
Southway  
Skelmersdale WN8 6WT

## Solicitors

Tozers  
Charity Department  
Broadwalk House  
Southernhay West  
Exeter Devon EX1 1UA

## 2 Trustees' Report

The Trustees have pleasure in presenting their Report and Financial Statements for the year ended 30<sup>th</sup> June 2022. The Accounts reflect the provisions of the Charities Acts 2002, 2006 and 2011 as well as those of various Companies Acts and Accounting Standards.

### Reference and Administrative Information

The Alice Cross Centre, formerly Age Concern, Teignmouth and Shaldon is a registered charity (No. 800996).

The Charity is a Company limited by guarantee number 2338079, with members guaranteeing a sum not exceeding £1. By concession from the Registrar of Companies the word "Limited" can be dispensed with. It is governed by a Memorandum and Articles of Association dated 24<sup>th</sup> January 1989, as amended 16<sup>th</sup> December 1993, 10<sup>th</sup> May 2005 and 24<sup>th</sup> November 2020. Its registered office is at: 1 Bitton Park Road, Teignmouth, Devon TQ14 9BT.

### Structure, Governance and Management

Company law requires the Trustees, who are all Directors, 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 surplus or deficit of the Charity for that period. In preparing these Financial Statements the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the Financial Statements on a going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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 Companies Act 1985. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### Trustees and Administration

Administration is vested in the committee of Trustees (Board of Trustees). Trustees are normally appointed in general meeting.

The Trustees who served during the year are as follows:

- Mrs S Halfyard
- Mrs P Henchie
- Mrs E Batson
- Mrs D Minett
- Mr A Longford

The present Trustees are all Directors of the Company.

The Company's bankers are The Co-operative Bank.

### Operational Issues

#### 2.1.1 Objects

The objects for which the charity is established are to promote and provide for the welfare of the elderly, to promote the provision of facilities for recreation, to preserve and protect the health of people and promote social inclusion within the area of Teignmouth and the surrounding area. The Company's funds may be invested in any investment, security, or property at the discretion of the Trustees in furtherance of these objectives.

### 2.1.2 Activities

The principal activity of the Charity is to provide, manage and maintain a day centre, the Alice Cross Centre, for the promotion of well-being amongst the community of Teignmouth, Shaldon and District. During the year, the Trustees have continued to fulfil this objective and the centre has been open daily. Readers are referred to the Centre manager's report for details of activities during the year.

## Financial Issues

### 2.1.3 Reserves Policy

The Trustees recommend that the level of reserves should represent circa 18-months' regular expenditure, approximately £141,000. This is intended to cover the following areas:

- Capital Fund. This comprises the capital investments of the Charity. It is a restricted fund solely for the purpose of maintaining and improving the Charity's premises and facilities, where costs exceed £10,000 per year. A review of our activities has suggested that an investment in modernising the internal structure of the Alice Cross Centre would be more in line with our new strategy and offer potential for increased revenue.
- General Fund. The General Fund is a working reserve to ensure that the Charity is able to continue its obligations in the event of a shortfall in income or a sudden upturn in expenditure.
- Designated Funds. From time to time these are created for specific refurbishment and infrastructure projects.

The Trustees are satisfied that the Charity's assets are sufficient to meet its ongoing obligations for the coming year. The level of reserves held has been reviewed by the Trustees who are of the opinion that they are at an appropriate level relevant to the ongoing financial needs of the Charity. The Investment Policy implemented three years ago has been reviewed and changed in accordance with suggestions from Charles Stanley, the Charity's investment fund managers.

### 2.1.4 Voluntary Help and Donations in Kind

In addition to paid staff, the Charity depends on unpaid voluntary help to continue in its present form. For the purpose of these accounts, no value has been attached to this voluntary help nor to any donations in kind.

### 2.1.5 Accounts

The full accounts are shown in section 6.

Total net assets on the Balance Sheet are £288,473, which includes £27,151 of restricted funds. The value of our investments has decreased by £10,198 to £110,228. A separate breakdown of restricted funds is shown in Annex 5 to the accounts.

The Income and Expenditure section of the accounts shows a deficit of £28,895 before adjustments, of £9,062. After applying the annual depreciation of assets and the decrease in the value of investments, the net loss on our unrestricted funds is £36,703.

The apportionment of direct charitable expenditure this year stands at 95.8%. This excludes direct fund-raising costs and a pro rata assignment of general overhead costs.

Fixed asset movements are shown in Annex 1 to the accounts. As at 30 June 2022 the buildings are valued at £120,000. The buildings were revalued by an independent valuation on 30 June 2021 and will be reviewed every two years.

### 3 Treasurer's Report

Although it has been a challenging year, the financial results continue to show a healthy balance sheet at the end of the financial year.

The Income & Expenditure account for the year shows a deficit compared to a small profit in the previous year. The deficit is mainly due to a reduction in grants received, a fall in the value of investments and increased costs which have been partially offset by an increase in other income streams.

Use of the premises continues to increase with a number of classes and activities being held at the centre and lunches being served three days per week.

We are aware that people are facing difficult times and it is important that we continue to provide help and support to the people in our community. To this end we will continue to apply for grants whenever possible and are confident that these and other sources of income coupled with a strong balance sheet will enable us to continue to provide support to our local community.

The Trustees are grateful for all the grants received to date and the help we receive from our volunteers. We continue to review the financial position of the Charity on a regular basis and will do so going forward.



E. Batson (Treasurer)  
1 Bitton Park Road  
Teignmouth  
Devon  
TQ14 9BT

## 4 Examiner's Report

The Trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 or the Companies Act 1985 and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act 2011
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act, and
- To state whether particular matters have come to my attention

I have carried out an independent examination of the books of this Company. They appear to have been correctly maintained and I am of the opinion that this Balance sheet, and the supporting Income and Expense accounts, reflect a fair and accurate record of the Company's position in the financial year ended 30<sup>th</sup> June 2022.



17/01/2023

David Rudall  
Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon  
TQ14 8EB

# 5 Year End Accounts

## THE ALICE CROSS CENTRE Accounts for Year Ended 30 June 2022

### BALANCE SHEET

Component	2021/2022		2020/2021		Notes:
	£	£	£	£	
<b>Fixed Assets:</b>					
Tangible Assets	123,643		122,507		Annex 1
Investments	<u>110,228</u>		<u>120,426</u>		Annex 2
		<b>233,871</b>		<b>242,933</b>	Annex 3
<b>Current Assets:</b>					
Bank Accounts	61,336		95,354		
Cash	742		143		
Debtors & Accruals	<u>0</u>		<u>0</u>		Annex 4
		<b>62,078</b>		<b>95,497</b>	
<b>Current Liabilities:</b>					
Creditors & Accruals	<u>(7,476)</u>		<u>(12,000)</u>		Annex 4
		<b>(7,476)</b>		<b>(12,000)</b>	
<b>Net Current Assets:</b>		<b>54,602</b>		<b>83,497</b>	
<b>NET ASSETS</b>		<b>288,473</b>		<b>326,430</b>	Annex 5
<b>CAPITAL &amp; RESERVES</b>					
Endowments	0		0		
Restricted Funds	27,151		28,404		
Unrestricted Funds	<u>261,322</u>		<u>298,026</u>		
<b>TOTAL CAPITAL</b>		<b>288,473</b>		<b>326,430</b>	

For the year ending 30 June 2022 the company was entitled to exemption from audit under section 477 of the Companies Act.

The Members have not required the Company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The Directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

**SIGNED BY:**

Trustee: Andrew Longford



Date: 09/02/2023

Treasurer: Elizabeth Batson



Date: 09/02/2023

Checked as correct by:

Examiner: Greenwood  
Accountancy Ltd



Date: 17/01/2023

**THE ALICE CROSS CENTRE**  
**Accounts for Year Ended 30 June 2022**

**INCOME & EXPENDITURE**

Component	2021/2022			2020/2021			Notes
	Total	Unrestricted	Restricted	Total	Unrestricted	Restricted	
Income:	£	£			£	£	
Business General	100	100	0	4,075	4,075	0	
Donations	9,097	8,944	153	12,671	11,216	1,455	
Fundraising	4,635	3,359	1,276	2,018	2,018	0	
Grants	20,311	2,294	18,017	55,970	1,434	54,536	
Investments	3,173	3,173	0	3,682	3,682	0	
Premises	15,842	15,842	0	7,260	7,260	0	
Services	11,476	11,476	0	3,341	3,307	33	
<b>TOTAL INCOME</b>	<b>64,634</b>	<b>45,188</b>	<b>19,446</b>	<b>89,017</b>	<b>32,992</b>	<b>56,025</b>	
<b>Expenditure:</b>							
Business	67,300	60,972	6,328	52,084	11,007	41,076	
Fundraising	0	0	0	77	77	0	
Premises	5,490	4,307	1,183	24,837	15,895	8,942	
Services	20,739	11,053	9,686	10,680	1,776	8,904	
Sundry	0	0	0	0	0	0	
<b>EXPENDITURE</b>	<b>93,529</b>	<b>76,332</b>	<b>17,197</b>	<b>87,678</b>	<b>28,755</b>	<b>58,923</b>	
Restriction adjustment		(3,503)	3,503		(1,183)	1,183	
<b>TOTAL EXPENDITURE</b>	<b>93,529</b>	<b>72,829</b>	<b>20,700</b>	<b>87,678</b>	<b>27,572</b>	<b>60,106</b>	
<b>I&amp;E (DEFICIT)/ SURPLUS FOR THE YEAR</b>	<b>(28,895)</b>	<b>(27,641)</b>	<b>(1,254)</b>	<b>1,339</b>	<b>5,420</b>	<b>(4,081)</b>	
Cash Balance adjustment	0	0	0	0	0	0	
<b>GROSS I&amp;E (DEFICIT) SURPLUS</b>	<b>(28,895)</b>	<b>(27,641)</b>	<b>(1,254)</b>	<b>1,339</b>	<b>5,420</b>	<b>(4,081)</b>	
<b>P&amp;L Adjustments</b>							
Purchase of Assets	3,505	3,505		1,620	1,620		
Depreciation of Assets	(2,369)	(2,369)		(1,765)	(1,765)		
One-off write-down of fixed assets	0	0		58,490	58,490		
Change in Value of Investments	(10,198)	(10,198)		13,636	13,636		
<b>TOTAL</b>	<b>(9,062)</b>	<b>(9,062)</b>		<b>71,981</b>	<b>71,981</b>		
<b>NET PROFIT &amp; LOSS</b>	<b>(37,957)</b>	<b>(36,703)</b>		<b>73,320</b>	<b>77,402</b>		
<b>CHARITABLE EXPENDITURE</b>							
Direct Charitable Expenditure		69,781	95.8%		26,944	97.7%	
Fundraising costs		3,048	4.2%		627	2.3%	IE-1
<b>TOTAL</b>		<b>72,829</b>			<b>27,572</b>		

