

THE PAULA CARR CHARITABLE TRUST

England & Wales · Charity number 801596

Details

Other names	PAULA CARR DIABETES TRUST, THE PAULA CARR TRUST
Status	Registered
Legal form	Trust
Registered	1989-05-22
Register	View on the Charity Commission register

Contact

Address	Paula Carr Trust Paula Carr Diabetes Care Centre William Harvey Hospital Ashford Kent TN24 0LZ
Phone	01233651844
Email	helen.elford@nhs.net
Website	www.paulacarrdiabetestrust.co.uk

Activities

Objects: TO RELIEVE THE SICKNESS OF DIABETIC PATIENTS LIVING IN SOUTH EAST KENT AND FOR SUCH OTHER CHARITABLE PURPOSES AS THE TRUSTEES IN THEIR ABSOLUTE DESCRETION DETERMINE.

Activities: To help people with diabetes in Kent

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People

Geography

- **Area of benefit:** SOUTH EAST KENT
- Kent

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£41,112	£270,830	-	-
2024-03-31	£182,288	£129,877	-	-
2023-03-31	£18,472	£463,059	-	-
2022-03-31	£127,426	£189,059	-	-
2021-03-31	£214,733	£757,650	-	-

Trustees

Name	Role	Appointed
GARY JOHN FAGG	Chair	
Clive Thomas Anderson		2018-01-15
John Joseph Coleman		2022-07-15
MRS ROS DEBLING		
Stephen John Bond		2014-09-22

THE PAULA CARR CHARITABLE TRUST

England & Wales - Charity number 801596

Accounts

THE PAULA CARR CHARITABLE TRUST
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

Registered Charity No: 801596

THE PAULA CARR CHARITABLE TRUST

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THE PAULA CARR CHARITABLE TRUST

CHARITY REFERENCE AND ADMINISTRATIVE DETAILS

Charity registration number	801596	
Settlor	Imi Simpson	
Chairman	Gary Fagg MBE	
Treasurer	Nicola Curd	
Trustees	Clive Anderson Stephen Bond John Coleman Rosalynd Debling Gary Fagg MBE	
Key Management Personnel	Helen Elford	
Registered Office	Paula Carr Diabetes Centre William Harvey Hospital Kennington Road Willesborough Ashford Kent	
Independent Examiner	S G Whorlow FCA Cassidys Chartered Accountants South Stour Offices South Stour Road Mersham Ashford Kent	
Bankers	Santander UK Ltd Customer Service Centre Bootle Merseyside	National Westminster Bank Plc 20 High Street Ashford Kent
	CafCash 25 Kings Hill Avenue Kings Hill West Malling Kent	Scottish Widows Bank Plc PO Box 12757 67 Morrison Street Edinburgh
	Metro Bank Plc 72-76 High Street Bromley Kent	
Solicitors	Hallett & Co, Solicitors 11 Bank Street Ashford Kent	

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025

The trustees present herewith their report and examined financial statements of the charity for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

The main objective of the charity is to relieve the sickness of diabetic patients living in Kent or for such other charitable purpose as the trustees in their absolute discretion determine.

Public benefit statement

The Paula Carr Charitable Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities.

Annual review

The East Kent Paediatric Diabetes Service is still going from strength to strength. We have continued to support them to become a centre of excellence for paediatric services and this year have continued in the funding for the modernisation of their clinical area. This year we have continued to fund the 6 to 7 project throughout the whole of Kent, it provides real support for young children and parents as the children embark on the next stage of their lives as they enrol into secondary education. We believe there is a real need for this type of support and following letters of thanks from parents who said it made a real difference to their children's confidence, we are continuing the project in 2025/26.

The past year has been one of transition and progress for our service. We are now playing a much greater role in supporting the use of modern technology—particularly in helping to ensure that insulin is delivered at the correct dose for people living with Type 1 diabetes. Over the past year, we've seen a significant increase in the use of continuous glucose monitors and insulin pumps, which work together to form a "closed loop" system that greatly improves diabetes management. These advanced systems rely on modern iPhones to download and share vital data from the monitors with healthcare professionals such as consultants and specialist nurses. Unfortunately, some families are unable to afford the necessary smartphones and, as a result, are forced to turn down the opportunity to use this life-changing technology. I'm pleased to report that our charity has sourced a supply of reconditioned iPhones, which we now donate to patients who would otherwise be unable to access this technology. Looking ahead, I'm excited to share that a bionic pancreas is expected to be released in the UK in 2025/26. This groundbreaking device is designed to function as closely as possible to a natural human pancreas and holds great promise for improving the lives of those living with Type 1 diabetes.

Another initiative that we embarked on in the 2020/21 year was the provision of a free to patient, podiatry assessment clinic which is held every Monday in Ashford. This clinic has so far dealt with in excess of 12,000 patients, many of whom have needed to be referred to hospital. Because of the success of our Ashford clinic, another clinic in Folkestone has been opened. As we go to press, this new clinic is proving extremely popular and has already identified patients that are need of urgent referral to the podiatry specialists in the hospital. These initiatives demonstrate our resolve to continue to meet challenges that occur, when we least expect them.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025

Annual review (continued)

As a charity, we remain deeply committed to supporting initiatives that improve the lives of people living with diabetes. This year, we've extended support to vulnerable adult patients and their families, helping them to better manage their condition and improve their overall wellbeing. In last year's update, I shared that we were exploring two important initiatives focused on diabetes care in Romney Marsh—one of the most deprived areas in Kent. I'm now pleased to report the success of both projects.

The first initiative is a diabetes patient support group, which we have funded at the New Romney Hub. This three-year funding has created a vital platform where individuals with diabetes—both Type 1 and Type 2—can come together to share experiences, offer mutual support, and stay motivated in managing their condition.

The second initiative, known as the Lighthouse Project, is designed to reach patients who have fallen through the gaps in the healthcare system. It offers group sessions led by healthcare professionals alongside peers, providing both clinical and emotional support. This project is especially beneficial for those also struggling with mental health challenges. It is led by a passionate and dedicated individual who lives with Type 1 diabetes and has realised how crucial it is to address the psychological impact of the condition.

Over the past year we have continued to support the provision of oxygen therapy for those Diabetic patients who have wounds that will not resolve. This successful offering will continue in 2025/2026 .

We continue to fund specialised footwear and walking aids to support podiatry services, and we remain committed to assisting the Vascular Department at the William Harvey Hospital. During this financial year, the trustees have explored several initiatives in this area of care, including efforts to launch a pilot foot screening service. Despite our best efforts, the project has been delayed due to ongoing protocol requirements set by NHS England. Unfortunately, as we go to press, we are still awaiting the necessary approvals to move forward.

The Trust continues to meet the running costs of 4 glycated haemoglobin machines. These machines enable children to have a regular blood test which assesses how well their diabetes is being looked after.

One of the ongoing challenges facing the NHS is the rising number of people being diagnosed with Type 2 diabetes. This condition is largely preventable, yet it places a significant financial burden on the healthcare system due to the high costs of treating the results of neglect, such as blindness, amputation and dialysis. It is critical that this trend is reversed. As a Trust, we are continuing to explore ways to encourage physical activity and healthier lifestyles to help improve long-term outcomes for at-risk individuals. With the NHS undergoing major changes in how healthcare is delivered—and with diabetes cases continuing to rise across the UK—we remain fully committed and equipped to tackle the complex issues surrounding this condition. We will continue to seek out innovative solutions and provide meaningful support for patients facing the growing impact of diabetes-related health problems.

Risk factors

The trustees have assessed the major risks to which the charitable trust is exposed, and are satisfied that systems are in place to mitigate exposure to them. The trustees continue to review and monitor the systems for managing the major strategic, business and operational risks which the charitable trust faces. As at 31 March 2025 the trustees have not identified any operational risks to which the charity may be exposed.

Financial review

Income for the year amounted to £41,112 (2024: £182,288) a decrease of £141,176. Donations decreased by £135,627. During the year legacies of £15,855 (2024: £66,547) were received. Investment income decreased by £5,549. Expenditure amounted to £270,830 (2024: £129,877) an increase of £140,953. The charitable activities undertaken during the year are detailed in Note 4.

As a result of the above movements, a deficit of £229,718 (2024: surplus £52,411) was reported for the year. Retained reserves total £1,306,244 (2024: £1,535,962) none of which are restricted funds (2024: £nil).

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025

Reserves policy

The trustees aim to maintain reserves at a level they deem sufficient for the future needs of the charity and are aiming to maintain reserves at a level sufficient to support 2 years' level of governance and support expenditure, which, based on the expenditure to 31 March 2025 would amount to £147,000 (2024: £148,000). At 31 March 2025 the unrestricted reserves amounted to £1,306,244 (2024: £1,535,962) and therefore this policy has been achieved. The trustees are currently reviewing projects requiring significant financial investment, in order to utilise the excess unrestricted reserves available.

As detailed in Note 14, the restricted reserves at 31 March 2025 were £nil (2024: £nil).

The majority of the funds are held in investments, the policy and performance of which is detailed below. The trustees regularly review and revise, as appropriate, the budgets for the forthcoming year in view of current investment performance.

Investment policy

Investment activities are managed in line with the requirements of the Trustee Act 2000. The trustees, having regard to the liquidity requirements of operating the charitable trust and to the reserves policy, have operated a policy of keeping available funds in interest bearing deposit accounts and seek to achieve a rate of deposit which matches or exceeds inflation as measured by the retail prices index.

Plans for the future

The Paula Carr Charitable Trust is a small, local, charitable trust operating only in the Kent area.

During 2025 the charity continued to use the services of a Trust Administrator. All other charitable work is carried out by volunteers.

During the past year the trustees reviewed and continued to fund projects that required significant financial investment, utilising the free reserves available. This year we have continued to provide specialist training of healthcare professionals and patients by concentrating on individual projects as they arise. Consequently we have continued to invest a considerable amount of money into our patient information packs that are distributed throughout the whole of Kent. With this investment we hope to help many hundreds of patients to take control of their lives with better knowledge of their condition. We have continued to invest in providing a machine called Painpod which is like an advanced version of the Tens machine which has the ability to transform patients lives, by reducing the discomfort caused by phantom limb pain following below knee amputation. This machine has also helped people suffering from Fibromyalgia pain which is often associated with Diabetes. Another project has been the very successful offer of Hyperbaric Oxygen Therapy for patients suffering from leg ulcers which prove difficult to treat and heal. Although this is not readily available on the NHS, we have seen some amazing results which have totally removed the risk of losing a limb to amputation. We have also supported patients who suffer financial problems at individual level, by purchasing equipment that will enhance their treatment regimes.

During the past year we have continued to be involved with a number of individual patients who, sadly, had a lot of problems caused by uncontrolled Diabetes. We have managed to come to their rescue in a number of ways and have managed to leave them in a better place. Hopefully in 2025/26 we will still be in the position to help many more.

As I conclude this report, diabetes numbers are still increasing across the board. The integrated care board, (ICB) are now starting to look at the needs of diabetes patients throughout the whole of Kent and we as a charity will continue to offer as much support as we can, to patients suffering the effects of uncontrolled diabetes. The Trustees of the Paula Carr Diabetes Trust are still very willing to go the extra mile in support of the patients suffering from the consequences of uncontrolled diabetes. We will also continue to lobby the NHS decision makers who now need to realise that the time for under investment in Diabetes services is now over!

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025

Structure, governance and management

Governing document

The Paula Carr Charitable Trust is a registered charity (No. 801596) established by a Deed of Trust dated 12 May 1989, as varied by a scheme of 24 May 1990. A Special Resolution was passed on 12 June 2017 to remove the requirement for the charity to appoint auditors to audit the financial statements. The Trust operates under the name of The Paula Carr Charitable Trust. The Trust is an unincorporated charity. The registered address is William Harvey Hospital, Ashford, Kent. TN24 0LZ.

Trustees of the charity

The trustees who have served during the year and since the year end were as follows

Clive Anderson
Stephen Bond
John Coleman
Rosalynd Debling
Gary Fagg MBE

Appointment of trustees

The governing document prescribes that there shall be a minimum of three trustees and a maximum of eight. The governing document does not stipulate how trustees should be appointed.

Recruitment of trustees

Prospective trustees are recommended by existing trustees to join the board of trustees or advertisements are placed in the local press.

Key management personnel

The trustees consider the trustees, the treasurer and the senior management team comprise the key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis. All trustees give of their time freely and no trustee received remuneration in the year for services as a trustee. The trustees approve the remuneration for the key management personnel.

Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Under Charity Law, the trustees shall prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable trust and of the incoming resources and application of resources, including the income and expenditure, of the charitable trust for that period. In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable trust. They are also responsible for safeguarding the assets of the charitable trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By Order of the Board
Date: 21 November 2025


Gary Fagg (Nov 21, 2025 21:54:54 GMT)
Gary Fagg MBE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE PAULA CARR CHARITABLE TRUST

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2025 which are set out on pages 7 to 16.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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



S G Whorlow FCA
Cassidys Chartered Accountants
South Stour Offices
South Stour Road
Mersham
Ashford
Kent

Date: 26 November 2025

THE PAULA CARR CHARITABLE TRUST

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	Note	Unrestricted Funds £	Restricted Funds £	2025 Total £	Unrestricted Funds £	Restricted Funds £	2024 Total £
Income from:							
Donations and legacies	2	19,615	-	19,615	155,242	-	155,242
Investments	3	21,497	-	21,497	27,046	-	27,046
		<u>41,112</u>	<u>-</u>	<u>41,112</u>	<u>182,288</u>	<u>-</u>	<u>182,288</u>
Expenditure on:							
Charitable activities	4	270,830	-	270,830	120,829	9,048	129,877
Total expenditure		<u>270,830</u>	<u>-</u>	<u>270,830</u>	<u>120,829</u>	<u>9,048</u>	<u>129,877</u>
Net expenditure for the year before transfer of funds		(229,718)	-	(229,718)	61,459	(9,048)	52,411
Transfer between funds	14	-	-	-	96,292	(96,292)	-
Net movement in funds		<u>(229,718)</u>	<u>-</u>	<u>(229,718)</u>	<u>157,751</u>	<u>(105,340)</u>	<u>52,411</u>
Reconciliation of funds:							
Total funds brought forward		1,535,962	-	1,535,962	1,378,211	105,340	1,483,551
Total funds carried forward		<u>1,306,244</u>	<u>-</u>	<u>1,306,244</u>	<u>1,535,962</u>	<u>-</u>	<u>1,535,962</u>

All transactions are derived from continuing activities.

All recognised gains and losses are included in the Statement of Financial Activities.

THE PAULA CARR CHARITABLE TRUST

**BALANCE SHEET
AS AT 31 MARCH 2025**

	Note	2025		2024	
		£	£	£	£
Fixed assets:					
Tangible assets	9		-		-
Current assets:					
Debtors	10	25,842		31,234	
Cash at bank and in hand		266,918		521,576	
Short term investment	11	1,076,685		1,060,144	
		<u>1,369,445</u>		<u>1,612,954</u>	
Liabilities:					
Creditors falling due within one year	12	<u>(63,201)</u>		<u>(76,992)</u>	
Net current assets			1,306,244		1,535,962
NET ASSETS			<u>1,306,244</u>		<u>1,535,962</u>
The funds of the charity:					
Restricted funds	14		-		-
Unrestricted funds			1,306,244		1,535,962
Designated funds	15		-		-
TOTAL FUNDS	16		<u>1,306,244</u>		<u>1,535,962</u>

The financial statements were approved and authorised for issue by the Board of Trustees on 21 November 2025 and signed on its behalf by:



Gary Fagg (Nov 21, 2025 21:54:54 GMT)

Gary Fagg MBE
Chairman



Rosalynd Debling (Nov 21, 2025 15:42:57 GMT)

Rosalynd Debling
Trustee

The notes on pages 10 to 16 form part of these financial statements

THE PAULA CARR CHARITABLE TRUST

**STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2025**

	Note	2025 £	2024 £
Net cash flow from operating activities	17	(259,614)	(240,375)
Cash flow from investing activities			
Interest received		21,497	27,046
Net cash flow from investing activities		<u>21,497</u>	<u>27,046</u>
Net decrease in cash and cash equivalents		(238,117)	(213,329)
Cash and cash equivalents at 1 April 2024		<u>1,581,720</u>	<u>1,795,049</u>
Cash and cash equivalents at 31 March 2025		<u><u>1,343,603</u></u>	<u><u>1,581,720</u></u>
Cash and cash equivalents consists of:			
Cash at bank and in hand		266,918	521,576
Short term deposits		<u>1,076,685</u>	<u>1,060,144</u>
Cash and cash equivalents at 31 March 2025		<u><u>1,343,603</u></u>	<u><u>1,581,720</u></u>

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

1.1 Basis of accounting

The Paula Carr Charitable Trust is a registered charity in the United Kingdom. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities is to relieve the sickness of diabetic patients living in Kent or for such other charitable purpose as the trustees in their absolute discretion determine.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Charities Act 2011 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Income recognition

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received. At this point income is recognised. On occasion legacies will be notified to the charity however it is not possible to measure the amount expected to be distributed. On these occasions, the legacy is treated as a contingent asset and disclosed.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

Investment income is earned through holding assets for investment purposes such as cash deposits. It includes interest income which is recognised using the effective interest method.

1.3 Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

1.4 Support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity.

The bases on which support costs have been allocated and the analysis of these costs is included in Note 5.

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies (continued)

1.5 Funds

Unrestricted general funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds represent unrestricted funds that have been set aside by the trustees for particular purposes. The designated fund balance has been represented to ensure that the fund balance accurately reflects the designation policy adopted by the trustees.

Restricted funds are funds that can only be used for particular restricted purposes within the objects of the charitable company. Restriction arises when specified by the donor or when funds are raised for particular restricted purposes.

1.6 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Fixed assets below £200 are not capitalised. Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost less estimated residual value, of each asset on a systematic basis over its expected useful life, as follows:

Office equipment	Straight line over 4 years
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Impairment

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.

1.7 Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

1.8 Short term investment

Short term investment includes cash held in fixed term interest bearing deposit accounts.

1.9 Tax

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1.10 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies (continued)

1.11 Judgements and key sources of estimation uncertainty

Accounting estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

i. Useful economic lives of tangible assets

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets. See Note 9 for the carrying amount of the plant and equipment, and Note 1.6 for the useful economic lives for each class of assets.

ii. Project commitments

The cost of project commitments are included in the accounts based on the funding requested and approved by the trustees. However, these costs can be subject to change during the period of the project.

1.12 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income from donations

	2025	2024
	£	£
Donations	3,760	88,695
Legacies	15,855	66,547
	<u>19,615</u>	<u>155,242</u>

The charity benefits greatly from the involvement and enthusiastic support of its volunteers, details of which are given in our annual report. In accordance with FRS 102 and the Charities SORP (FRS 102), the economic contribution of general volunteers is not recognised in the accounts.

3 Income from investments

	2025	2024
	£	£
Interest - deposits	21,497	27,046
	<u>21,497</u>	<u>27,046</u>

THE PAULA CARR CHARITABLE TRUST

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

4 Expenditure on charitable activities	Direct costs £	Support costs £	2025 Total £	2024 Total £
Education Hub	50,331	18,717	69,048	63,796
Foot screening	33,110	12,313	45,423	25,870
BlueDop systems	29,155	10,842	39,997	-
Lighthouse on the Marsh Programme	26,933	10,016	36,949	-
Donations	15,477	5,756	21,233	27,060
Paediatric team donation	11,699	4,351	16,050	36,624
Hyperbaric oxygen therapy	11,272	4,192	15,464	31,105
Monitoring equipment donated to patients	10,407	3,870	14,277	18,775
Diabetes Specialist Nurse funding	4,286	1,594	5,880	38,028
Neuropads	4,140	1,540	5,680	-
Simulation learning headsets	605	225	830	-
Donations - restricted funds	-	-	-	14,609
Map My Health	-	-	-	(142,104)
Professional training	-	-	-	291
Romney Marsh Peer Support Group donation	-	-	-	8,073
MENCAP donation	-	-	-	7,750
	<u>197,415</u>	<u>73,415</u>	<u>270,830</u>	<u>129,877</u>

5 Allocation of governance and support costs

The charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the charitable activities undertaken during the year. The support costs and governance costs are allocated pro-rata to direct expenditure.

	2025 Total £	2024 Total £
Depreciation	-	214
Service charge, rates and storage costs	30,027	26,096
Wages	19,541	18,273
Travel	6,548	7,303
Website and computer expenses	2,043	7,701
Sundry expenses	1,781	1,528
Marketing/public relations	1,936	2,324
Insurance	-	1,421
Stationery, postage and photocopying	732	448
Bank charges	77	60
Legal fees	-	270
Governance costs (Note 6)	10,730	8,293
	<u>73,415</u>	<u>73,931</u>

6 Governance costs

	2025 £	2024 £
Independent examiner's fee	1,800	1,800
Accountancy	8,310	5,963
Insurance	620	530
	<u>10,730</u>	<u>8,293</u>

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

7 Staff costs and employee benefits

The average number of employees during the year was 1 (2024: 1), all of which related to charitable activities for the charity.

There are no employees with emoluments above £60,000 (2024: None).

The total staff costs and employees benefit's was as follows

	2025	2024
	£	£
Gross wages	18,959	17,741
Employer's pension contributions	582	532
	<u>19,541</u>	<u>18,273</u>

8 Trustees' and key management personnel remuneration and expenses

The trustees received no remuneration during the year for services as trustees (2024: None).

Travel expenses totalling £6,548 (2024 : £7,303) were paid to 5 trustees (2024: 5) during the year. As at 31 March 2025 £497 (2024: £499) was owed to 1 trustee (2024: 1 trustee).

Professional Indemnity Insurance for the trustees of £636 (2024: £530) was purchased in the year out of funds belonging to the Trust.

The total amount of remuneration received by the one member of staff who is the key management personnel is £19,541 (2024: £18,273). The Trust considers its key management personnel compromise the Trust Administrator.

9 Tangible Assets

	Office equipment	Total
	£	£
Cost		
As at 1 April 2024	14,237	14,237
At 31 March 2025	<u>14,237</u>	<u>14,237</u>
Depreciation		
As at 1 April 2024	14,237	14,237
At 31 March 2025	<u>14,237</u>	<u>14,237</u>
Net book values		
At 31 March 2025	<u>-</u>	<u>-</u>
At 31 March 2024	<u>-</u>	<u>-</u>

All fixed assets are used for direct charitable purposes.

10 Debtors

	2025	2024
	£	£
Trade debtors	-	16,393
Other debtors	25,125	13,080
Prepayments and accrued income	717	1,761
	<u>25,842</u>	<u>31,234</u>

11 Short term investment

	2025	2024
	£	£
Cash at bank	1,076,685	1,060,144
	<u>1,076,685</u>	<u>1,060,144</u>

THE PAULA CARR CHARITABLE TRUST

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

12 Creditors: amounts falling due within one year	2025	2024
	£	£
Trade creditors	43,384	7,421
Project commitments (see Note 13)	8,978	58,921
Accruals	10,839	10,650
	<u>63,201</u>	<u>76,992</u>

13 Project commitments	2025	2024
	£	£
Lighthouse on the Marsh Programme	8,978	-
Diabetes Specialist Nurse funding	-	58,921
	<u>8,978</u>	<u>58,921</u>

14 Restricted funds

Restricted funds 2025

There were no restricted funds during the year to 31 March 2025.

Restricted funds 2024

	As at 1 April 2023	Income	Expenditure	Transfers	As at 31 March 2024
	£	£	£	£	£
Diabetic patient medication reviews	40,000	-	-	(40,000)	-
Pharmacist training	25,340	-	(5,760)	(19,580)	-
Blood pressure monitors and FreeStyle Libre monitors	40,000	-	(3,288)	(36,712)	-
	<u>105,340</u>	<u>-</u>	<u>(9,048)</u>	<u>(96,292)</u>	<u>-</u>

Frequently, the amount donated for a specific purpose exceeds the cost of the equipment purchased and a small balance remains in the restricted fund. The trustees actively seek to spend the remaining balance or contact the donor to ask permission to transfer the remaining balance into the general funds. On occasion, a balance can remain unspent for several years, after which the trustees approve the transfer to the general funds of the charity to further the objectives of the charity.

Diabetic patient medication reviews

During the year ended 31 March 2021 the Charity received donations totalling £40,000. This was treated as a restricted fund for future diabetic patient medication reviews. However, there was no restriction imposed by the donor; it was designated for this purpose by the trustees. Accordingly, the balance held at 31 March 2024 was transferred from restricted funds to designated funds.

Pharmacist training

During the year ended 31 March 2021 the Charity received donations totalling £35,000. This was treated as a restricted fund for future specialist training of pharmacists. However, there was no restriction imposed by the donor; it was designated for this purpose by the trustees. Accordingly, the balance held at 31 March 2024 was transferred from restricted funds to designated funds.