**THE ALICE CROSS CENTRE**  
**Accounts for Year Ended 30 June 2022**

**Annex 1: FIXED ASSETS - RECONCILIATION**

Component	2021/2022		2020/2021		Notes:
	£	£	£	£	
<b>ASSET VALUES</b>					
Asset values at end of previous FY	122,507		64,162		
New assets in current FY	3,505		1,620		
<b>TOTAL ASSETS Before depreciation</b>		<b>126,011</b>		<b>65,782</b>	
<b>DEPRECIATION</b>					
Previous FY assets	(2,187)		(1,765)		FA-1
One-of adjustment to revalue assets	0		58,490		
New assets in current FY	(182)		0		FA-2
<b>TOTAL DEPRECIATION OF ASSETS</b>		<b>(2,369)</b>		<b>56,725</b>	
<b>TOTAL ASSET VALUES C/F</b>		<b>123,643</b>		<b>122,507</b>	

**Annex 2: INVESTMENTS - RECONCILIATION**

Component	2021/2022		2020/2021		Notes:
	£	£	£	£	
<b>Opening Holdings</b>					
Value of Investments B/F	119,569		103,412		IN-1
Capital Accounts B/F	159		2,739		
Income Account B/F	697		638		
<b>TOTAL Investment Portfolio B/F</b>		<b>120,426</b>		<b>106,790</b>	
<b>Changes</b>					
Sale of investments during year	(7,521)		(10,180)		IN-2
Gain/Loss on sales	164		2,286		
Purchase of investments during the year	6,842		11,283		IN-3
Change in portfolio value on new purchases	(2,768)		822		
Change in value of remaining investments	(7,348)		11,947		
<b>Change in value of Investments</b>		<b>(10,630)</b>		<b>16,157</b>	
Change in Capital Account		417		(2,580)	
Change in Income Account		16		58	
<b>Closing holdings</b>					
Value of Investments C/F	108,939		119,569		IN-1
Capital Account C/F	576		159		
Income Account C/F	712		697		
<b>TOTAL Investment Portfolio C/F</b>		<b>110,228</b>		<b>120,426</b>	

**Annex 3: CASH - RECONCILIATION**

Component	2021/2022		2020/2021		Notes:
	£	£	£	£	
<b>Opening Balances</b>					
Cash in Hand	143		436		
Age Concern	0		37,481		
Alice Cross	95,354		44,241		
<b>TOTAL BALANCE B/F</b>		<b>95,497</b>		<b>82,158</b>	
<b>Account Transactions</b>					
Income	64,634		89,017		
Current Year AR - accruals	0		0		
<b>Net Income</b>		<b>64,634</b>		<b>89,017</b>	
Expenditures	(93,529)		(75,678)		
Current year reduction in accruals	(4,524)		0		
<b>Net Expenditure</b>		<b>(98,053)</b>		<b>(75,678)</b>	
Cash ledger adjustment	0		0		
<b>TOTAL BALANCE C/F</b>		<b>62,078</b>		<b>95,497</b>	
<b>Closing Balances</b>					
Cash in Hand	742		143		
Age Concern	61,336		95,354		
Alice Cross	0		0		
<b>TOTAL BALANCE B/F</b>		<b>62,078</b>		<b>95,497</b>	

**Annex 4: BALANCE - RECONCILIATION**

Component	2021/2022		2020/2021		Notes:
	£	£	£	£	
<b>Previous Year Funds:</b>					
Fund Balance B/F	326,430		253,110		
Plus creditors previous year	12,000		0		
Less debtors previous year	0		0		
<b>Previous Year Total</b>		<b>338,430</b>		<b>253,110</b>	
<b>Current Year Fund Changes:</b>					
Fixed Assets	1,136		58,345		
Investments	(10,198)		13,636		
Plus cleared deposits to accounts	64,634		89,017		
Less cleared withdrawals from accounts	(98,053)		(75,678)		
Plus cash ledger adjustment	0		0		
<b>Total Fund Changes</b>		<b>(42,481)</b>		<b>85,320</b>	
<b>Fund Balance C/F</b>		<b>295,949</b>		<b>338,430</b>	
Plus debtors		0		0	
Less creditors		(7,476)		(12,000)	
<b>Net Balance Reconciliation</b>		<b>288,473</b>		<b>326,430</b>	
<b>NET ASSETS ON BALANCE SHEET</b>		<b>288,473</b>		<b>326,430</b>	

## Annex 5: RESTRICTED FUND SUMMARY

Fund	Brought Forward	New	Spend	X-Charge	Balance from unrestricted	Residual	Notes:
£	£	£	£	£	£	£	
1706-Memory cafe	22,914	0	1,346	2,531	0	19,037	
1710-Alliance	450	0	0	0	0	450	
1711- Xmas day fund	802	750	1,188	0	0	364	
1808-Covid-19	433	10,517	9,917	0	0	1,033	
2001-Pathway to Health	1,427	0	0	0	0	1,427	
2002 -Drive & Dine Concert	1,745	5,000	2,870	504	0	3,371	
2003-Grief Support	633	103	0	103	0	633	
2102-Debibrilator	0	1,326	1,326	0	0	0	
2102-Jubilee	0	500	486	0	0	14	
2103-Youngonset	0	1,050	0	228	0	822	
2104-Wholife	0	200	63	137	0	0	
<b>ALL FUNDS</b>	<b>28,404</b>	<b>19,446</b>	<b>17,196</b>	<b>3,503</b>	<b>0</b>	<b>27,151</b>	

## Annex 6: NOTES TO ACCOUNTS

1. **TRUSTEES' EMOLUMENTS:** In accordance with the Memorandum and Articles of Association, the Trustees receive no salary, fees or remuneration.
2. **TAXATION:** No provision for taxation is considered necessary in view of the registered charity status.
3. **EMPLOYEES INFORMATION:**

The average number of persons employed by the Charity during the year was as follows:

	<b>2021/2022</b>	4	<b>2020/2021</b>	4
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The total employment costs (Wages, Salaries + Social Security Costs) were as follows:

	<b>2021/2022</b>	£57,523	<b>2020/2021</b>	£47,639
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- IE-1 **CHARITABLE EXPENDITURE:** Fundraising expenditure is defined as the sum of fund-raising costs and 5% of business costs
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- IN-2 Purchase of Scottish Mortgage Investment Trust and ENEL were made in the year.

## **6 Accounting Policies**

These Financial Statements have been prepared in accordance with the requirements of the Companies Act and also the Statement of Recommended Practice – Accounting by Charities.

### **Basis of Accounting**

The Financial Statements have been produced under the historical cost convention.

A cash flow statement is not required in view of the size of the Charity.

### **Depreciation**

Depreciation is charged on Freehold Property at the rate of 1% per annum using the reducing balance method.

For fixtures and fittings, we are implementing the following:

- expensing items costing £500 or less,
- applying a straight-line method for computer hardware costing more than £500 over 3 years,
- applying a straight-line method for other items costing over £500 over 5 years.

### **Investment Income**

Income from quoted investments is stated gross. Investments are valued at market value in the balance sheet.

### **Reserves**

The entity's reserves may be restricted or unrestricted.

### **Recognition of Income and Expenses**

Accounts are prepared on a cash basis except for the maintenance of buildings. Income and expenses are recognised on the date of the transaction. A provision is made for the maintenance of buildings, there are no other accruals or prepayments.

the alice cross centre



Company Registration Number 2338079  
Charity Registration Number 800996

**THE ALICE CROSS CENTRE**  
**FINANCIAL REPORT**  
**YEAR ENDED 30<sup>TH</sup> JUNE 2022**

# 1. Officers and Professional Advisers

## Trustees

Mrs E Batson (Treasurer)  
Mrs D Minett  
Mrs P Henchie  
Mrs S Halfyard  
Mr A Longford

## Secretary

Ms Jacqueline O'Brien

## Registered Office

1 Bitton Park Road  
Teignmouth  
Devon TQ14 9BT

## Independent Examiner

Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon TQ14 8EB

## Bankers

Co-operative Bank  
PO Box250  
Delf House  
Southway  
Skelmersdale WN8 6WT

## Solicitors

Tozers  
Charity Department  
Broadwalk House  
Southernhay West  
Exeter Devon EX1 1UA

## 2 Trustees' Report

The Trustees have pleasure in presenting their Report and Financial Statements for the year ended 30<sup>th</sup> June 2022. The Accounts reflect the provisions of the Charities Acts 2002, 2006 and 2011 as well as those of various Companies Acts and Accounting Standards.

### Reference and Administrative Information

The Alice Cross Centre, formerly Age Concern, Teignmouth and Shaldon is a registered charity (No. 800996).

The Charity is a Company limited by guarantee number 2338079, with members guaranteeing a sum not exceeding £1. By concession from the Registrar of Companies the word "Limited" can be dispensed with. It is governed by a Memorandum and Articles of Association dated 24<sup>th</sup> January 1989, as amended 16<sup>th</sup> December 1993, 10<sup>th</sup> May 2005 and 24<sup>th</sup> November 2020. Its registered office is at: 1 Bitton Park Road, Teignmouth, Devon TQ14 9BT.

### Structure, Governance and Management

Company law requires the Trustees, who are all Directors, 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 surplus or deficit of the Charity for that period. In preparing these Financial Statements the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the Financial Statements on a going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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 Companies Act 1985. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### Trustees and Administration

Administration is vested in the committee of Trustees (Board of Trustees). Trustees are normally appointed in general meeting.

The Trustees who served during the year are as follows:

- Mrs S Halfyard
- Mrs P Henchie
- Mrs E Batson
- Mrs D Minett
- Mr A Longford

The present Trustees are all Directors of the Company.

The Company's bankers are The Co-operative Bank.

### Operational Issues

#### 2.1.1 Objects

The objects for which the charity is established are to promote and provide for the welfare of the elderly, to promote the provision of facilities for recreation, to preserve and protect the health of people and promote social inclusion within the area of Teignmouth and the surrounding area. The Company's funds may be invested in any investment, security, or property at the discretion of the Trustees in furtherance of these objectives.

### 2.1.2 Activities

The principal activity of the Charity is to provide, manage and maintain a day centre, the Alice Cross Centre, for the promotion of well-being amongst the community of Teignmouth, Shaldon and District. During the year, the Trustees have continued to fulfil this objective and the centre has been open daily. Readers are referred to the Centre manager's report for details of activities during the year.

## Financial Issues

### 2.1.3 Reserves Policy

The Trustees recommend that the level of reserves should represent circa 18-months' regular expenditure, approximately £141,000. This is intended to cover the following areas:

- Capital Fund. This comprises the capital investments of the Charity. It is a restricted fund solely for the purpose of maintaining and improving the Charity's premises and facilities, where costs exceed £10,000 per year. A review of our activities has suggested that an investment in modernising the internal structure of the Alice Cross Centre would be more in line with our new strategy and offer potential for increased revenue.
- General Fund. The General Fund is a working reserve to ensure that the Charity is able to continue its obligations in the event of a shortfall in income or a sudden upturn in expenditure.
- Designated Funds. From time to time these are created for specific refurbishment and infrastructure projects.

The Trustees are satisfied that the Charity's assets are sufficient to meet its ongoing obligations for the coming year. The level of reserves held has been reviewed by the Trustees who are of the opinion that they are at an appropriate level relevant to the ongoing financial needs of the Charity. The Investment Policy implemented three years ago has been reviewed and changed in accordance with suggestions from Charles Stanley, the Charity's investment fund managers.

### 2.1.4 Voluntary Help and Donations in Kind

In addition to paid staff, the Charity depends on unpaid voluntary help to continue in its present form. For the purpose of these accounts, no value has been attached to this voluntary help nor to any donations in kind.

### 2.1.5 Accounts

The full accounts are shown in section 6.

Total net assets on the Balance Sheet are £288,473, which includes £27,151 of restricted funds. The value of our investments has decreased by £10,198 to £110,228. A separate breakdown of restricted funds is shown in Annex 5 to the accounts.

The Income and Expenditure section of the accounts shows a deficit of £28,895 before adjustments, of £9,062. After applying the annual depreciation of assets and the decrease in the value of investments, the net loss on our unrestricted funds is £36,703.

The apportionment of direct charitable expenditure this year stands at 95.8%. This excludes direct fund-raising costs and a pro rata assignment of general overhead costs.

Fixed asset movements are shown in Annex 1 to the accounts. As at 30 June 2022 the buildings are valued at £120,000. The buildings were revalued by an independent valuation on 30 June 2021 and will be reviewed every two years.

### 3 Treasurer's Report

Although it has been a challenging year, the financial results continue to show a healthy balance sheet at the end of the financial year.

The Income & Expenditure account for the year shows a deficit compared to a small profit in the previous year. The deficit is mainly due to a reduction in grants received, a fall in the value of investments and increased costs which have been partially offset by an increase in other income streams.

Use of the premises continues to increase with a number of classes and activities being held at the centre and lunches being served three days per week.

We are aware that people are facing difficult times and it is important that we continue to provide help and support to the people in our community. To this end we will continue to apply for grants whenever possible and are confident that these and other sources of income coupled with a strong balance sheet will enable us to continue to provide support to our local community.

The Trustees are grateful for all the grants received to date and the help we receive from our volunteers. We continue to review the financial position of the Charity on a regular basis and will do so going forward.



E. Batson (Treasurer)  
1 Bitton Park Road  
Teignmouth  
Devon  
TQ14 9BT

## 4 Examiner's Report

The Trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 or the Companies Act 1985 and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act 2011
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act, and
- To state whether particular matters have come to my attention

I have carried out an independent examination of the books of this Company. They appear to have been correctly maintained and I am of the opinion that this Balance sheet, and the supporting Income and Expense accounts, reflect a fair and accurate record of the Company's position in the financial year ended 30<sup>th</sup> June 2022.



17/01/2023

David Rudall  
Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon  
TQ14 8EB

# 5 Year End Accounts

## THE ALICE CROSS CENTRE Accounts for Year Ended 30 June 2022

### BALANCE SHEET

Component	2021/2022		2020/2021		Notes:
	£	£	£	£	
<b>Fixed Assets:</b>					
Tangible Assets	123,643		122,507		Annex 1
Investments	<u>110,228</u>		<u>120,426</u>		Annex 2
		<b>233,871</b>		<b>242,933</b>	Annex 3
<b>Current Assets:</b>					
Bank Accounts	61,336		95,354		
Cash	742		143		
Debtors & Accruals	<u>0</u>		<u>0</u>		Annex 4
		<b>62,078</b>		<b>95,497</b>	
<b>Current Liabilities:</b>					
Creditors & Accruals	<u>(7,476)</u>		<u>(12,000)</u>		Annex 4
		<b>(7,476)</b>		<b>(12,000)</b>	
<b>Net Current Assets:</b>		<b>54,602</b>		<b>83,497</b>	
<b>NET ASSETS</b>		<b>288,473</b>		<b>326,430</b>	Annex 5
<b>CAPITAL &amp; RESERVES</b>					
Endowments	0		0		
Restricted Funds	27,151		28,404		
Unrestricted Funds	<u>261,322</u>		<u>298,026</u>		
<b>TOTAL CAPITAL</b>		<b>288,473</b>		<b>326,430</b>	

For the year ending 30 June 2022 the company was entitled to exemption from audit under section 477 of the Companies Act.

The Members have not required the Company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The Directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

**SIGNED BY:**

Trustee: Andrew Longford



Date: 09/02/2023

Treasurer: Elizabeth Batson



Date: 09/02/2023

Checked as correct by:

Examiner: Greenwood  
Accountancy Ltd



Date: 17/01/2023

**THE ALICE CROSS CENTRE**  
**Accounts for Year Ended 30 June 2022**

**INCOME & EXPENDITURE**

Component	2021/2022			2020/2021			Notes
	Total	Unrestricted	Restricted	Total	Unrestricted	Restricted	
	£	£		£	£	£	
<b>Income:</b>							
Business General	100	100	0	4,075	4,075	0	
Donations	9,097	8,944	153	12,671	11,216	1,455	
Fundraising	4,635	3,359	1,276	2,018	2,018	0	
Grants	20,311	2,294	18,017	55,970	1,434	54,536	
Investments	3,173	3,173	0	3,682	3,682	0	
Premises	15,842	15,842	0	7,260	7,260	0	
Services	11,476	11,476	0	3,341	3,307	33	
<b>TOTAL INCOME</b>	<b>64,634</b>	<b>45,188</b>	<b>19,446</b>	<b>89,017</b>	<b>32,992</b>	<b>56,025</b>	
<b>Expenditure:</b>							
Business	67,300	60,972	6,328	52,084	11,007	41,076	
Fundraising	0	0	0	77	77	0	
Premises	5,490	4,307	1,183	24,837	15,895	8,942	
Services	20,739	11,053	9,686	10,680	1,776	8,904	
Sundry	0	0	0	0	0	0	
<b>EXPENDITURE</b>	<b>93,529</b>	<b>76,332</b>	<b>17,197</b>	<b>87,678</b>	<b>28,755</b>	<b>58,923</b>	
Restriction adjustment		(3,503)	3,503		(1,183)	1,183	
<b>TOTAL EXPENDITURE</b>	<b>93,529</b>	<b>72,829</b>	<b>20,700</b>	<b>87,678</b>	<b>27,572</b>	<b>60,106</b>	
<b>I&amp;E (DEFICIT)/ SURPLUS FOR THE YEAR</b>	<b>(28,895)</b>	<b>(27,641)</b>	<b>(1,254)</b>	<b>1,339</b>	<b>5,420</b>	<b>(4,081)</b>	
Cash Balance adjustment	0	0	0	0	0	0	
<b>GROSS I&amp;E (DEFICIT) SURPLUS</b>	<b>(28,895)</b>	<b>(27,641)</b>	<b>(1,254)</b>	<b>1,339</b>	<b>5,420</b>	<b>(4,081)</b>	
<b>P&amp;L Adjustments</b>							
Purchase of Assets	3,505	3,505		1,620	1,620		
Depreciation of Assets	(2,369)	(2,369)		(1,765)	(1,765)		
One-off write-down of fixed assets	0	0		58,490	58,490		
Change in Value of Investments	(10,198)	(10,198)		13,636	13,636		
<b>TOTAL</b>	<b>(9,062)</b>	<b>(9,062)</b>		<b>71,981</b>	<b>71,981</b>		
<b>NET PROFIT &amp; LOSS</b>	<b>(37,957)</b>	<b>(36,703)</b>		<b>73,320</b>	<b>77,402</b>		
<b>CHARITABLE EXPENDITURE</b>							
Direct Charitable Expenditure		69,781	95.8%		26,944	97.7%	
Fundraising costs		3,048	4.2%		627	2.3%	IE-1
<b>TOTAL</b>		<b>72,829</b>			<b>27,572</b>		