Blood pressure monitors and FreeStyle Libre monitors

During the year ended 31 March 2022 the Charity received donations totalling £40,000. This was treated as a restricted fund for the provision of blood pressure monitors and FreeStyle Libre monitors to patients undertaking the diabetic patient medication reviews. However, there was no restriction imposed by the donor; it was designated for this purpose by the trustees. Accordingly, the balance held at 31 March 2024 was transferred from restricted funds to designated funds.

THE PAULA CARR CHARITABLE TRUST

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

15 Designated funds

Designated funds 2025

There were no designated funds during the year to 31 March 2025.

Designated funds 2024

	As at 1 April 2023	New designations	Designation released	Transfers	As at 31 March 2024
	£	£	£	£	£
Diabetic patient medication reviews	-	-	(40,000)	40,000	-
Pharmacist training	-	-	(19,580)	19,580	-
Blood pressure monitors and FreeStyle Libre monitors	-	-	(36,712)	36,712	-
	-	-	(96,292)	96,292	-

Diabetic patient medication reviews The diabetic patient medication review fund was transferred from restricted funds (see Note 14). As at 31 March 2024, the trustees did not consider it necessary to maintain this designated fund and released it to the general reserves.

Pharmacist training The pharmacist training fund was transferred from restricted funds (see Note 14). As at 31 March 2024, the trustees did not consider it necessary to maintain this designated fund and released it to the general reserves.

Blood pressure monitors and FreeStyle Libre monitors The blood pressure monitors and FreeStyle Libre monitors fund were transferred from restricted funds (see Note 14). As at 31 March 2024, the trustees did not consider it necessary to maintain this designated fund and released it to the general reserves.

16 Analysis of net assets between funds

2025

	Tangible fixed assets	Net current assets	Creditors: due after one year	Total
	£	£	£	£
Unrestricted funds	-	1,306,244	-	1,306,244
	-	1,306,244	-	1,306,244

2024

	Tangible fixed assets	Net current assets	Creditors: due after one year	Total
	£	£	£	£
Unrestricted funds	-	1,535,962	-	1,535,962
	-	1,535,962	-	1,535,962

17 Reconciliation of net (expenditure)/income to net cash flow from operating activities

	2025	2024
	£	£
Net (expenditure)/income for the year	(229,718)	52,411
Interest receivable	(21,497)	(27,046)
Depreciation and impairment of tangible fixed assets	-	214
Decrease/(increase) in debtors	5,392	(28,451)
Decrease in creditors	(13,791)	(237,503)
Net cash flow from operating activities	(259,614)	(240,375)

18 Related party transactions

During the year the charity entered into no transactions with related parties or trustees (2024: None).

THE PAULA CARR CHARITABLE TRUST

England & Wales - Charity number 801596

Accounts

**THE PAULA CARR CHARITABLE TRUST
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

Registered Charity No: 801596

THE PAULA CARR CHARITABLE TRUST

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THE PAULA CARR CHARITABLE TRUST

CHARITY REFERENCE AND ADMINISTRATIVE DETAILS

Charity registration number	801596	
Settlor	Imi Simpson	
Chairman	Gary Fagg MBE	
Treasurer	Nicola Curd	
Trustees	Clive Anderson Stephen Bond John Coleman Rosalynd Debling Gary Fagg MBE	
Key Management Personnel	Helen Elford	
Registered Office	Paula Carr Diabetes Centre William Harvey Hospital Kennington Road Willesborough Ashford Kent	
Independent Examiner	S G Whorlow FCA Cassidys Chartered Accountants South Stour Offices Roman Road Mersham Ashford Kent	
Bankers	Santander UK Ltd Customer Service Centre Bootle Merseyside	National Westminster Bank Plc 20 High Street Ashford Kent
	CafCash 25 Kings Hill Avenue Kings Hill West Malling Kent	Scottish Widows Bank Plc PO Box 12757 67 Morrison Street Edinburgh
	Metro Bank Plc 72-76 High Street Bromley Kent BR1 1EG	
Solicitors	Hallett & Co, Solicitors 11 Bank Street Ashford Kent	

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024

The trustees present herewith their report and examined financial statements of the charity for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

The main objective of the charity is to relieve the sickness of diabetic patients living in Kent or for such other charitable purpose as the trustees in their absolute discretion determine.

Public benefit statement

The Paula Carr Charitable Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities.

Annual review

The East Kent Paediatric Diabetes Service is still going from strength to strength. We have continued to support them to become a centre of excellence for paediatric services and this year have continued in the funding for the modernisation of their clinical area. This year we have continued to fund the 6 to 7 project throughout the whole of Kent, it provides real support for young children and parents as the children embark on the next stage of their lives as they enrol into secondary education. We believe there is a real need for this type of support and following letters of thanks from parents who said it made a real difference to their children's confidence, we are continuing the project in 2024/25.

The Paediatric Diabetes Service is excellent but the young people seem to fall off a cliff when they reach adulthood and don't receive the close monitoring that they are used to. We wanted to prevent this situation by having a transition service that helps them gently along the path to adulthood. The transition clinic in East Kent is now at the two year period that we agreed to fund it. East Kent Hospital Trust has now made this post permanent as it continues to provide real support to the post 18 to 24 year old diabetes patients as they continue into adulthood. We will now look to drive this service throughout Kent and Medway Integrated Care Board.

Over the past few years we have supported the roll out of continuous glucose monitors throughout Kent and Medway and with the development of warning alerts to let the patient know that a hypo is coming, they have been a tremendous success. I am delighted to report that over the past year the closed loop system has been introduced which means that the glucose monitors will talk to the patient's insulin pumps. This new technology allows the patients to have much better control of their condition. These new systems need modern iPhones to download the important information held in the monitors, so that it can be sent to their consultant/nurse for analysis. Unfortunately, some families cannot afford the phones and as a result, turn down the opportunity for this new technology. I am pleased to report that our charity has located a supply of reconditioned iPhones and donate them to patients who really can't afford new ones. I am excited to report that in 2025 a bionic pancreas is likely to be released in the UK. This device will be as close to the human pancreas as possible and should further enhance the lives of those people living with Type 1 diabetes.

During 2020/21 we reported that we invested £450,000 into an on-line education programme (Map My Health) to support patients with Type 2 Diabetes throughout Kent, as they come to terms with tackling their condition and improve their long term health outcomes. Since making our investment we have worked hard with our NHS colleagues to ensure there is a healthy take up of this service. Unfortunately, it has proved very difficult to get both patients and professionals on board with the education programme and therefore we have withdrawn from the project. This has resulted in the reversal of £112,500 of previously committed project costs being recognised in the Statement of Financial Activities.

Another initiative that we embarked on in the 2020/21 year was the provision of a free to patient, podiatry assessment clinic which is held every Monday in Ashford. This clinic has so far dealt with in excess of 8,000 patients, many of whom have needed to be referred to hospital. We are now looking to provide more of this service in other parts of Kent next year, and have just opened another clinic in Folkestone. These initiatives demonstrate our resolve to continue to meet challenges that occur, when we least expect them.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024

Annual review (continued)

Over the past year we have continued to support the provision of oxygen therapy for those Diabetic patients who have wounds that will not resolve. This successful offering will continue in 2024/2025.

As a charity we are very committed to help initiatives that will support and enhance diabetic patient's lives. This year we have provided support to vulnerable adult patients and their families. This has helped them to successfully manage their condition. As we go to press we are embarking on two major initiatives in Romney Marsh which is in a deprived area of Kent. I will be reporting the results in my report next year.

We continue to fund specialised footwear and walking aids for podiatry and continue to support the Vascular Department at the William Harvey Hospital. The trustees have explored a number of initiatives in this particular area of treatment during this financial year and are now very close to initiating a foot screening pilot service.

The Trust continues to meet the running costs of 4 glycated haemoglobin machines. These machines enable children to have a regular blood test which assesses how well their diabetes is being looked after.

One of the major problems facing the NHS continues to be an increase in the number of patients getting Type 2 Diabetes. Not only is this condition mostly unnecessary, it is also very expensive because of increased costs of treating the results of neglect, such as blindness, amputation and dialysis. It is time for this trend to be stopped in its track and we continue looking at ways to get people back to exercise with a view to improving their long term outlook. With the changes in the delivery of healthcare throughout the NHS and with the incidence of Diabetes continuing to increase throughout the UK, the Trust is still ready, willing and very able to meet the problems associated with this difficult condition head on. We will continue to seek out new solutions in support of those patients who suffer an ever increasing level of diabetes associated problems.

Risk factors

The trustees have assessed the major risks to which the charitable trust is exposed, and are satisfied that systems are in place to mitigate exposure to them. The trustees continue to review and monitor the systems for managing the major strategic, business and operational risks which the charitable trust faces. As at 31 March 2024 the trustees have not identified any operational risks to which the charity may be exposed.

Financial review

Income for the year amounted to £182,288 (2023: £18,472) an increase of £163,816. Donations increased by £79,072. During the year legacies of £66,547 (2023: £4,096) were received. Investment income increased by £22,293. Expenditure amounted to £129,877 (2023: £418,892) a decrease of £289,015. The charitable activities undertaken during the year are detailed in note 4.

As a result of the above movements, a surplus of £52,411 (2023: deficit £400,420) was reported for the year. Retained reserves total £1,535,962 (2023: £1,483,551) of which £nil (2023: £105,340) are restricted funds.

Reserves policy

The trustees aim to maintain reserves at a level they deem sufficient for the future needs of the charity and are aiming to maintain reserves at a level sufficient to support 2 years' level of governance and support expenditure, which, based on the expenditure to 31 March 2024 would amount to £148,000 (2023: £135,000). At 31 March 2024 the unrestricted reserves amounted to £1,535,962 (2023: £1,378,211) and therefore this policy has been achieved. The trustees are currently reviewing projects requiring significant financial investment, in order to utilise the excess unrestricted reserves available.

As detailed in Note 15, the restricted reserves at 31 March 2024 were £nil (2023: £105,340).

The majority of the funds are held in investments, the policy and performance of which is detailed below. The trustees regularly review and revise, as appropriate, the budgets for the forthcoming year in view of current investment performance.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Investment policy

Investment activities are managed in line with the requirements of the Trustee Act 2000. The trustees, having regard to the liquidity requirements of operating the charitable trust and to the reserves policy, have operated a policy of keeping available funds in interest bearing deposit accounts and seek to achieve a rate of deposit which matches or exceeds inflation as measured by the retail prices index.

Plans for the future

The Paula Carr Charitable Trust is a small, local, charitable trust operating only in the Kent area.

During 2024 the charity continued to use the services of a Trust Administrator. All other charitable work is carried out by volunteers.

During the past year the trustees reviewed and continued to fund projects that required significant financial investment, utilising the free reserves available. This year we have continued to provide specialist training of healthcare professionals and patients by concentrating on individual projects as they arise. Consequently we have continued to invest a considerable amount of money into our patient information packs that are distributed throughout the whole of Kent. With this investment we hope to help many hundreds of patients to take control of their lives with better knowledge of their condition. We have continued to invest in providing a machine called Painpod which is like an advanced version of the Tens machine which has the ability to transform patients lives, by reducing the discomfort caused by phantom limb pain following below knee amputation. This machine has also helped people suffering from Fibromyalgia pain which is often associated with Diabetes. Another project has been the very successful offer of Hyperbaric Oxygen Therapy for patients suffering from leg ulcers which prove difficult to treat and heal. Although this is not readily available on the NHS, we have seen some amazing results which have totally removed the risk of losing a limb to amputation. We have also supported patients who suffer financial problems at individual level, by purchasing equipment that will enhance their treatment regimes.

During the past year we have continued to be involved with a number of individual patients who, sadly, had a lot of problems caused by uncontrolled Diabetes. We have managed to come to their rescue in a number of ways and have managed to leave them in a better place. Hopefully in 2024/25 we will still be in the position to help many more.

Unfortunately as I write this review, our county is still suffering as a result of the pandemic. Because many of our patients have suffered through lack of NHS access during these difficult times, we continue to be prepared to meet many more of our patients as they endeavour to deal with their diabetes problems. In addition to the problems caused by Covid in preventing many GP consultations, it now seems that there is also an increased prevalence of Type 1 and Type 2 Diabetes as a result of contact with Covid. This means that yet again we face another challenging year. As we start 2024/25 our Trust will continue to support the hard to reach patients. We will also continue to support innovations that will further enhance the lives of patients living with diabetes in Kent.