**THE ALICE CROSS CENTRE**  
**Accounts for Year Ended 30 June 2022**

**Annex 1: FIXED ASSETS - RECONCILIATION**

Component	2021/2022		2020/2021		Notes:
	£	£	£	£	
<b>ASSET VALUES</b>					
Asset values at end of previous FY	122,507		64,162		
New assets in current FY	3,505		1,620		
<b>TOTAL ASSETS Before depreciation</b>		<b>126,011</b>		<b>65,782</b>	
<b>DEPRECIATION</b>					
Previous FY assets	(2,187)		(1,765)		FA-1
One-of adjustment to revalue assets	0		58,490		
New assets in current FY	(182)		0		FA-2
<b>TOTAL DEPRECIATION OF ASSETS</b>		<b>(2,369)</b>		<b>56,725</b>	
<b>TOTAL ASSET VALUES C/F</b>		<b>123,643</b>		<b>122,507</b>	

**Annex 2: INVESTMENTS - RECONCILIATION**

Component	2021/2022		2020/2021		Notes:
	£	£	£	£	
<b>Opening Holdings</b>					
Value of Investments B/F	119,569		103,412		IN-1
Capital Accounts B/F	159		2,739		
Income Account B/F	697		638		
<b>TOTAL Investment Portfolio B/F</b>		<b>120,426</b>		<b>106,790</b>	
<b>Changes</b>					
Sale of investments during year	(7,521)		(10,180)		IN-2
Gain/Loss on sales	164		2,286		
Purchase of investments during the year	6,842		11,283		IN-3
Change in portfolio value on new purchases	(2,768)		822		
Change in value of remaining investments	(7,348)		11,947		
<b>Change in value of Investments</b>		<b>(10,630)</b>		<b>16,157</b>	
Change in Capital Account		417		(2,580)	
Change in Income Account		16		58	
<b>Closing holdings</b>					
Value of Investments C/F	108,939		119,569		IN-1
Capital Account C/F	576		159		
Income Account C/F	712		697		
<b>TOTAL Investment Portfolio C/F</b>		<b>110,228</b>		<b>120,426</b>	

**Annex 3: CASH - RECONCILIATION**

Component	2021/2022		2020/2021		Notes:
	£	£	£	£	
<b>Opening Balances</b>					
Cash in Hand	143		436		
Age Concern	0		37,481		
Alice Cross	95,354		44,241		
<b>TOTAL BALANCE B/F</b>		<b>95,497</b>		<b>82,158</b>	
<b>Account Transactions</b>					
Income	64,634		89,017		
Current Year AR - accruals	0		0		
<b>Net Income</b>		<b>64,634</b>		<b>89,017</b>	
Expenditures	(93,529)		(75,678)		
Current year reduction in accruals	(4,524)		0		
<b>Net Expenditure</b>		<b>(98,053)</b>		<b>(75,678)</b>	
Cash ledger adjustment	0		0		
<b>TOTAL BALANCE C/F</b>		<b>62,078</b>		<b>95,497</b>	
<b>Closing Balances</b>					
Cash in Hand	742		143		
Age Concern	61,336		95,354		
Alice Cross	0		0		
<b>TOTAL BALANCE B/F</b>		<b>62,078</b>		<b>95,497</b>	

**Annex 4: BALANCE - RECONCILIATION**

Component	2021/2022		2020/2021		Notes:
	£	£	£	£	
<b>Previous Year Funds:</b>					
Fund Balance B/F	326,430		253,110		
Plus creditors previous year	12,000		0		
Less debtors previous year	0		0		
<b>Previous Year Total</b>		<b>338,430</b>		<b>253,110</b>	
<b>Current Year Fund Changes:</b>					
Fixed Assets	1,136		58,345		
Investments	(10,198)		13,636		
Plus cleared deposits to accounts	64,634		89,017		
Less cleared withdrawals from accounts	(98,053)		(75,678)		
Plus cash ledger adjustment	0		0		
<b>Total Fund Changes</b>		<b>(42,481)</b>		<b>85,320</b>	
<b>Fund Balance C/F</b>		<b>295,949</b>		<b>338,430</b>	
Plus debtors		0		0	
Less creditors		(7,476)		(12,000)	
<b>Net Balance Reconciliation</b>		<b>288,473</b>		<b>326,430</b>	
<b>NET ASSETS ON BALANCE SHEET</b>		<b>288,473</b>		<b>326,430</b>	

## Annex 5: RESTRICTED FUND SUMMARY

Fund	Brought Forward	New	Spend	X-Charge	Balance from unrestricted	Residual	Notes:
£	£	£	£	£	£	£	
1706-Memory cafe	22,914	0	1,346	2,531	0	19,037	
1710-Alliance	450	0	0	0	0	450	
1711- Xmas day fund	802	750	1,188	0	0	364	
1808-Covid-19	433	10,517	9,917	0	0	1,033	
2001-Pathway to Health	1,427	0	0	0	0	1,427	
2002 -Drive & Dine Concert	1,745	5,000	2,870	504	0	3,371	
2003-Grief Support	633	103	0	103	0	633	
2102-Debibrilator	0	1,326	1,326	0	0	0	
2102-Jubilee	0	500	486	0	0	14	
2103-Youngonset	0	1,050	0	228	0	822	
2104-Wholife	0	200	63	137	0	0	
<b>ALL FUNDS</b>	<b>28,404</b>	<b>19,446</b>	<b>17,196</b>	<b>3,503</b>	<b>0</b>	<b>27,151</b>	

## Annex 6: NOTES TO ACCOUNTS

1. **TRUSTEES' EMOLUMENTS:** In accordance with the Memorandum and Articles of Association, the Trustees receive no salary, fees or remuneration.
2. **TAXATION:** No provision for taxation is considered necessary in view of the registered charity status.
3. **EMPLOYEES INFORMATION:**

The average number of persons employed by the Charity during the year was as follows:

	<b>2021/2022</b>	4	<b>2020/2021</b>	4
--	------------------	---	------------------	---

The total employment costs (Wages, Salaries + Social Security Costs) were as follows:

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- IN-1 Sales of SSGA, SSE and Sainsbury were made in the year.
- IN-2 Purchase of Scottish Mortgage Investment Trust and ENEL were made in the year.

## **6 Accounting Policies**

These Financial Statements have been prepared in accordance with the requirements of the Companies Act and also the Statement of Recommended Practice – Accounting by Charities.

### **Basis of Accounting**

The Financial Statements have been produced under the historical cost convention.

A cash flow statement is not required in view of the size of the Charity.

### **Depreciation**

Depreciation is charged on Freehold Property at the rate of 1% per annum using the reducing balance method.

For fixtures and fittings, we are implementing the following:

- expensing items costing £500 or less,
- applying a straight-line method for computer hardware costing more than £500 over 3 years,
- applying a straight-line method for other items costing over £500 over 5 years.

### **Investment Income**

Income from quoted investments is stated gross. Investments are valued at market value in the balance sheet.

### **Reserves**

The entity's reserves may be restricted or unrestricted.

### **Recognition of Income and Expenses**

Accounts are prepared on a cash basis except for the maintenance of buildings. Income and expenses are recognised on the date of the transaction. A provision is made for the maintenance of buildings, there are no other accruals or prepayments.

**THE ALICE CROSS CENTRE**

England & Wales - Charity number 800996

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# Accounts

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the alice cross centre



**AGE CONCERN, TEIGNMOUTH AND SHALDON**  
**ANNUAL REPORT**  
**YEAR ENDED 30 JUNE 2021**



Company Registration Number 2338079  
Charity Registration Number 800996

## Chairman's Report

The last year has been perhaps the most challenging and difficult times in the history of the Alice Cross and there is absolutely NO DOUBT that if it were not for the outstanding management and dedication of Julia Street, we would not be here in 2021. I would like to thank her very much for always going above and beyond.

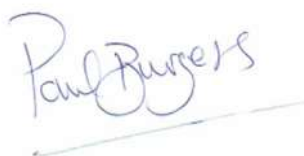
Alice Cross was visionary and ahead of her time when she established the Alice Cross organisation. I strongly believe that our core team of Julia, Alison and Yvonne show the same if not higher level of commitment and vision to provide services to the community of Teignmouth (and beyond) which, would make Alice Cross proud of the legacy she established.

Our board of volunteer trustees have been working behind the scenes to ensure that when the COVID crisis diminished we were in a strong position financial (though we still must watch every pound) and a strong position to move forward in 2021/22 with some exciting developments to take the Alice Cross forward for the next 20 plus years. Without the support of Pat Henchie, Debbie Minett, Lizzie Batson, and Sue Halfyard we would not be in the strong position we are now.