The Trustees of the Paula Carr Diabetes Trust are still very willing to go the extra mile in support of the patients suffering from the consequences of uncontrolled diabetes. We will also continue to lobby the NHS decision makers who now need to realise that the time for under investment in Diabetes services is now over!

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024

Structure, governance and management

Governing document

The Paula Carr Charitable Trust is a registered charity (No. 801596) established by a Deed of Trust dated 12 May 1989, as varied by a scheme of 24 May 1990. A Special Resolution was passed on 12 June 2017 to remove the requirement for the charity to appoint auditors to audit the financial statements. The Trust operates under the name of The Paula Carr Charitable Trust. The Trust is an unincorporated charity. The registered address is William Harvey Hospital, Ashford, Kent. TN24 0LZ.

Trustees of the charity

The trustees who have served during the year and since the year end were as follows

Clive Anderson
Stephen Bond
John Coleman
Rosalynd Debling
Gary Fagg MBE
Geoffrey Tubb (Deceased 15 May 2024)

Appointment of trustees

The governing document prescribes that there shall be a minimum of three trustees and a maximum of eight. The governing document does not stipulate how trustees should be appointed.

Recruitment of trustees

Prospective trustees are recommended by existing trustees to join the board of trustees or advertisements are placed in the local press.

Key management personnel

The trustees consider the trustees, the treasurer and the senior management team comprise the key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis. All trustees give of their time freely and no trustee received remuneration in the year for services as a trustee. The trustees approve the remuneration for the key management personnel.

Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Under Charity Law, the trustees shall prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable trust and of the incoming resources and application of resources, including the income and expenditure, of the charitable trust for that period. In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable trust. They are also responsible for safeguarding the assets of the charitable trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By Order of the Board
Date: 10 September 2024


Gary Fagg MBE

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE PAULA CARR CHARITABLE TRUST**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2024 which are set out on pages 7 to 18.

Responsibilities and basis of report

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

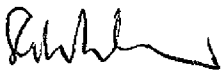
I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

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

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



S G Whorlow FCA
Cassidys Chartered Accountants
South Stour Offices
Roman Road
Mersham
Ashford
Kent

Date: 10 September 2024

THE PAULA CARR CHARITABLE TRUST

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	2024 Total £	Unrestricted Funds As restated £	Restricted Funds £	2023 Total As restated £
Income from:							
Donations and legacies	2	155,242	-	155,242	13,719	-	13,719
Investments	3	27,046	-	27,046	4,753	-	4,753
		<u>182,288</u>	<u>-</u>	<u>182,288</u>	<u>18,472</u>	<u>-</u>	<u>18,472</u>
Expenditure on:							
Charitable activities	4	120,829	9,048	129,877	418,892	-	418,892
Total expenditure		<u>120,829</u>	<u>9,048</u>	<u>129,877</u>	<u>418,892</u>	<u>-</u>	<u>418,892</u>
Net expenditure for the year before transfer of funds		61,459	(9,048)	52,411	(400,420)	-	(400,420)
Transfer between funds	15	96,292	(96,292)	-	-	-	-
Net movement in funds		<u>157,751</u>	<u>(105,340)</u>	<u>52,411</u>	<u>(400,420)</u>	<u>-</u>	<u>(400,420)</u>
Reconciliation of funds:							
Total funds brought forward	20	1,378,211	105,340	1,483,551	1,778,631	105,340	1,883,971
Total funds carried forward		<u>1,535,962</u>	<u>-</u>	<u>1,535,962</u>	<u>1,378,211</u>	<u>105,340</u>	<u>1,483,551</u>

All transactions are derived from continuing activities.

All recognised gains and losses are included in the Statement of Financial Activities.

THE PAULA CARR CHARITABLE TRUST

BALANCE SHEET
AS AT 31 MARCH 2024

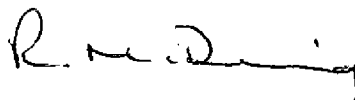
	Note	2024		2023	
		£	£	£	£
Fixed assets:					As restated
Tangible assets	9		-		214
Current assets:					
Debtors	10	31,234		2,783	
Cash at bank and in hand		521,576		741,308	
Short term investment	11	<u>1,060,144</u>		<u>1,053,741</u>	
		1,612,954		1,797,832	
Liabilities:					
Creditors falling due within one year	12	<u>(76,992)</u>		<u>(267,351)</u>	
Net current assets			1,535,962		1,530,481
Creditors falling due within one year	13		-		(47,144)
NET ASSETS			<u>1,535,962</u>		<u>1,483,551</u>
The funds of the charity:					
Restricted funds	15		-		105,340
Unrestricted funds			1,535,962		1,378,211
Designated funds	16		-		-
TOTAL FUNDS	17		<u>1,535,962</u>		<u>1,483,551</u>

The financial statements were approved and authorised for issue by the Board of Trustees on 10 September 2024 and signed on its behalf by:

Gary Fagg MBE
Chairman



Rosalynd Debling
Trustee



The notes on pages 10 to 18 form part of these financial statements

THE PAULA CARR CHARITABLE TRUST

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2024

	Note	2024 £	2023 £
Net cash flow from operating activities	18	(240,375)	(404,399)
Cash flow from investing activities			
Interest received		27,046	4,753
Net cash flow from investing activities		<u>27,046</u>	<u>4,753</u>
Net (decrease)/increase in cash and cash equivalents		(213,329)	(399,646)
Cash and cash equivalents at 1 April 2023		1,795,049	2,194,695
Cash and cash equivalents at 31 March 2024		<u>1,581,720</u>	<u>1,795,049</u>
Cash and cash equivalents consists of:			
Cash at bank and in hand		521,576	741,308
Short term deposits		<u>1,060,144</u>	<u>1,053,741</u>
Cash and cash equivalents at 31 March 2024		<u>1,581,720</u>	<u>1,795,049</u>

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

1.1 Basis of accounting

The Paula Carr Charitable Trust is a registered charity in the United Kingdom. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities is to relieve the sickness of diabetic patients living in Kent or for such other charitable purpose as the trustees in their absolute discretion determine.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Charities Act 2011 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Income recognition

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received. At this point income is recognised. On occasion legacies will be notified to the charity however it is not possible to measure the amount expected to be distributed. On these occasions, the legacy is treated as a contingent asset and disclosed.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

Investment income is earned through holding assets for investment purposes such as cash deposits. It includes interest income which is recognised using the effective interest method.

1.3 Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

1.4 Support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity.

The bases on which support costs have been allocated and the analysis of these costs is included in note 5.

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies (continued)

1.5 Funds

Unrestricted general funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds represent unrestricted funds that have been set aside by the trustees for particular purposes. The designated fund balance has been represented to ensure that the fund balance accurately reflects the designation policy adopted by the trustees.

Restricted funds are funds that can only be used for particular restricted purposes within the objects of the charitable company. Restriction arises when specified by the donor or when funds are raised for particular restricted purposes.

1.6 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Fixed assets below £200 are not capitalised. Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost less estimated residual value, of each asset on a systematic basis over its expected useful life, as follows:

Office equipment

Straight line over 4 years

Impairment

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.

1.7 Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

1.8 Short term investment

Short term investment includes cash held in fixed term interest bearing deposit accounts.

1.9 Tax

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1.10 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies (continued)

1.11 Judgements and key sources of estimation uncertainty

Accounting estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

i. Useful economic lives of tangible assets

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets. See note 9 for the carrying amount of the plant and equipment, and note 1.6 for the useful economic lives for each class of assets.

ii. Project commitments

The cost of project commitments are included in the accounts based on the funding requested and approved by the trustees. However, these costs can be subject to change during the period of the project.

1.12 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income from donations

	2024	2023
	£	£
Donations	88,695	9,623
Legacies	66,547	4,096
	<u>155,242</u>	<u>13,719</u>

The charity benefits greatly from the involvement and enthusiastic support of its volunteers, details of which are given in our annual report. In accordance with FRS 102 and the Charities SORP (FRS 102), the economic contribution of general volunteers is not recognised in the accounts.

3 Income from investments

	2024	2023
	£	£
Interest - deposits	27,046	4,753
	<u>27,046</u>	<u>4,753</u>

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

4 Expenditure on charitable activities	Direct costs	Support costs	2024 Total	2023 Total
	£	£	£	As restated £
Digital Innovation Partnership	-	-	-	174,592
Transition Nurse funding	-	-	-	148,682
Diabetes Specialist Nurse funding	23,552	14,476	38,028	119,726
Donations	16,759	10,301	27,060	45,023
Donations - restricted funds	9,048	5,561	14,609	-
Education Hub	39,511	24,285	63,796	44,595
Paediatric team donation	22,682	13,942	36,624	23,017
Foot screening	16,022	9,848	25,870	16,412
Painpods	-	-	-	16,066
Maldstone Hospital office works	-	-	-	15,940
Hyperbaric oxygen therapy	19,264	11,841	31,105	10,500
Monitoring equipment donated to patients	11,628	7,147	18,775	9,966
Simulation learning headsets	-	-	-	3,884
Map My Health	(112,500)	(29,604)	(142,104)	(209,511)
Professional training	180	111	291	-
Romney Marsh Peer Support Group donation	5,000	3,073	8,073	-
MENCAP donation	4,800	2,950	7,750	-
	-	-	-	-
	<u>55,946</u>	<u>73,931</u>	<u>129,877</u>	<u>418,892</u>

5 Allocation of governance and support costs

The charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the charitable activities undertaken during the year. The support costs and governance costs are allocated pro-rata to direct expenditure.

	2024 Total	2023 Total
	£	As restated £
Depreciation	214	270
Service charge, rates and storage costs	26,096	18,943
Wages	18,273	17,074
Travel	7,303	7,784
Website and computer expenses	7,701	1,422
Sundry expenses	1,528	1,352
Marketing/public relations	2,324	1,325
Insurance	1,421	1,266
Stationery, postage and photocopying	448	993
Bank charges	60	72
Legal fees	270	-
Governance costs (Note 6)	8,293	8,501
	<u>73,931</u>	<u>59,002</u>

6 Governance costs

	2024	2023
	£	£
Independent examiner's fee	1,800	2,640
Accountancy	5,963	5,331
Insurance	530	530
	<u>8,293</u>	<u>8,501</u>

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

7 Staff costs and employee benefits

The average number of employees during the year was 1 (2023: 1), all of which related to charitable activities for the charity.

There are no employees with emoluments above £60,000 (2023: None).

The total staff costs and employees benefit's was as follows

	2024	2023
	£	£
Gross wages	17,741	16,577
Employer's pension contributions	532	497
	<u>18,273</u>	<u>17,074</u>

8 Trustees' and key management personnel remuneration and expenses

The trustees received no remuneration during the year for services as trustees (2023: None).

Travel expenses totalling £7,303 (2023 : £7,692) were paid to 5 trustees (2023: 5) during the year. As at 31 March 2024 £499 (2023: £615) was owed to trustees (2023: 2 trustees).

Professional Indemnity Insurance for the trustees of £530 (2023: £530) was purchased in the year out of funds belonging to the Trust.

The total amount of remuneration received by the one member of staff who is the key management personnel is £18,273 (2023: £17,074). The Trust considers its key management personnel comprise the Trust Administrator.

9 Tangible Assets

	Office equipment	Total As restated
	£	£
Cost		
As at 1 April 2023	14,237	14,237
At 31 March 2024	<u>14,237</u>	<u>14,237</u>
Depreciation		
As at 1 April 2023	14,023	14,023
Charge for year	214	214
At 31 March 2024	<u>14,237</u>	<u>14,237</u>
Net book values		
At 31 March 2024	<u>-</u>	<u>-</u>
At 31 March 2023	<u>214</u>	<u>214</u>

All fixed assets are used for direct charitable purposes.

10 Debtors

	2024	2023
	£	£
Trade debtors	16,393	-
Other debtors	13,080	395
Prepayments and accrued income	1,761	2,388
	<u>31,234</u>	<u>2,783</u>

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

11	Short term investment	2024	2023
		£	£
	Cash at bank	1,060,144	1,053,741
		<u>1,060,144</u>	<u>1,053,741</u>
12	Creditors: amounts falling due within one year	2024	2023
		£	£
	Trade creditors	7,421	17,753
	Project commitments (see note 14)	58,921	234,729
	Ward funds	-	4,453
	Taxation and social security	-	271
	Other creditors	-	1,146
	Accruals	10,650	8,999
		<u>76,992</u>	<u>267,351</u>
13	Creditors: amounts falling due after one year	2024	2023
		£	£
	Project commitments (see note 14)	-	47,144
		<u>-</u>	<u>47,144</u>
14	Project commitments	2024	2023
		£	£
	Transition Nurse funding	-	66,511
	Diabetes Specialist Nurse funding	58,921	102,862
	Map My Health	-	112,500
		<u>58,921</u>	<u>281,873</u>

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds

Restricted funds 2024

	As at 1 April 2023	Income	Expenditure	Transfers	As at 31 March 2024
	£	£	£	£	£
Diabetic patient medication reviews	40,000	-	-	(40,000)	-
Pharmacist training	25,340	-	(5,760)	(19,580)	-
Blood pressure monitors and FreeStyle Libre monitors	40,000	-	(3,288)	(36,712)	-
	<u>105,340</u>	<u>-</u>	<u>(9,048)</u>	<u>(96,292)</u>	<u>-</u>

Restricted funds 2023

	As at 1 April 2022	Income	Expenditure	Transfers	As at 31 March 2023
	£	£	£	£	£
Diabetic patient medication reviews	40,000	-	-	-	40,000
Pharmacist training	25,340	-	-	-	25,340
Blood pressure monitors and FreeStyle Libre monitors	40,000	-	-	-	40,000
	<u>105,340</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>105,340</u>

Frequently, the amount donated for a specific purpose exceeds the cost of the equipment purchased and a small balance remains in the restricted fund. The trustees actively seek to spend the remaining balance or contact the donor to ask permission to transfer the remaining balance into the general funds. On occasion, a balance can remain unspent for several years, after which the trustees approve the transfer to the general funds of the charity to further the objectives of the charity.

Diabetic patient medication reviews During the year ended 31 March 2021 the Charity received donations totalling £40,000. This was treated as a restricted fund for future diabetic patient medication reviews. However, there was no restriction imposed by the donor; it was designated for this purpose by the trustees. Accordingly, the balance held at 31 March 2024 has been transferred from restricted funds to designated funds.

Pharmacist training During the year ended 31 March 2021 the Charity received donations totalling £35,000. This was treated as a restricted fund for future specialist training of pharmacists. However, there was no restriction imposed by the donor; it was designated for this purpose by the trustees. Accordingly, the balance held at 31 March 2024 has been transferred from restricted funds to designated funds.

Blood pressure monitors and FreeStyle Libre monitors During the year ended 31 March 2022 the Charity received donations totalling £40,000. This was treated as a restricted fund for the provision of blood pressure monitors and FreeStyle Libre monitors to patients undertaking the diabetic patient medication reviews. However, there was no restriction imposed by the donor; it was designated for this purpose by the trustees. Accordingly, the balance held at 31 March 2024 has been transferred from restricted funds to designated funds.

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

16 Designated funds

Designated funds 2024

	As at 1 April 2023 As restated	New designations	Designation released	Transfers	As at 31 March 2024
	£	£	£	£	£
Diabetic patient medication reviews	-	-	(40,000)	40,000	-
Pharmacist training	-	-	(19,580)	19,580	-
Blood pressure monitors and FreeStyle Libre monitors	-	-	(36,712)	36,712	-
	-	-	(96,292)	96,292	-

Diabetic patient medication reviews The diabetic patient medication review fund has been transferred from restricted funds (see note 15). As at 31 March 2024, the trustees do not consider it necessary to maintain this designated fund and have released it to the general reserves.

Pharmacist training The pharmacist training fund has been transferred from restricted funds (see note 15). As at 31 March 2024, the trustees do not consider it necessary to maintain this designated fund and have released it to the general reserves.

Blood pressure monitors and FreeStyle Libre monitors The blood pressure monitors and FreeStyle Libre monitors fund has been transferred from restricted funds (see note 15). As at 31 March 2024, the trustees do not consider it necessary to maintain this designated fund and have released it to the general reserves.

17 Analysis of net assets between funds

2024	Tangible fixed assets	Net current assets	Creditors: due after one year	Total
	£	£	£	£
Unrestricted funds	-	1,535,962	-	1,535,962
	-	1,535,962	-	1,535,962
2023	Tangible fixed assets	Net current assets	Creditors: due after one year	Total
	As restated £	As restated £	As restated £	As restated £
Unrestricted funds	214	1,425,141	(47,144)	1,378,211
Restricted funds	-	105,340	-	105,340
	214	1,530,481	(47,144)	1,483,551

THE PAULA CARR CHARITABLE TRUST

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024**

18 Reconciliation of net (expenditure)/income to net cash flow from operating activities

	2024	2023
	£	As restated £
Net income/(expenditure) for the year	52,411	(400,420)
Interest receivable	(27,046)	(4,753)
Depreciation and impairment of tangible fixed assets	214	270
(Increase)/decrease in debtors	(28,451)	47,941
Decrease in creditors	(237,503)	(47,437)
Net cash flow from operating activities	<u>(240,375)</u>	<u>(404,399)</u>

19 Related party transactions

During the year the charity entered into no transactions with related parties or trustees (2023: None).

20 Prior year adjustment

A Diabetics Care Centre at the William Harvey Hospital in Ashford was constructed using funds raised by The Paula Carr Charitable Trust. The building was handed over to the South East Kent Health Authority on 30 August 1991 so a disposal of this asset should have been recorded in the accounts. However, this disposal was not recorded and the building continued to be recognised as an asset of the charity.

The prior year figures have been restated to correctly reflect the disposal of the building. The restatement has resulted in a £44,167 decrease in the net deficit for the year to 31 March 2023, as shown in the Statement of Financial Activities, arising from the removal of the building depreciation charge for the year, and the elimination of the building in fixed assets and the equivalent designated funds previously appearing on the Balance Sheet of £265,263 at 31 March 2023.

THE PAULA CARR CHARITABLE TRUST

England & Wales - Charity number 801596

Accounts

THE PAULA CARR CHARITABLE TRUST
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

Registered Charity No: 801596

THE PAULA CARR CHARITABLE TRUST

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THE PAULA CARR CHARITABLE TRUST

CHARITY REFERENCE AND ADMINISTRATIVE DETAILS

Charity registration number	801596	
Settlor	Imi Simpson	
Chairman	Gary Fagg MBE	
Treasurer	Nicola Curd	
Trustees	Clive Anderson Stephen Bond John Coleman Rosalynd Debling Gary Fagg MBE Geoffrey Tubb	(Appointed 14 July 2022)
Key Management Personnel	Helen Elford	
Registered Office	Paula Carr Diabetes Centre William Harvey Hospital Kennington Road Willesborough Ashford Kent	
Independent Examiner	M A Wilkes FCA Azets Audit Services 5th Floor Ashford Commercial Quarter 1 Dover Place Ashford Kent	
Bankers	Santander UK Ltd Customer Service Centre Bootle Merseyside	National Westminster Bank Plc 20 High Street Ashford Kent
	CafCash 25 Kings Hill Avenue Kings Hill West Malling Kent	Scottish Widows Bank Plc PO Box 12757 67 Morrison Street Edinburgh
	Metro Bank Plc 72-76 High Street Bromley Kent BR1 1EG	
Solicitors	Hallett & Co, Solicitors 11 Bank Street Ashford Kent	

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2022

The trustees present herewith their report and examined financial statements of the charity for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) published on 16 July 2014, as amended by Bulletin 1.

Objectives and activities

The main objective of the charity is to relieve the sickness of diabetic patients living in Kent or for such other charitable purpose as the trustees in their absolute discretion determine.

Public benefit statement

The Paula Carr Charitable Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities.

Annual review

The Paediatric Diabetes Service is still going from strength to strength. We have continued to support them to become a centre of excellence for paediatric services and this year have continued in the funding for the modernisation of their clinical area. This year we have continued to fund the 6 to 7 project, which provides real support for young children and parents as the children embark on the next stage of their lives as they enrol into secondary education. We believe there is a real need for this type of support and following letters of thanks from parents who said it made a real difference to their children's confidence, we are continuing the project in 2022/23. This project is not just for the East Kent area, it is for the whole of Kent.

The Paediatric Diabetes Service is excellent but the young people seem to fall off a cliff when they reach adulthood and don't receive the close monitoring that they are used to. We wanted to prevent this situation by having a transition service that helps them gently along the path to adulthood. I am delighted to announce that during this financial year the transition service in East Kent has started so the children will not fall off a cliff when they become adults.

During this year, thanks to our efforts in past years, the FreeStyle Libre is now widely used both in the adult and paediatric population. This year a new version of the Libre has become available, the Libre 2. This addition to the Libre range, with its warning sound alerts, enhances its ability to help patients as they deal with the fall out of their condition. As we go to press, I am delighted to announce that another innovation has hit Europe, a bionic pancreas. This development will enable people to control their diabetes as near as possible, to those people without the condition. Another initiative that we have enabled during this year is the provision of an out of hours telephone service for the Diabetes paediatric patients. I can confirm that in its first few months, this service prevented a lot of ambulance call outs and a lot of inpatient bed times.

As a result of the Covid lockdown, two particular areas of diabetes care wavered and our Trust has been actively working to help alleviate the problems. The first one has been the lack of formal education for newly diagnosed diabetes patients and the second, the lack of available feet assessments. Both of these problems have been caused by the inability to meet face to face. In order to relieve the impact of these problems, our Trust has stepped in and created solutions. The first solution, the provision of online education for all forms of diabetes throughout Kent, went live last year and as I write this report, this initiative in partnership with Kent and Medway CCG is up and running and making a real difference to the education of patients with Type 2 Diabetes. We have committed £450,000 and expect a real long term positive benefit in the provision of knowledge to our diabetes population. The second initiative is the provision of a free to patient podiatry assessment clinic which is held every Monday in Ashford. This clinic has so far dealt with in excess of 1500 patients, many of whom have needed to be referred to hospital. These two initiatives demonstrate our resolve to continue to meet challenges that occur, when we least expect them.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Annual review (continued)

The Trust is committed to invest in professional and patient education. We have continued to support robust training for GP's and nurses that will help to drive up the professional knowledge that is required to deal with Diabetes. The Trust has this year continued to embark on a series of new initiatives in West Kent and Medway with professional training courses being organised now. We have also allocated and are preparing advanced support for our patients. To aid patient education and to empower them with enough knowledge to make important decisions about their treatment and control, we are funding a number of projects that help support patient understanding. We have continued the support of children's patient groups for those under 18. Better knowledge and greater patient empowerment should help to save the NHS a lot of money in reduced costs for long term problems, but more importantly will help in saving patients from long term suffering. This year we have continued to fund some very interesting work in Medway, which has some very poorly controlled Diabetes patients. In one part of Medway we employed a clinical pharmacist who was tasked with offering one to one appointments in an effort to get better patient control of their Diabetes. In the other part of Medway, we employed a Diabetes Nurse Specialist to carry out similar work. I am pleased to report that as I write this review, the results seen so far are exceptional and as a result of the success is being rolled out further into Kent.

We continue to fund specialised footwear and walking aids for podiatry and continue to support the Vascular Department at the William Harvey Hospital. The trustees have explored a number of initiatives in this particular area of treatment during this financial year and are now very close to initiating a foot screening pilot service.

The Trust continues to meet the running costs of 4 glycated haemoglobin machines. These machines enable children to have a regular blood test which assesses how well their diabetes is being looked after.

One of the major problems facing the NHS is the continued increase in the number of patients getting Type 2 Diabetes. Not only is this condition mostly unnecessary, it is also very expensive because of increased costs of treating the results of neglect, such as blindness, amputation and dialysis. It is time for this trend to be stopped in its track and we continue looking at ways to get people back to exercise with a view to improving their long term outlook. With the changes in the delivery of healthcare throughout the NHS and with the incidence of Diabetes continuing to increase throughout the UK, the Trust is still ready, willing and very able to meet the problems associated with this difficult condition head on. We will continue to seek out new solutions in support of those patients who suffer an ever increasing level of diabetes associated problems.

Risk factors

The trustees have assessed the major risks to which the charitable trust is exposed, and are satisfied that systems are in place to mitigate exposure to them. The trustees continue to review and monitor the systems for managing the major strategic, business and operational risks which the charitable trust faces. Following the COVID-19 pandemic, the trustees updated the risk register for additional COVID related matters. As at 31 March 2022 the trustees have not identified any operational risks to which the charity may be exposed.