We still face some challenges over the next few years including acknowledging that

- There's no such thing as a "typical older person"
- Our building needs some tender care and attention
- Our population is forecast to live longer, be more active and healthier in older life.
- There needs to be an emphasis on developing preventative and wellbeing services

As chair, as a board of trustees and as staff we can only do this with the continued support of our volunteers and clients and I very much look forward to working with you all.

A handwritten signature in blue ink that reads "Paul Burgess". The signature is written in a cursive style and is underlined with a single horizontal line.

Paul Burgess, Chair of Trustees

October 2021



We welcomed a new volunteer administrator in July 2020, Jane, who has helped to set up better working procedures, protocols, and policies, organise the back office of the meal delivery service and been enormously helpful in writing funding bids to secure the Covid relief grants, enabling us to do our work.

We encourage younger people of all abilities to enhance their skills and experience as volunteers and provide work experience placements for local students and opportunities for Duke of Edinburgh participants to fulfil part of their challenges. We will resume this as restrictions lift more.

## Activities

The Centre regular activities stopped. We welcomed some of the external providers of classes, such as Lisa's popular seated yoga and mat yoga, and a new Tai Chi class towards the end of the financial year.

**Chair Yoga**  
at The Alice Cross Centre

**Mondays 3-30-4-30pm**  
&  
**Wednesdays 10-45-11-45am**

£3-50 per class

Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, balance and strength, promote better breathing techniques, while boosting your mood, and reducing stress, anxiety and joint strain.

For more information contact Lisa  
(Bookings Email: [Yoga@thealicecross.org.uk](mailto:Yoga@thealicecross.org.uk) / 01626 778039)  
01626 778039 / 01776 606622  
[info@thealicecross.org.uk](mailto:info@thealicecross.org.uk) / [www.thealicecross.org.uk](http://www.thealicecross.org.uk)

**GRIEF SUPPORT GROUP**

Recovering from the death of someone we love, often means that we have to make sense of a world turned upside down.

Coping with grief is exhausting, painful and can be lonely. We may not wish to share with others in the family for fear of upsetting them.

Losing a spouse means that we are no longer a couple so the world is a very different place.

It takes time to regain our bearings- to see that life can be good again, although changed.

Our group is for those who would like to meet others who grieve, to share in a safe place and to see life in a new way.

Our group is led by two experienced counsellors, one of whom has been twice widowed.

**Initial Group meeting on**  
**Thursday 5<sup>th</sup> March**  
**at the Alice Cross Centre 2.30-4.30pm**

Tea and Coffee available!

For further details, please contact the Alice Cross Centre  
Tel 01626 778039

here for you the alice cross centre

**Grief Support** – we recognised that during the pandemic many people would be unable to access support for bereavement or attend funerals. Ann Dent, volunteer and highly skilled grief support specialist, offered her services. She telephone-befriended 14 people during the pandemic and as soon as we were able, opened, a face-to-face, grief support group. She has trained several other volunteers to run the group alongside her.

One gentleman said “Ann was a lifeline to me during those months of lockdown and I can’t thank her and The Alice Cross enough for all her calls and support. I love coming to the group now and meeting new people.”

here for you the alice cross centre

**Pathway to Health programme**

We are looking for:

**Mobility Buddies**

Could you volunteer to be a Mobility enabler/helper?

Talk and walk – Mobility Buddies

Many individuals are struggling more with their mobility as a result of lockdown and not getting out as much as they did previously. Talk and Walk aims to pair individuals with a volunteer (Buddy), Who will go for a walk or activity together. The activity will be led by the need of the individual.

The aim of each session is to improve the mobility of the client, improving their confidence and helping them to meet new people and make friends. Maybe, also encouraging them to attend an exercise session at the Centre or outdoors, when restrictions allow.

Helpful Skills	What we can offer:
<ul style="list-style-type: none"> <li>• Talk and walk</li> <li>• Local knowledge</li> <li>• Confidence and encouragement</li> <li>• Be prepared to be a bit of a nuisance</li> <li>• Be prepared to be a bit of a nuisance</li> <li>• Be prepared to be a bit of a nuisance</li> </ul>	<ul style="list-style-type: none"> <li>• Advice and support available through the Centre</li> <li>• Local knowledge</li> <li>• Confidence and encouragement</li> <li>• Be prepared to be a bit of a nuisance</li> <li>• Be prepared to be a bit of a nuisance</li> <li>• Be prepared to be a bit of a nuisance</li> </ul>

Can you help or do you want to know more?  
Please contact [info@thealicecross.org.uk](mailto:info@thealicecross.org.uk) and we will be in touch.

**Talk & Walk** – As the first lockdown lifted, we found our clients were less mobile, unsure about coming out alone and lacking in confidence. Active Devon funding allowed us to recruit Sondoss and she and volunteer Vanda launched a project to match volunteers with clients to buddy up and walk with them. Talk & Walk. We provided information on chair-based exercise to the client to get them started on the journey of strengthening. We helped clients to gain confidence on short walks, to get outside and back to the Centre again.

**Digital Connection** - We also found that many clients were not digitally connected and with Teignbridge District Council Funding we launched our IT support services. Sue is contracted to run classes teaching basic skills on laptops. We hope to

open this up for larger information days using other electronic equipment to help people get online and to access resources they have not been able to. Many people became isolated during lockdown as they were unable to access their usual support networks, however many of these groups moved online using Zoom. We are incorporating an understanding of video conferencing with Zoom and WhatsApp in our training sessions

here for you the alice cross centre

We are looking for:

**Digital Buddies**

for a new exciting community project

Could you volunteer to be a Digital enabler/helper?

Drive, Email, Connect projects- Helping isolated, vulnerable and not digitally connected people in your community to get online and use telephony, smart phones, laptops etc...

Over the past year the use of Digital Technology has drastically increased and has become essential for our situation, where we have been unable to see our loved ones. We need Digital Buddies.

Unfortunately not everyone can take advantage of the technology offered if they don't have access to their basic skills.

Our aim is to help just as many individuals online and using a variety of devices to make life easier for them. To do this we need a group of willing volunteers to share knowledge and become digital buddies to support people to gain a better understanding.

Helpful Skills	What we can offer:
<ul style="list-style-type: none"> <li>• Good understanding of computers</li> <li>• Good understanding of the internet</li> <li>• Good understanding of the internet</li> <li>• Good understanding of the internet</li> <li>• Good understanding of the internet</li> </ul>	<ul style="list-style-type: none"> <li>• Advice and support available through the Centre</li> <li>• Local knowledge</li> <li>• Confidence and encouragement</li> <li>• Be prepared to be a bit of a nuisance</li> <li>• Be prepared to be a bit of a nuisance</li> <li>• Be prepared to be a bit of a nuisance</li> </ul>

Can you help or do you want to know more?  
Please contact [info@thealicecross.org.uk](mailto:info@thealicecross.org.uk) and we will be in touch.

These new projects, and many of our volunteers lone-working and taking meals to the home, have meant we have needed to introduce extra safeguarding measures and risk assessments, which were not required during the lockdown. We are using the Disclosure and Barring Service (DBS) to help make safer recruitment decisions and prevent unsuitable people from working with our vulnerable clients. Yvonne has worked hard to put barring service checks in place for many of our volunteers.

## Memory Café

Memory loss and dementia are widespread and increasing problems which very often lead to isolation from the community for both sufferers and carers. Lockdown increased the isolation and confusion for sufferers and removed the support for their carers. We were able to run a socially distanced memory café throughout most of the year, as it fell into the Government category of 'Essential Service'. A volunteer team of ten led by Yvonne reinstated the group, which is regularly attended by 20 people, and we rapidly saw an improvement in cognitive skills and mood by the regular attendees. The atmosphere is relaxed and informal and participants can swap stories, ideas and tips on coping while taking part in a variety of activities to stimulate cognitive awareness. The aim is to provide support to the person with memory difficulty and provide an opportunity for the carer to have some stimulation and respite. We have introduced a new chair-fit session of 20 mins at the end to improve strength and mobility, which has proved very popular.



*Chair fit session in the memory café*

## Catering

Our 5\* kitchen has run a takeaway meal service, 3 or 4 times a week, for the duration of lockdown and we continue to deliver to those who are housebound and live near the Centre. This is provided to clients on a donation basis, so those in need who cannot afford to pay do not miss out. The meal comprises of two nutritionally balanced courses, a piece of fruit and cake. Much of the food is donated through the FareShare charity, which distributes surplus supermarket food, Riverford Organic and the Co-op. We could not run this service without these donations and the massive efforts of our volunteer cooks, Paula, John, Chris, Shirley, Janet, Steve, and Sophie. One of our principal charitable aims is to subsidise hot meals, because of the benefit they provide to those who would otherwise not eat nutritious well-balanced food or may skip a meal to save money or because they don't have the will or strength to cook for one. We have delivered nearly 3000 hot meals to the home this year.

Christmas Day lunch in the Centre was sadly cancelled in 2020, as the 'Rule of Six' had been introduced, preventing large gatherings. We were able to help Cllr Dave Matthews and his team in ringing and referring people for the Christmas Meal he produced. Our volunteers helped with delivery of the meals to hundreds of local people on Christmas Day.