Financial review

Income for the year amounted to £127,426 (2021: £214,733) a decrease of £87,307. Donations decreased by £86,476. During the year legacies of £73,750 (2021: £130,611) were received. Investment income decreased by £831. Expenditure amounted to £189,059 (2021: £757,650) a decrease of £568,591. The charitable activities undertaken during the year are detailed in note 4.

As a result of the above movements, a deficit of £61,633 (2021: deficit £542,917) was reported for the year. Retained reserves total £2,193,401 (2021: £2,255,034) of which £309,914 (2021: £354,351) are designated funds and £105,340 (2021: £75,000) are restricted funds.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Reserves policy

The trustees aim to maintain reserves at a level they deem sufficient for the future needs of the charity and are aiming to maintain reserves at a level sufficient to support 2 years' level of expenditure, which, based on the expenditure to 31 March 2021 would amount to £378,200 (2021: £1,515,300). At 31 March 2022 the unrestricted reserves amounted to £1,778,147 (2021: £1,825,683) and therefore this policy has been achieved. The trustees are currently reviewing projects requiring significant financial investment, in order to utilise the excess unrestricted reserves available.

As detailed in Notes 15 and 16, the restricted reserves at 31 March 2022 were £105,340 (2021: £75,000) and the designated reserves were £309,914 (2021: £354,351).

The majority of the funds are held in investments, the policy and performance of which is detailed below. The trustees regularly review and revise, as appropriate, the budgets for the forthcoming year in view of current investment performance.

Investment policy

Investment activities are managed in line with the requirements of the Trustee Act 2000. The trustees, having regard to the liquidity requirements of operating the charitable trust and to the reserves policy, have operated a policy of keeping available funds in interest bearing deposit accounts and seek to achieve a rate of deposit which matches or exceeds inflation as measured by the retail prices index.

Plans for the future

The Paula Carr Charitable Trust is a small, local, charitable trust operating only in the Kent area.

During 2022 the charity continued to use the services of a Trust Administrator. All other charitable work is carried out by volunteers.

During the past year the trustees reviewed and continued to fund projects that required significant financial investment, utilising the free reserves available. This year we have provided specialist training of healthcare professionals and patients by concentrating on individual projects as they arise. Consequently we have continued to invest a considerable amount of money into our patient information packs that are distributed throughout the whole of Kent. With this investment we hope to help many hundreds of patients to take control of their lives with better knowledge of their condition. We have continued to invest in providing a machine called Painpod which is like an advanced version of the Tens machine which has the ability to transform patients lives, by reducing the discomfort caused by phantom limb pain following below knee amputation. This machine has also helped people suffering from Fibromyalgia pain which is often associated with Diabetes. Another project has been the offer of Hyperbaric Oxygen Therapy for patients suffering from leg ulcers which prove difficult to treat and heal. Although this is not readily available on the NHS, we have seen some amazing results which have totally removed the risk of losing a limb to amputation. We have also supported patients who suffer financial problems at individual level, by purchasing equipment that will enhance their treatment regimes.

As we go to press, we are nearly in a position where we can finally start a pilot project for the delivery of podiatry services into the community. We will continue to push the local managers for action!

During the past year a Patient Medicine Review service has continued at the Darent Valley Hospital and is still obtaining very positive results. We look forward to an exciting outcome for patients admitted to hospital on multi therapies of drugs in 2022/23. As a result of the good work carried out at the Darent Valley Hospital, and on the recommendation of the Chief Pharmacist, we initiated a medicine management review in general practice. The Community Pharmacists are the professionals who have most contact with patients. As we went to press in last year's report, we had just agreed some new Diabetes and Medicine Reviews for the Medway area. These reviews by top professional Clinical Pharmacists have had a major, positive impact for our diabetes patients. The reviews were so successful during a very difficult time due to Covid 19, that we hope to drive these reviews throughout Kent in the next year or two. To enable us to do this work we have teamed up with a number of international pharmaceutical companies who have agreed to sponsor us.

During the past year we have continued to be involved with a number of individual patients who, sadly, had a lot of problems caused by uncontrolled Diabetes. We have managed to come to their rescue in a number of ways and have managed to leave them in a better place. Hopefully in 2022/23 we will still be in the position to help many more.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Plans for the future (continued)

Unfortunately as I write this review, our country is still suffering as a result of the pandemic. Because many of our patients have suffered through lack of NHS access during these difficult times, we will need to be prepared to meet many more of our patients as they endeavour to deal with their diabetes problems. This means that yet again we face another challenging year. As we start 2022/23 our Trust continues to support the hard to reach patients. We will also continue to support innovations that will further enhance the lives of patients living with diabetes in Kent.

The Trustees of the Paula Carr Diabetes Trust are still very willing to go the extra mile in support of the patients suffering from the consequences of uncontrolled diabetes. We will also continue to lobby the NHS decision makers who now need to realise that the time for under investment in Diabetes services is now over!

Going concern

The trustees have considered the impact of the Covid-19 outbreak. There haven't been any cash flow or going concern issues identified at present.

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Structure, governance and management

Trustees of the charity

The trustees who have served during the year and since the year end were as follows

Clive Anderson
Stephen Bond
John Coleman (Appointed 14 July 2022)
Rosalynd Debling
Gary Fagg MBE
Geoffrey Tubb

The Paula Carr Charitable Trust is a registered charity (No. 801596) established by a Deed of Trust dated 12 May 1989, as varied by a scheme of 24 May 1990. A Special Resolution was passed on 12 June 2017 to remove the requirement for the charity to appoint auditors to audit the financial statements. The Trust operates under the name of The Paula Carr Charitable Trust. The Trust is an unincorporated charity. The registered address is William Harvey Hospital, Ashford, Kent. TN24 0LZ.

Appointment of trustees

The governing document prescribes that there shall be a minimum of three trustees and a maximum of eight. The governing document does not stipulate how trustees should be appointed.

Recruitment of trustees

Prospective trustees are recommended by existing trustees to join the board of trustees or advertisements are placed in the local press.

Key management personnel

The trustees consider the trustees, the treasurer and the senior management team comprise the key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis. All trustees give of their time freely and no trustee received remuneration in the year for services as a trustee. The trustees approve the remuneration for the key management personnel.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Under Charity Law, the trustees shall prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable trust and of the incoming resources and application of resources, including the income and expenditure, of the charitable trust for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2015 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable trust. They are also responsible for safeguarding the assets of the charitable trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By Order of the Board

Date: 26 September 2022

Gary Fagg MBE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE PAULA CARR CHARITABLE TRUST

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2022 which are set out on pages 8 to 19.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

M A Wilkes FCA
Azets Audit Services
5th Floor
Ashford Commercial Quarter
1 Dover Place
Ashford
Kent

Date: 16 November 2022

THE PAULA CARR CHARITABLE TRUST

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds £	Restricted Funds £	2022 Total £	Unrestricted Funds £	Restricted Funds £	2021 Total £
Income from:							
Donations and legacies	2	86,517	40,000	126,517	137,993	75,000	212,993
Investments	3	909	-	909	1,740	-	1,740
		<u>87,426</u>	<u>40,000</u>	<u>127,426</u>	<u>139,733</u>	<u>75,000</u>	<u>214,733</u>
Expenditure on:							
Charitable activities	4	179,399	9,660	189,059	757,650	-	757,650
Total expenditure		<u>179,399</u>	<u>9,660</u>	<u>189,059</u>	<u>757,650</u>	<u>-</u>	<u>757,650</u>
Net movement in funds		(91,973)	30,340	(61,633)	(617,917)	75,000	(542,917)
Reconciliation of funds:							
Total funds brought forward		2,180,034	75,000	2,255,034	2,797,951	-	2,797,951
Total funds carried forward		<u>2,088,061</u>	<u>105,340</u>	<u>2,193,401</u>	<u>2,180,034</u>	<u>75,000</u>	<u>2,255,034</u>

All transactions are derived from continuing activities.

All recognised gains and losses are included in the Statement of Financial Activities.

THE PAULA CARR CHARITABLE TRUST

**BALANCE SHEET
AS AT 31 MARCH 2022**

	Note	2022		2021	
		£	£	£	£
Fixed assets:					
Tangible assets	9		309,914		354,351
Current assets:					
Debtors	10	50,724		65,867	
Cash at bank and in hand		1,141,760		1,235,071	
Short term investment	11	1,052,935		1,052,178	
		<u>2,245,419</u>		<u>2,353,116</u>	
Liabilities:					
Creditors falling due within one year	12	<u>(181,932)</u>		<u>(272,433)</u>	
Net current assets			2,063,487		2,080,683
Creditors falling due within one year	13		(180,000)		(180,000)
NET ASSETS			<u>2,193,401</u>		<u>2,255,034</u>
The funds of the charity:					
Restricted funds	15		105,340		75,000
Unrestricted funds			1,778,147		1,825,683
Designated funds	16		309,914		354,351
TOTAL FUNDS	17		<u>2,193,401</u>		<u>2,255,034</u>

The financial statements were approved and authorised for issue by the Board of Trustees on 26 September 2022 and signed on its behalf by:

Gary Fagg MBE
Chairman

Rosalynd Debling
Trustee

The notes on pages 11 to 19 form part of these financial statements

THE PAULA CARR CHARITABLE TRUST

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2022

	Note	2022 £	2021 £
Net cash flow from operating activities	18	(93,463)	14,751
Cash flow from investing activities			
Interest received		909	1,740
Net cash flow from investing activities		<u>909</u>	<u>1,740</u>
Net (decrease)/increase in cash and cash equivalents		(92,554)	16,491
Cash and cash equivalents at 1 April 2021		<u>2,287,249</u>	<u>2,270,758</u>
Cash and cash equivalents at 31 March 2022		<u><u>2,194,695</u></u>	<u><u>2,287,249</u></u>
Cash and cash equivalents consists of:			
Cash at bank and in hand		1,141,760	1,235,071
Short term deposits		<u>1,052,935</u>	<u>1,052,178</u>
Cash and cash equivalents at 31 March 2022		<u><u>2,194,695</u></u>	<u><u>2,287,249</u></u>

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

1.1 Basis of accounting

The Paula Carr Charitable Trust is a registered charity in the United Kingdom. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities is to relieve the sickness of diabetic patients living in Kent or for such other charitable purpose as the trustees in their absolute discretion determine.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 as amended by Bulletin 1 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Income recognition

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received. At this point income is recognised. On occasion legacies will be notified to the charity however it is not possible to measure the amount expected to be distributed. On these occasions, the legacy is treated as a contingent asset and disclosed.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

Investment income is earned through holding assets for investment purposes such as cash deposits. It includes interest income which is recognised using the effective interest method.

1.3 Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.

1.4 Support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity.

The bases on which support costs have been allocated and the analysis of these costs is included in note 5.

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies (continued)

1.5 Funds

Unrestricted general funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds represent unrestricted funds that have been set aside by the trustees for particular purposes. The designated fund balance has been represented to ensure that the fund balance accurately reflects the designation policy adopted by the trustees.

Restricted funds are funds that can only be used for particular restricted purposes within the objects of the charitable company. Restriction arises when specified by the donor or when funds are raised for particular restricted purposes.

1.6 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Fixed assets below £200 are not capitalised. Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost less estimated residual value, of each asset on a systematic basis over its expected useful life, as follows:

Buildings	Straight line over 15 years
Office equipment	Straight line over 4 years

Impairment

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.

1.7 Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

1.8 Short term investment

Short term investment includes cash held in fixed term interest bearing deposit accounts.

1.9 Tax

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1.10 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern. The trustees have considered the impact of the Covid-19 outbreak. There haven't been any cash flow or going concern issues identified at present.

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies (continued)

1.11 Judgements and key sources of estimation uncertainty

Accounting estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

i. Useful economic lives of tangible assets

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets. See note 9 for the carrying amount of the plant and equipment, and note 1.6 for the useful economic lives for each class of assets.

1.12 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income from donations

	2022	2021
	£	£
Donations	52,767	82,382
Legacies	73,750	130,611
	<u>126,517</u>	<u>212,993</u>

The income from donations and legacies was £126,517 (2021: £212,993), of which £40,000 (2021:£75,000) was restricted and £86,517 (2021:£137,993) was unrestricted.

The charity benefits greatly from the involvement and enthusiastic support of its volunteers, details of which are given in our annual report. In accordance with FRS 102 and the Charities SORP (FRS 102), the economic contribution of general volunteers is not recognised in the accounts.

3 Income from investments

	2022	2021
	£	£
Interest - deposits	909	1,740
	<u>909</u>	<u>1,740</u>

The income from investments was £909 (2021: £1,740), all of which was unrestricted.

THE PAULA CARR CHARITABLE TRUST

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022**

4 Expenditure on charitable activities	Direct costs	Support costs	2022 Total	2021 Total
	£	£	£	£
Education Hub	20,812	22,134	42,946	21,606
Foot screening	15,740	16,740	32,480	8,327
Donations	15,197	16,163	31,360	14,669
Pharmacist training	9,660	10,274	19,934	-
Paediatric team donation	7,732	8,223	15,955	11,609
Painpods	7,355	7,822	15,177	-
Simulation learning headsets	6,120	6,509	12,629	-
Monitoring equipment donated to patients	5,783	6,150	11,933	7,471
Hyperbaric oxygen therapy	2,770	2,946	5,716	6,096
Educational leaflets and books	450	479	929	371
Map My Health	-	-	-	513,333
Diabetic patient medication reviews	-	-	-	79,076
Clarus camera	-	-	-	69,357
Personal Protective Equipment - Ophthalmology Dept.	-	-	-	17,111
Diabetes Medical Evaluation Report	-	-	-	8,624
	91,619	97,440	189,059	757,650

Expenditure on charitable activities was £189,059 (2021: £757,650), of which £9,660 (2021:£nil) was restricted and £179,399 (2021:£757,650) was unrestricted.

5 Allocation of governance and support costs

The charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the charitable activities undertaken during the year. The support costs and governance costs are allocated pro-rata to direct expenditure.

	2022 Total	2021 Total
	£	£
Depreciation	44,437	44,856
Service charge, rates and storage costs	19,043	18,663
Wages	15,241	13,212
Governance costs (Note 6)	7,234	7,518
Travel	5,998	4,968
Website and computer expenses	1,393	1,491
Insurance	1,152	872
Marketing/public relations	958	471
Sundry expenses	953	472
Stationery, postage and photocopying	785	360
Repairs and maintenance	150	-
Bank charges	96	89
Loss on disposal of assets	-	408
Telephone	-	96
	97,440	93,476

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

6 Governance costs	2022	2021
	£	£
Independent examiner's fee	2,188	2,168
Accountancy	4,516	4,820
Insurance	530	530
	<u>7,234</u>	<u>7,518</u>

7 Staff costs and employee benefits

The average number of employees during the year was 1 (2021: 1), all of which related to charitable activities for the charity.

There are no employees with emoluments above £60,000 (2021: None).

The total staff costs and employees benefit's was as follows

	2022	2021
	£	£
Gross wages	14,797	12,828
Employer's pension contributions	444	384
	<u>15,241</u>	<u>13,212</u>

8 Trustees' and key management personnel remuneration and expenses

The trustees received no remuneration during the year for services as trustees (2021: None).

Travel expenses totalling £5,929 (2021 : £4,968) were paid to 2 Trustees (2021: 3) during the year. As at 31 March 2022 £510 (2021: £512) was owed to 1 Trustee (2021: 1 Trustee).

Professional Indemnity Insurance for the trustees of £530 (2021: £530) was purchased in the year out of funds belonging to the Trust.

The total amount of remuneration received by the one member of staff who is the key management personnel is £15,241 (2021: £13,212). The Trust considers its key management personnel comprise the Trust Administrator.

THE PAULA CARR CHARITABLE TRUST

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022**

9 Tangible Assets	New Building	Building extension	Office equipment	Total
	£	£	£	£
Cost				
As at 1 April 2021	566,022	214,942	14,237	795,201
At 31 March 2022	<u>566,022</u>	<u>214,942</u>	<u>14,237</u>	<u>795,201</u>
Depreciation				
As at 1 April 2021	317,889	109,478	13,483	440,850
Charge for year	31,016	13,151	270	44,437
At 31 March 2022	<u>348,905</u>	<u>122,629</u>	<u>13,753</u>	<u>485,287</u>
Net book values				
At 31 March 2022	<u>217,117</u>	<u>92,313</u>	<u>484</u>	<u>309,914</u>
At 31 March 2021	<u>248,133</u>	<u>105,464</u>	<u>754</u>	<u>354,351</u>

All fixed assets are used for direct charitable purposes.

A Diabetics Care Centre at the William Harvey Hospital in Ashford, was constructed using funds of £215,773 raised by The Paula Carr Charitable Trust. The building was handed over to the South East Kent Health Authority on 30 August 1991. Since then the Trust has purchased equipment for the Centre, which has been transferred to the South East Kent Health Authority.

10 Debtors	2022	2021
	£	£
Other debtors	47,819	63,164
Prepayments and accrued income	2,905	2,703
	<u>50,724</u>	<u>65,867</u>
11 Short term investment	2022	2021
	£	£
Cash at bank	1,052,935	1,052,178
	<u>1,052,935</u>	<u>1,052,178</u>
12 Creditors: amounts falling due within one year	2022	2021
	£	£
Trade creditors	55,069	12,780
Project commitments (see note 14)	112,500	245,200
Ward funds	4,453	4,453
Other creditors	1,146	1,146
Accruals	8,764	8,854
	<u>181,932</u>	<u>272,433</u>
13 Creditors: amounts falling due after one year	2022	2021
	£	£
Project commitments (see note 14)	180,000	180,000
	<u>180,000</u>	<u>180,000</u>

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022

14 Project commitments	2022	2021
	£	£
Diabetes Clinician Project	-	35,200
Map My Health	292,500	390,000
	<u>292,500</u>	<u>425,200</u>

15 Restricted funds

Restricted funds 2022

	As at 1 April 2021	Income	Expenditure	Transfers	As at 31 March 2022
	£	£	£	£	£
Diabetic patient medication reviews	40,000	-	-	-	40,000
Pharmacist training	35,000	-	(9,660)	-	25,340
Blood pressure monitors and FreeStyle Libre monitors	-	40,000	-	-	40,000
	<u>75,000</u>	<u>40,000</u>	<u>(9,660)</u>	<u>-</u>	<u>105,340</u>

Restricted funds 2021

	As at 1 April 2020	Income	Expenditure	Transfers	As at 31 March 2021
	£	£	£	£	£
Diabetic patient medication reviews	-	40,000	-	-	40,000
Pharmacist training	-	35,000	-	-	35,000
	<u>-</u>	<u>75,000</u>	<u>-</u>	<u>-</u>	<u>75,000</u>

Frequently, the amount donated for a specific purpose exceeds the cost of the equipment purchased and a small balance remains in the restricted fund. The trustees actively seek to spend the remaining balance or contact the donor to ask permission to transfer the remaining balance into the general funds. On occasion, a balance can remain unspent for several years, after which the trustees approve the transfer to the general funds of the charity to further the objectives of the charity.

Diabetic patient medication reviews During the year ended 31 March 2021 the Charity received donations totalling £40,000 for future diabetic patient medication reviews. No expenses have been incurred during the year ended 31 March 2022.

Pharmacist training During the year ended 31 March 2021 the Charity received donations totalling £35,000 for future specialist training of pharmacists. Following their training the pharmacists will be able to undertake diabetic patient medication reviews. During the year ended 31 March 2022, £9660 was spent on pharmacist training.

Blood pressure monitors and FreeStyle Libre monitors During the year ended 31 March 2022 the Charity received donations totalling £40,000 for the provision of blood pressure monitors and FreeStyle Libre monitors to patients undertaking the diabetic patient medication reviews. No expenses have been incurred during the year ended 31 March 2022.

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022

16 Designated funds

Designated funds 2022

	As at 1 April 2021	New designations	Designation released	Transfers	As at 31 March 2022
	£	£	£	£	£
Fixed Asset Fund	354,351	-	(44,437)	-	309,914
	<u>354,351</u>	<u>-</u>	<u>(44,437)</u>	<u>-</u>	<u>309,914</u>

Designated funds 2021

	As at 1 April 2020	New designations	Designation released	Transfers	As at 31 March 2021
	£	£	£	£	£
Fixed Asset Fund	399,615	-	(45,264)	-	354,351
	<u>399,615</u>	<u>-</u>	<u>(45,264)</u>	<u>-</u>	<u>354,351</u>

Fixed Asset Fund

The fixed asset fund represents the net book value of tangible fixed assets which are not considered to be for general reserves.

17 Analysis of net assets between funds

2022

	Tangible fixed assets	Net current assets	Creditors: due after one year	Total
	£	£	£	£
Unrestricted funds	-	1,958,147	(180,000)	1,778,147
Designated funds	309,914	-	-	309,914
Restricted funds	-	105,340	-	105,340
	<u>309,914</u>	<u>2,063,487</u>	<u>(180,000)</u>	<u>2,193,401</u>

2021

	Tangible fixed assets	Net current assets	Net current assets	Total
	£	£	£	£
Unrestricted funds	-	2,005,683	(180,000)	1,825,683
Designated funds	354,351	-	-	354,351
Restricted funds	-	75,000	-	75,000
	<u>354,351</u>	<u>2,080,683</u>	<u>-</u>	<u>2,255,034</u>

18 Reconciliation of net (expenditure)/income to net cash flow from operating activities

	2022	2021
	£	£
Net expenditure for the year	(61,633)	(542,917)
Interest receivable	(909)	(1,740)
Depreciation and impairment of tangible fixed assets	44,437	45,264
Decrease in debtors	15,143	154,647
(Decrease)/increase in creditors	(90,501)	359,497
Net cash flow from operating activities	<u>(93,463)</u>	<u>14,751</u>

THE PAULA CARR CHARITABLE TRUST

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022**

19 Related party transactions

During the year the charity entered into no transactions with related parties or trustees (2021: None).

THE PAULA CARR CHARITABLE TRUST

England & Wales - Charity number 801596

Accounts

THE PAULA CARR CHARITABLE TRUST
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

Registered Charity No: 801596

THE PAULA CARR CHARITABLE TRUST

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THE PAULA CARR CHARITABLE TRUST

CHARITY REFERENCE AND ADMINISTRATIVE DETAILS

Charity registration number	801596	
Settlor	Imi Simpson	
Chairman	Gary Fagg MBE	
Treasurer	Nicola Curd	
Trustees	Clive Anderson Stephen Bond Rosalynd Debling Gary Fagg MBE Geoffrey Tubb	
Key Management Personnel	Helen Elford	
Registered Office	Paula Carr Diabetes Centre William Harvey Hospital Kennington Road Willesborough Ashford Kent	
Independent Examiner	M A Wilkes FCA Azets Audit Services 5th Floor Ashford Commercial Quarter 1 Dover Place Ashford Kent	
Bankers	Santander UK Ltd Customer Service Centre Bootle Merseyside	National Westminster Bank Plc 20 High Street Ashford Kent
	CafCash 25 Kings Hill Avenue Kings Hill West Malling Kent	Scottish Widows Bank Plc PO Box 12757 67 Morrison Street Edinburgh
	Metro Bank Plc 72-76 High Street Bromley Kent BR1 1EG	
Solicitors	Hallett & Co, Solicitors 11 Bank Street Ashford Kent	

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

The trustees present herewith their report and examined financial statements of the charity for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) published on 16 July 2014, as amended by Bulletin 1.

Objectives and activities

The main objective of the charity is to relieve the sickness of diabetic patients living in Kent or for such other charitable purpose as the trustees in their absolute discretion determine.

Public benefit statement

The Paula Carr Charitable Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities.

Annual review

The Paediatric Diabetes Service is still going from strength to strength. We have continued to support them to become a centre of excellence for paediatric services and this year have continued in the funding for the modernisation of their clinical area. This year we have continued to fund the 6 to 7 project, which provides real support for young children and parents as the children embark on the next stage of their lives as they enrol into secondary education. We believe there is a real need for this type of support and following letters of thanks from parents who said it made a real difference to their children's confidence, we are continuing the project in 2021/22. This project is not just for the East Kent area, it is for the whole of Kent.

During this financial year we have been pushing for transition services to be started for the children when they become adults. The Paediatric Diabetes Service is excellent but the young people seem to fall off a cliff when they reach adulthood and don't receive the close monitoring that they are used to. We aim to prevent this situation by having a transition service that helps them gently along the path to adulthood. During 2021/22 will continue our quest for a transition service and will not rest until it has been achieved.

During this year, thanks to our efforts in past years, the FreeStyle Libre is now widely used both in the adult and paediatric population. As we go to press a new version of the Libre has become available, the Libre 2. This addition to the Libre range, with its warning sound alerts, enhances its ability to help patients as they deal with the fall out of their condition.