## Christmas Bags of Joy

We wanted to provide something to people at home for Christmas from The Alice Cross and local community. We launched **Christmas Bags of Joy** with funding from Teignmouth Town Council and donations from Mini Heaven, Shaldon Bakery and other local businesses and volunteers. We invited local schools to create pictures and cards with special messages to include in the bags. We received hundreds of beautiful drawings and handwritten personal messages from Hazeldown, Inverteign, Our Lady and St Patrick's Schools and Teignmouth Community School. The bags included Christmas food, the students' cards, a personal gift, and helpful information about local support services.



Local school posters and cards



Local school posters and cards

We were delighted to welcome Emily Parr and students from Dawlish Community College to help us pack over 100 bags for local people; our volunteers delivered them on Christmas Eve.



Christmas 2020 – Bags of Joy packed by Dawlish Community College

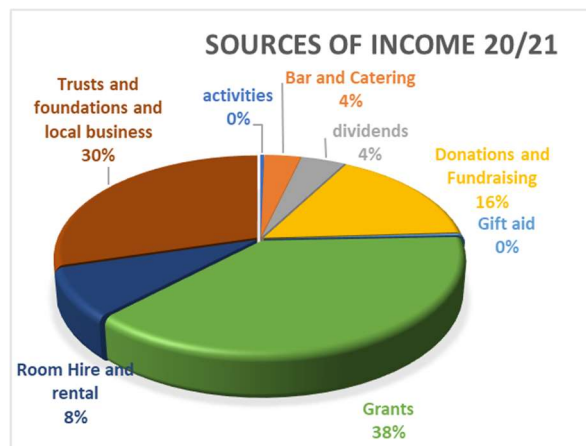
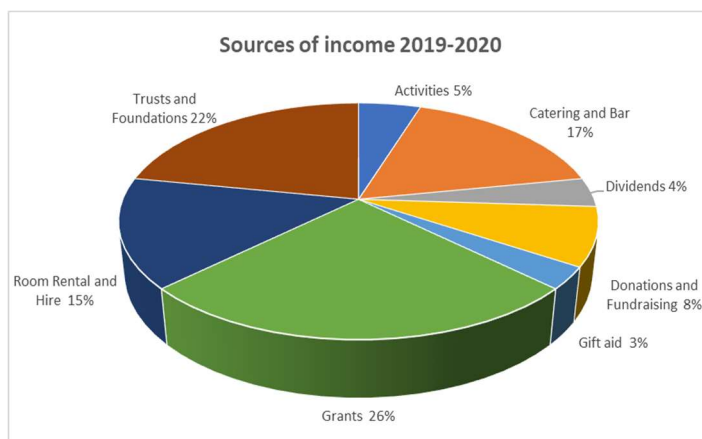
## Income/Fundraising

Income came predominantly from grants, trusts and donations as we were not able to run our normal activities such as bar and catering in-house. Donations were received for the meals to the home service.

Donations were received from many individuals and the wider community during this time to help the Centre, including Sainsburys, funeral donations from Douglas Price and Jacci Jones, Teignmouth Tangent, Teign Choral, Scott Richards, North Teignmouth Church, and our Total Giving donation pages. A significant donation was received from Open Daw in Dawlish upon their unfortunate closure. We are very grateful to all our supporters.

The Centre opened in July, August and September to some of our groups but soon had to close due to restrictions and did not open again until April 2021.

The General Manager and staff managed their working time on-site and at home and the organisation used the Government furlough scheme to keep everyone employed during this difficult time.



Income for year end June 2021 was £89,017 (FY 2019-20 £105,298) -and expenditure £87,678 (FY 2019-20 £92,156).

As you can see from sources of income chart for last year, 2019-2020 compared to this year, 2020- 2021, our income sources have been dramatically affected by lockdown and centre closure. The biggest impact being on our activities and catering, last year generating 23% and this year 4%. Rental is half of last year and what we generated was due to Teign Counselling retaining their room with us. We worked extremely hard to gain Covid related grant funding and this is shown in the increase in grant funding to 38% from 26%, and trusts and local business income rose by 8%. This allowed us to make a small surplus in the year. It must be noted that it will take time for us to recover those regular income streams as the centre re opens and this could mean a deficit in the next annual accounts.

## Other Services

The Centre continued to hold a regular foot clinic and Teign Aid provided help and support to local people facing eviction and to support them with benefit applications throughout the year.

## AGM

The 32<sup>nd</sup> AGM was held via Zoom on 24th November 2020 at 6.30pm and was well attended.

Two SPECIAL REOSLUTIONS were put forward:

Part 1: THAT the draft Articles of Association be adopted as the Articles of Association of the Company in substitution for, and to the exclusion of, the Company's existing Articles of Association.

The Chair explained the reasoning for change; the Articles were originally established in the 1960's and were dated. In order to appeal to a wider range of users and to give more flexibility, they needed modernising. He reiterated that the founding ethos of Alice Cross will always be recognised. The motion was passed, and the Articles of Association were accepted and were registered at The Charity Commission and Companies House by Tozers Solicitors.

Part 2: THAT the name be changed from Age Concern Teignmouth & Shaldon to Alice4U was not passed and will be reviewed at the next AGM.

## The Future

Thank you to the amazing volunteers that worked tirelessly during this tough time, to our Trustees for supporting my role, to the staff and to all the charity's wonderful volunteers and friends for their continued belief in the aims and aspirations of this organisation. Your help will enable us to move with these changing times to create a Centre of excellence in supporting the over 50's in Teignbridge

We continue with IT upgrades and upskilling our staff to work remotely and using live digital programmes including Office 365, Teams, Zoom, and Google Docs. It is increasingly clear that it is an essential development moving forward for the charity to embrace and employ rapidly changing work methods. Many thanks go to Huw Weatherhead for his ongoing support of our IT infrastructure, both software and hardware.

We will work to rebuild the traditional on-site services of the charity within the new guidelines. More of our work will be taking us out to people in their homes, as we deliver hot meals to them.

However, we believe very strongly that bringing people out of their homes to meet and socialise, take part in activities, upskill, and make friends will be the biggest part of our work in the next six months. There will be an even greater need to help people rebuild their lives, regain strength, enhance mobility, and grow in confidence. We will focus on supporting marginalised groups to achieve this.

We will continue to work in close cooperation with ViH, Assist, Teignbridge CVS, and other local charities to reduce duplication of services and improve the support for all older people locally.

## Thank you

Finally, we would like to say a massive thank you to all our donors, volunteers, staff, and partners, including any we have unwittingly not listed, for all the hard work and support you have given us over this last year.

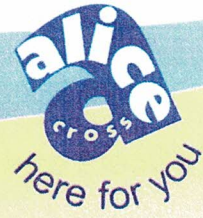
AGE UK Devon	Fare Share
ASAP Printing	Greenwood Accountancy Ltd
Assist Teignbridge	HITS
CAF Resilience Fund	Incredible Fund
Charlie Bass – Teignmouth Sea Cadets	Jane Lawrence – volunteer fundraiser
Clare Milne Trust	Morrisons Teignmouth
Cllr Sylvia Russell - Devon County Council	Mini Heaven Bakery
Co-op Community Fund	Melissa Middleton
Matt Hooper & Co-op Teignmouth Team	Rotary Club of Teignmouth
Dawlish Community Transport	Riverford Organic
Dawlish Community College	Sainsbury's Dawlish
Devon County Council -Covid Fund	Open Daw Dawlish
Devon Community Fund-Covid Fund	North Teignmouth Church
Devon Memory Café Consortium	Sainsbury's Newton Abbot
Jo Collet, Beryl Coombs, Anthony Powell, The Teigns	Scott Richards Solicitors
The League of Friends of Teignmouth Hospital	South Devon and Torbay CCG
Mayor & Cllr Robert Phipps & the Promenade kiosks	Shaldon Bakery
Marianne & Alan Gibson –, PAT testing	
Our evening volunteer bar team, Dave, Louie, Lynn, Vanda	Teign Choral
Our sing along entertainers Beryl Coombs, Jo Collett, Richard Wadey, Malcolm & Martin, Anthony Powell	Teign Heritage Centre
Pete Williams- Pellow Carpet and flooring	Teignmouth Town Council
Robert Phipps Jnr and the Adventure Golf kiosk	
Teignbridge District Council – Covid Grant funds	Teignmouth Allotment Ass
Teignbridge CVS	Tracy Rowe Town clerk and team
Teignmouth Traders Association	The Teigns singing group
Teignmouth Dementia Action Alliance	Tozers Solicitors
Tesco Newton Abbot & Teignmouth	Westbank
Teignmouth Tangent	Wiggles & Giggles
U3A	Viv Wilson MBE
Volunteering in Health	Whistle Stop Cafe bikers
Weatherheads Web – Angie & Huw	

Sincere thanks to the trusts, foundations and private individuals who prefer to remain anonymous for their support.

*Julia*

Julia Street – General manager

the alice cross centre



Company Registration Number 2338079  
Charity Registration Number 800996

**AGE CONCERN, TEIGNMOUTH AND SHALDON**  
**FINANCIAL REPORT**  
**YEAR ENDED 30<sup>TH</sup> JUNE 2021**

## 1. Officers and Professional Advisers

### Trustees

Mr P Burgess (Chair)  
Mrs E Batson (Treasurer)  
Mrs D Minett  
Mrs P Henchie  
Mrs S Halfyard  
Mr P Scholes (resigned 8-2-2021)

### Secretary

Ms Julia Street

### Registered Office

1 Bitton Park Road  
Teignmouth  
Devon TQ14 9BT

### Independent Examiner

Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon TQ14 8EB

### Bankers

Old: National Westminster Bank plc  
48 Courtenay Street  
Newton Abbot  
TQ12 2EE

New: Co-Operative Bank  
PO Box250  
Delf House  
Southway  
Skelmersdale WN8 6WT

### Solicitors

Tozers  
Charity Department  
Broadwalk House  
Southernhay West  
Exeter Devon EX1 1UA

## 2 Trustees' Report

The Trustees have pleasure in presenting their Report and Financial Statements for the year ended 30<sup>th</sup> June 2021. The Accounts reflect the provisions of the Charities Acts 2002, 2006 and 2011 as well as those of various Companies Acts and Accounting Standards.

### Reference and Administrative Information

Age Concern, Teignmouth and Shaldon is a registered charity (No. 800996).

The Charity is a Company limited by guarantee number 2338079, with members guaranteeing a sum not exceeding £1. By concession from the Registrar of Companies the word "Limited" can be dispensed with. It is governed by a Memorandum and Articles of Association dated 24<sup>th</sup> January 1989, as amended 16<sup>th</sup> December 1993, 10<sup>th</sup> May 2005 and 24<sup>th</sup> November 2020. Its registered office is at: 1 Bitton Park Road, Teignmouth, Devon TQ14 9BT.

### Structure, Governance and Management

Company law requires the Trustees, who are all Directors, 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 surplus or deficit of the Charity for that period. In preparing these Financial Statements the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the Financial Statements on a going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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 Companies Act 1985. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### Trustees and Administration

Administration is vested in the committee of Trustees (Board of Trustees). Trustees are normally appointed in general meeting.

The Trustees who served during the year are as follows:

- Mr P Burgess
- Mrs S Halfyard
- Mrs P Henchie
- Mrs E Batson
- Mrs D Minett
- Mr P Scholes (resigned 8-2-2021)

The present Trustees are all Directors of the Company.

The Company's bankers are The Co-Operative Bank.

### Operational Issues

#### 2.1.1 Objectives

The objects for which the charity is established are to promote and provide for the welfare of the elderly within the area of Teignmouth and district. The Company's funds may be invested in any investment, security or property at the discretion of the Trustees in furtherance of these objectives.

### 2.1.2 Activities

The principal activity of the Charity is to provide, manage and maintain a day centre, the Alice Cross Centre, for the promotion of well-being amongst the over-50s. During the year, the Trustees have continued to fulfil this objective and the centre has been open five days a week. Readers are referred to the Centre manager's report for details of activities during the year.

## Financial Issues

### 2.1.3 Reserves Policy

The Trustees recommend that the level of reserves should represent circa 12-months' cover, approximately £90,000. This is intended to cover the following areas:

- Capital Fund. This comprises the capital investments of the Charity. It is a restricted fund solely for the purpose of maintaining and improving the Charity's premises and facilities, where costs exceed £10,000 per year. A review of our activities has suggested that an investment in modernising the internal structure of the Alice Cross Centre would be more in line with our new strategy and offer potential for increased revenue.
- General Fund. The General Fund is a working reserve to ensure that the Charity is able to continue its obligations in the event of a shortfall in income or a sudden upturn in expenditure.
- Designated Funds. From time to time these are created for specific refurbishment and infrastructure projects.

The Trustees are satisfied that the Charity's assets are sufficient to meet its ongoing obligations for the coming year. The level of reserves held has been reviewed by the Trustees who are of the opinion that they are at an appropriate level relevant to the ongoing financial needs of the Charity. The Investment Policy implemented three years ago has been reviewed and changed in accordance with suggestions from Charles Stanley, the Charity's investment fund managers.

### 2.1.4 Voluntary Help and Donations in Kind

In addition to paid staff, the Charity depends on unpaid voluntary help to continue in its present form. For the purpose of these accounts, no value has been attached to this voluntary help nor to any donations in kind.

### 2.1.5 Accounts

The full accounts are shown in section 6.

Total net assets on the Balance Sheet are £326,430, which includes £28,404 of restricted funds. The value of our investments has increased by £13,636 to £120,426. A separate breakdown of restricted funds is shown in Annex 5 to the accounts.

The Income and Expenditure section of the accounts shows a net surplus of £1,339 before adjustments, of £72,126. After applying the annual depreciation of assets and the increase in the value of investments, the net profit on our unrestricted funds is £77,402.

The apportionment of direct charitable expenditure this year stands at 97.7%. This excludes direct fund-raising costs and a pro rata assignment of general overhead costs.

Fixed asset movements are shown in Annex 1 to the accounts. As at 30 June 2021 the buildings have been revalued at £120,000 as a result of receiving an independent valuation. This valuation will be reviewed every two years.

### 3 Treasurer's Report

The financial results continue to show a healthy position at the end of the financial year.

The Income & Expenditure account for the year shows a healthy profit compared to a small loss in the previous year. This profit is mainly due to increases in the value of both tangible assets and of investments. The investments have recovered well, with careful management, after the falls in value caused largely by the Covid-19 pandemic.

Applications for grants have been successful this year showing an increase of approximately £7,000 compared to the prior year. The continued careful management of expenses has meant that we have been able to set aside funds to carry out essential maintenance of the Alice Cross Centre in the forthcoming year and the Government's Furlough Scheme has continued to help us to retain our paid staff.

The Covid-19 pandemic will no doubt present challenges for everyone well into the future, but we are now increasing bookings and activities in the centre which bodes well for the coming year. We will continue to apply for grants whenever possible and are confident that these sources of income coupled with a strong balance sheet will enable us to continue to provide support to our local community.

The Trustees are grateful for all the grants received to date and will continue to seek other sources of grant funding to help secure our future. We review the financial position of the Charity on a regular basis and will continue to do so going forward.



E. Batson (Treasurer)  
1 Bitton Park Road  
Teignmouth  
Devon  
TQ14 9BT

## 4 Examiner's Report

The Trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 or the Companies Act 1985 and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act 2011
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act, and
- To state whether particular matters have come to my attention

I have carried out an independent examination of the books of this Company. They appear to have been correctly maintained and I am of the opinion that this Balance sheet, and the supporting Income and Expense accounts, reflect a fair and accurate record of the Company's position in the financial year ended 30<sup>th</sup> June 2021.



David Rudall  
Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon  
TQ14 8EB

## 5 Year End Accounts

### AGE CONCERN, TEIGNMOUTH AND SHALDON

Accounts for Year Ended 30 June 2021

#### BALANCE SHEET

Component	2020/2021		2019/2020		Notes:
	£	£	£	£	
<b>Fixed Assets:</b>					
Tangible Assets	122,507		64,162		Annex 1
Investments	120,426		106,790		Annex 2
		<b>242,933</b>		<b>170,952</b>	
<b>Current Assets:</b>					Annex 3
Bank Accounts	95,354		81,722		
Cash	143		436		
Debtors & Accruals	0		0		Annex 4
		<b>95,497</b>		<b>82,158</b>	
<b>Current Liabilities:</b>					
Creditors & Accruals	(12,000)		0		Annex 4
		(12,000)		0	
<b>Net Current Assets:</b>		<b>83,497</b>		<b>82,158</b>	
<b>NET ASSETS</b>		<b>326,430</b>		<b>253,110</b>	Annex 5
<b>CAPITAL &amp; RESERVES</b>					
Endowments	0		0		
Restricted Funds	28,404		32,486		
Unrestricted Funds	298,026		220,624		
<b>TOTAL CAPITAL</b>		<b>326,430</b>		<b>253,110</b>	

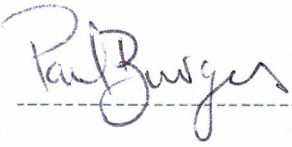
For the year ending 30 June 2021 the company was entitled to exemption from audit under section 477 of the Companies Act


The Members have not required the Company to obtain an audit in accordance with section 476 of the Companies Act 2006


The Directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime

**SIGNED BY:**

Chairman: Paul Burgess  Date: 31/01/2022

Treasurer: Elizabeth Batson  Date: 31/01/2022

Checked as correct by:  
Examiner: Greenwood Accountancy Ltd  Date: 31/01/2022

# AGE CONCERN, TEIGNMOUTH AND SHALDON

Accounts for Year Ended 30 June 2021

## INCOME & EXPENDITURE

Component	2020/2021			2019/2020			Notes:
	Total £	Unrestricted £	Restricted	Total	Unrestricted £	Restricted £	
<b>Income:</b>							
Business General	4,075	4,075	0	49	49	0	
Donations	12,671	11,216	1,455	9,535	9,461	73	
Fundraising	2,018	2,018	0	1,614	1,614	0	
Grants	55,970	1,434	54,536	48,477	5,396	43,081	
Investments	3,682	3,682	0	4,406	4,406	0	
Premises	7,260	7,260	0	14,827	14,827	0	
Services	3,341	3,307	33	23,355	22,857	498	
Sundry	0	0	0	3,035	3,035	0	
<b>TOTAL INCOME</b>	<b>89,017</b>	<b>32,992</b>	<b>56,025</b>	<b>105,298</b>	<b>61,645</b>	<b>43,653</b>	
<b>Expenditure:</b>							
Business	52,084	11,007	41,076	53,649	40,729	12,921	
Fundraising	77	77	0	359	359	0	
Premises	24,837	15,895	8,942	12,001	10,437	1,564	
Services	10,680	1,776	8,904	25,946	16,858	9,088	
<b>EXPENDITURE</b>	<b>87,678</b>	<b>28,755</b>	<b>58,923</b>	<b>92,156</b>	<b>68,582</b>	<b>23,573</b>	
Restriction adjustment		(1,183)	1,183		(1,626)	1,626	
<b>TOTAL EXPENDITURE</b>	<b>87,678</b>	<b>27,572</b>	<b>60,106</b>	<b>92,156</b>	<b>66,956</b>	<b>25,199</b>	
<b>I&amp;E SURPLUS/DEFICIT FOR THE YEAR</b>	<b>1,339</b>	<b>5,420</b>	<b>(4,081)</b>	<b>13,142</b>	<b>(5,311)</b>	<b>18,453</b>	
Cash Balance adjustment			0	(29)	(29)	0	
<b>GROSS I&amp;E SURPLUS/DEFICIT</b>	<b>1,339</b>	<b>5,420</b>	<b>(4,081)</b>	<b>13,113</b>	<b>(5,340)</b>	<b>18,453</b>	
<b>P&amp;L Adjustments</b>							
Purchase of Assets	1,620	1,620		1,239	1,239		
Depreciation of Assets	(1,765)	(1,765)		(3,297)	(3,297)		
Revaluation of fixed assets	58,490	58,490		0	0		
Change in Value of Investments	13,636	13,636		(13,721)	(13,721)		
<b>TOTAL</b>	<b>71,981</b>	<b>71,981</b>		<b>(15,780)</b>	<b>(15,780)</b>		
<b>NET PROFIT &amp; LOSS</b>	<b>73,320</b>	<b>77,402</b>		<b>(2,666)</b>	<b>(21,120)</b>		
<b>CHARITABLE EXPENDITURE</b>							
Direct Charitable Expenditure		26,944	97.7%		64,561	96.4%	
Fundraising costs		627	2.3%		2,395	3.6%	IE-1
<b>TOTAL</b>		<b>27,572</b>			<b>66,956</b>		

## AGE CONCERN, TEIGNMOUTH AND SHALDON

Accounts for Year Ended 30 June 2021

### Annex1: FIXED ASSETS - RECONCILIATION

Component	2020/2021		2019/2020		Notes:
	£	£	£	£	
<b>ASSET VALUES</b>					
Asset values at end of previous FY	64,162		66,220		
New assets in current FY	1,620		1,239		
<b>TOTAL ASSETS Before depreciation</b>		<b>65,782</b>		<b>67,459</b>	
<b>DEPRECIATION</b>					
Previous FY assets	(1,765)		(3,113)		FA-1
One-of adjustment to revalue assets	58,490		0		
New assets in current FY	0		(184)		FA-2
<b>TOTAL DEPRECIATION OF ASSETS</b>		<b>56,725</b>		<b>(3,297)</b>	
<b>TOTAL ASSET VALUES C/F</b>		<b>122,507</b>		<b>64,162</b>	

### Annex 2: INVESTMENTS - RECONCILIATION

Component	2020/2021		2019/2020		Notes:
	£	£	£	£	
<b>Opening Holdings</b>					
Value of Investments B/F	103,412		119,828		
Capital Accounts B/F	2,739		(283)		
Income Account B/F	638		967		
<b>TOTAL Investment Portfolio B/F</b>		<b>106,790</b>		<b>120,511</b>	
<b>Changes</b>					
Sale of investments during year	(10,180)		(16,568)		IN-1
Gain on sales	2,286		149		
Purchase of investments during the year	11,283		12,419		IN-2
Change in portfolio value on new purchases	822		(1,460)		
Change in value of remaining investments	11,947		(10,956)		
<b>Change in value of Investments</b>		<b>16,157</b>		<b>(16,416)</b>	
Change in Capital Account		(2,580)		3,023	
Change in Income Account		58		(328)	
<b>Closing holdings</b>					
Value of Investments C/F	119,569		103,412		
Capital Account C/F	159		2,739		
Income Account C/F	697		638		
<b>TOTAL Investment Portfolio C/F</b>		<b>120,426</b>		<b>106,790</b>	

### Annex 3: CASH - RECONCILIATION

Component	2020/2021		2019/2020		Notes:
	£	£	£	£	
<b>Opening Balances</b>					
Cash in Hand	436		793		
Age Concern	37,481		54,824		
Alice Cross	44,241		13,399		
<b>TOTAL BALANCE B/F</b>		<b>82,158</b>		<b>69,016</b>	
<b>Account Transactions</b>					
Income	89,017		105,298		
Current Year AR - accruals	0		0		
<b>Net Income</b>		<b>89,017</b>		<b>105,298</b>	
Expenditures	(75,678)		(92,156)		
Current year AP - accruals	0		0		
<b>Net Expenditure</b>		<b>(75,678)</b>		<b>(92,156)</b>	
<b>TOTAL BALANCE C/F</b>		<b>95,497</b>		<b>82,158</b>	
<b>Closing Balances</b>					
Cash in Hand	143		436		
Age Concern	95,354		37,481		
Alice Cross	0		44,241		
<b>TOTAL BALANCE B/F</b>		<b>95,497</b>		<b>82,158</b>	

### Annex 4: BALANCE - RECONCILIATION

Component	2020/2021		2019/2020		Notes:
	£	£	£	£	
<b>Previous Year Funds:</b>					
Fund Balance B/F	253,110		255,776		
Plus creditors previous year	0		0		
Less debtors previous year	0		0		
<b>Previous Year Total</b>		<b>253,110</b>		<b>255,776</b>	
<b>Current Year Fund Changes:</b>					
Fixed Assets	58,345		(2,058)		
Investments	13,636		(13,721)		
Plus cleared deposits to accounts	89,017		105,298		
Less cleared withdrawals for accounts	(75,678)		(92,156)		
Plus cash ledger adjustment	0		(29)		
<b>Total Fund Changes</b>		<b>85,320</b>		<b>(2,666)</b>	
<b>Fund Balance C/F</b>		<b>338,430</b>		<b>253,110</b>	
Plus debtors		0		0	
Less creditors		(12,000)		0	
<b>Net Balance Reconciliation</b>		<b>326,430</b>		<b>253,110</b>	
<b>NET ASSETS ON BALANCE SHEET</b>		<b>326,430</b>		<b>253,110</b>	

## Annex 5: RESTRICTED FUND SUMMARY

Fund	Brought Fwd £	New £	Spend £	X-Charge £	Balance from unrestricted £	Residual £	Notes:
1703-Drive-n-Dine	0	0	0	0	0	0	
1706-Memory Café	26,861	0	2,934	1012	0	22,914	
1707-Lift replace	0	0	0	0	0	0	
1710-Alliance	450	0	0	0	0	450	
1711-Xmas Day Fund	443	1,700	1,342	0	0	802	
1803-Cookery classes	0	0	0	0	0	0	
1805-Trim Teign	0	0	0	0	0	0	
1807-CAN parkrun	135	0	135	0	0	0	
1808-Covid-19	4,597	46,475	50,638	0	0	433	
2001-Pathway to Health	0	2,100	637	36	0	1,427	
2002-Drive Dine Connect	0	5,000	3,237	18	0	1,745	
2003-Grief Support	0	750	0	117	0	633	
<b>ALL FUNDS</b>	<b>32,486</b>	<b>56,025</b>	<b>58,923</b>	<b>1,183</b>	<b>0</b>	<b>28,404</b>	

## Annex 6: NOTES TO ACCOUNTS

1. TRUSTEES' EMOLUMENTS: In accordance with the Memorandum and Articles of Association, the Trustees receive no salary, fees or remuneration.

2. TAXATION: No provision for taxation is considered necessary in view of the registered charity status.

### 3. EMPLOYEES INFORMATION:

The average number of persons employed by the Charity during the year was as follows:	<b>2020/2021</b>	4	<b>2019/2020</b>	4
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The total employment costs (Wages, Salaries + Social Security Costs) were as follows:	<b>2020/2021</b>	£47,639	<b>2019/2020</b>	£47,392
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IE-1 CHARITABLE EXPENDITURE: Fundraising expenditure is defined as the sum of fund-raising costs and 5% of business costs

FA-1 Depreciation as per accounting policies is items less than £500 are expensed through income & expenditure.

FA-2 1st year depreciation on new purchases is pro-rata to number of months remaining in the financial year from date of purchase.

IN-1 Sales of G4S and BNY Mellon were made in the year.

IN-2 Purchase of Mercantile Investment Trust, RIT Capital Partners and WPP were made in the year.

## **6 Accounting Policies**

These Financial Statements have been prepared in accordance with the requirements of the Companies Act and also the Statement of Recommended Practice – Accounting by Charities.

### **Basis of Accounting**

The Financial Statements have been produced under the historical cost convention.

A cash flow statement is not required in view of the size of the Charity.

### **Depreciation**

Depreciation is charged on Freehold Property at the rate of 1% per annum using the reducing balance method.

For fixtures and fittings, we are implementing the following:

- expensing items costing £500 or less,
- applying a straight-line method for computer hardware costing more than £500 over 3 years,
- applying a straight-line method for other items costing over £500 over 5 years.

### **Investment Income**

Income from quoted investments is stated gross. Investments are valued at market value in the balance sheet.

### **Reserves**

The entity's reserves may be restricted or unrestricted.

### **Recognition of Income and Expenses**

Accounts are prepared on a cash basis except for the maintenance of buildings. Income and expenses are recognised on the date of the transaction. A provision is made for the maintenance of buildings, there are no other accruals or prepayments.



## 4 Examiner's Report

The Trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 or the Companies Act 1985 and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act 2011
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act, and
- To state whether particular matters have come to my attention

I have carried out an independent examination of the books of this Company. They appear to have been correctly maintained and I am of the opinion that this Balance sheet, and the supporting Income and Expense accounts, reflect a fair and accurate record of the Company's position in the financial year ended 30<sup>th</sup> June 2021.



David Rudall  
Greenwood Accountancy Ltd  
5 & 7 Pellew Arcade  
Teign Street  
Teignmouth  
Devon  
TQ14 8EB