As a result of the Covid lockdown, two particular areas of diabetes care have wavered. The first one has been the lack of formal education for newly diagnosed diabetes patients and the second, the lack of available feet assessments. Both of these problems have been caused by the inability to meet face to face. In order to relieve the impact of these problems, our Trust has stepped in and created solutions. The first solution, the provision of online education for all forms of diabetes throughout Kent, went live as I write this report and this initiative is in partnership with Kent and Medway CCG. We have committed £450,000 and expect a real positive benefit in the provision of knowledge to our diabetes population. The second initiative is the provision of a free to patient podiatry assessment clinic which is held every Monday in Ashford. This clinic has so far dealt with some 700 patients, many of whom have needed to be referred to hospital. These two initiatives demonstrate our resolve to meet challenges that occur, when we least expect them.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Annual review (continued)

The Trust is committed to invest in professional and patient education. We have continued to support robust training for GP's and nurses that will help to drive up the professional knowledge that is required to deal with Diabetes. The Trust has this year embarked on a series of new initiatives in West Kent and Medway with professional training courses being organised now. We have also allocated and are preparing advanced support for our patients. To aid patient education and to empower them with enough knowledge to make important decisions about their treatment and control, we are funding a number of projects that help support patient understanding. We have continued the support of children's patient groups for those under 18. Better knowledge and greater patient empowerment should help to save the NHS a lot of money in reduced costs for long term problems, but more importantly will help in saving patients from long term suffering. This year we funded some very interesting work in Medway, which has some very poorly controlled Diabetes patients. In one part of Medway we employed a clinical pharmacist who was tasked with offering one to one appointments in an effort to get better patient control of their Diabetes. In the other part of Medway, we employed a Diabetes Nurse Specialist to carry out similar work. I am pleased to report that as I write this review, that the results seen so far are exceptional and as a result of the success is being rolled out further into Kent.

We continue to fund specialised footwear and walking aids for podiatry and continue to support the Vascular Department at the William Harvey Hospital. The trustees have explored a number of initiatives in this particular area of treatment during this financial year and are now very close to initiating a foot screening pilot service.

The Trust continues to meet the running costs of 4 glycated haemoglobin machines. These machines enable children to have a regular blood test which assesses how well their diabetes is being looked after.

One of the major problems facing the NHS is the continued increase in the number of patients getting Type 2 Diabetes. Not only is this condition mostly unnecessary, it is also very expensive because of increased costs of treating the results of neglect, such as blindness, amputation and dialysis. It is time for this trend to be stopped in its track and we continue looking at ways to get people back to exercise with a view to improving their long term outlook. With the changes in the delivery of healthcare throughout the NHS and with the incidence of Diabetes continuing to increase throughout the UK, the Trust is still ready, willing and very able to meet the problems associated with this difficult condition head on. We will continue to seek out new solutions in support of those patients who suffer an ever increasing level of diabetes associated problems.

Risk factors

The trustees have assessed the major risks to which the charitable trust is exposed, and are satisfied that systems are in place to mitigate exposure to them. The trustees continue to review and monitor the systems for managing the major strategic, business and operational risks which the charitable trust faces. Following the COVID-19 pandemic, the trustees updated the risk register for additional COVID related matters. As at 31 March 2021 the trustees have not identified any operational risks to which the charity may be exposed.

Financial review

Income for the year amounted to £214,733 (2020: £718,845) a decrease of £504,112. Donations increased by £61,498. During the year legacies of £130,611 (2020: £692,200) were received. Investment income decreased by £4,021. Expenditure amounted to £757,650 (2020: £459,233) an increase of £298,417. The charitable activities undertaken during the year are detailed in note 4.

As a result of the above movements, a deficit of £542,917 (2020: surplus £259,612) was reported for the year. Retained reserves total £2,255,034 (2020: £2,797,951) of which £354,351 (2020: £399,615) are designated funds and £75,000 (2020: £nil) are restricted funds.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

Reserves policy

The trustees aim to maintain reserves at a level they deem sufficient for the future needs of the charity and are aiming to maintain reserves at a level sufficient to support 2 years' level of expenditure, which, based on the expenditure to 31 March 2021 would amount to £1,515,300 (2020: £918,500). At 31 March 2021 the unrestricted reserves amounted to £1,825,683 (2020: £2,398,336) and therefore this policy has been achieved. The trustees are currently reviewing projects requiring significant financial investment, in order to utilise the excess unrestricted reserves available.

As detailed in Notes 15 and 16, the restricted reserves at 31 March 2021 were £75,000 (2020: £nil) and the designated reserves were £354,351 (2020: £399,615).

The majority of the funds are held in investments, the policy and performance of which is detailed below. The trustees regularly review and revise, as appropriate, the budgets for the forthcoming year in view of current investment performance.

Investment policy

Investment activities are managed in line with the requirements of the Trustee Act 2000. The trustees, having regard to the liquidity requirements of operating the charitable trust and to the reserves policy, have operated a policy of keeping available funds in interest bearing deposit accounts and seek to achieve a rate of deposit which matches or exceeds inflation as measured by the retail prices index.

Plans for the future

The Paula Carr Charitable Trust is a small, local, charitable trust operating only in the Kent area.

During 2021 the charity continued to use the services of a Trust Administrator. All other charitable work is carried out by volunteers.

During the past year the trustees reviewed and continued to fund projects that required significant financial investment, utilising the free reserves available. This year we have provided specialist training of healthcare professionals and patients by concentrating on individual projects as they arise. Consequently we have continued to invest a considerable amount of money into our patient information packs that are distributed throughout the whole of Kent. With this investment we hope to help many hundreds of patients to take control of their lives with better knowledge of their condition. We have continued to invest in providing a machine called Painpod which is like an advanced version of the Tens machine which has the ability to transform patients lives, by reducing the discomfort caused by phantom limb pain following below knee amputation. This machine has also helped people suffering from Fibromyalgia pain which is often associated with Diabetes. Another project has been the offer of Hyperbaric Oxygen Therapy for patients suffering from leg ulcers which prove difficult to treat and heal. Although this is not readily available on the NHS, we have seen some amazing results which have totally removed the risk of losing a limb to amputation. We have also supported patients who suffer financial problems at individual level, by purchasing equipment that will enhance their treatment regimes.

Sadly, the trustees are still awaiting a decision from the local NHS managers so that we can finally start a pilot project for the delivery of podiatry services into the community. We will continue to push the local managers for action!

During the past year a Patient Medicine Review service has continued at the Darent Valley Hospital and is still obtaining very positive results. We look forward to an exciting outcome for patients admitted to hospital on multi therapies of drugs in 2021/22 As a result of the good work carried out at the Darent Valley Hospital, and on the recommendation of the Chief Pharmacist, we initiated a medicine management review in general practice. The Community Pharmacists are the professionals who have most contact with patients. As we went to press in last years report, we had just agreed some new Diabetes and Medicine Reviews for the Medway area. These reviews by top professional Clinical Pharmacists have had a major, positive impact for our diabetes patients. The reviews were so successful during a very difficult time due to Covid 19, that we hope to drive these review throughout Kent in the next year or two. To enable us to do this work we have teamed up with a number of international pharmaceutical companies who have agreed to sponsor us.

During the past year we have continued to be involved with a number of individual patients who, sadly, had a lot of problems caused by uncontrolled Diabetes. We have managed to come to their rescue in a number of ways and have managed to leave them in a better place. Hopefully in 2021/22 we will still be in the position to help many more.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Plans for the future (continued)

Unfortunately as I write this review, our country is still suffering as a result of the pandemic. Because many of our patients have suffered through lack of NHS access during these difficult times, we will need to be prepared to meet many more of our patients as they endeavour to deal with their diabetes problems. This means that yet again we face another challenging year as we start 2021/22 promises to be a challenging year, as our Trust continues to support the hard to reach patients. We will also continue to support innovations that will further enhance the lives of patients living with diabetes in Kent.

The Trustees of the Paula Carr Diabetes Trust are still very willing to go the extra mile in support of the patients suffering from the consequences of uncontrolled diabetes. We will also continue to lobby the NHS decision makers who now need to realise that the time for under investment in Diabetes services is now over!

Going concern

The trustees have considered the impact of the Covid-19 outbreak. There haven't been any cash flow or going concern issues identified at present. In accordance with Government guidelines, staff have been working from home during the pandemic, and trustee meetings have been attended via video conferencing.

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Structure, governance and management

Trustees of the charity

The trustees who have served during the year and since the year end were as follows

Clive Anderson
Stephen Bond
Rosalynd Debling
Gary Fagg MBE
Geoffrey Tubb

The Paula Carr Charitable Trust is a registered charity (No. 801596) established by a Deed of Trust dated 12 May 1989, as varied by a scheme of 24 May 1990. A Special Resolution was passed on 12 June 2017 to remove the requirement for the charity to appoint auditors to audit the financial statements. The Trust operates under the name of The Paula Carr Charitable Trust. The Trust is an unincorporated charity. The registered address is William Harvey Hospital, Ashford, Kent. TN24 0LZ.

Appointment of trustees

The governing document prescribes that there shall be a minimum of three trustees and a maximum of eight. The governing document does not stipulate how trustees should be appointed.

Recruitment of trustees

Prospective trustees are recommended by existing trustees to join the board of trustees or advertisements are placed in the local press.

Key management personnel

The trustees consider the trustees, the treasurer and the senior management team comprise the key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis. All trustees give of their time freely and no trustee received remuneration in the year for services as a trustee. The trustees approve the remuneration for the key management personnel.

THE PAULA CARR CHARITABLE TRUST

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Under Charity Law, the trustees shall prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable trust and of the incoming resources and application of resources, including the income and expenditure, of the charitable trust for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2015 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable trust. They are also responsible for safeguarding the assets of the charitable trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By Order of the Board
Date: 9 November 2021



Gary Fagg MBE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE PAULA CARR CHARITABLE TRUST

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 8 to 18.

Responsibilities and basis of report

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

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

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

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

Independent examiner's statement

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

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

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



M A Wilkes FCA
Azets Audit Services
5th Floor
Ashford Commercial Quarter
1 Dover Place
Ashford
Kent

Date: 17 November 2021

THE PAULA CARR CHARITABLE TRUST

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021**

	Note	Unrestricted Funds £	Restricted Funds £	2021 Total £	Unrestricted Funds £	Restricted Funds £	2020 Total £
Income from:							
Donations and legacies	2	137,993	75,000	212,993	713,084	-	713,084
Investments	3	1,740	-	1,740	5,761	-	5,761
		<u>139,733</u>	<u>75,000</u>	<u>214,733</u>	<u>718,845</u>	<u>-</u>	<u>718,845</u>
Expenditure on:							
Charitable activities	4	757,650	-	757,650	459,233	-	459,233
Total expenditure		<u>757,650</u>	<u>-</u>	<u>757,650</u>	<u>459,233</u>	<u>-</u>	<u>459,233</u>
Net movement in funds		(617,917)	75,000	(542,917)	259,612	-	259,612
Reconciliation of funds:							
Total funds brought forward		2,797,951	-	2,797,951	2,538,339	-	2,538,339
Total funds carried forward		<u>2,180,034</u>	<u>75,000</u>	<u>2,255,034</u>	<u>2,797,951</u>	<u>-</u>	<u>2,797,951</u>

All transactions are derived from continuing activities.

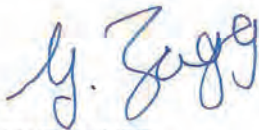
All recognised gains and losses are included in the Statement of Financial Activities.

THE PAULA CARR CHARITABLE TRUST

**BALANCE SHEET
AS AT 31 MARCH 2021**

	Note	2021		2020	
		£	£	£	£
Fixed assets:					
Tangible assets	9		354,351		399,615
Current assets:					
Debtors	10	65,867		220,514	
Cash at bank and in hand		1,235,071		1,221,211	
Short term investment	11	1,052,178		1,049,547	
		<u>2,353,116</u>		<u>2,491,272</u>	
Liabilities:					
Creditors falling due within one year	12	<u>(272,433)</u>		<u>(92,936)</u>	
Net current assets			2,080,683		2,398,336
Creditors falling due within one year	13		(180,000)		-
NET ASSETS			<u>2,255,034</u>		<u>2,797,951</u>
The funds of the charity:					
Restricted funds	15		75,000		-
Unrestricted funds			1,825,683		2,398,336
Designated funds	16		354,351		399,615
TOTAL FUNDS	17		<u>2,255,034</u>		<u>2,797,951</u>

The financial statements were approved and authorised for issue by the Board of Trustees on 9 November 2021 and signed on its behalf by:



Gary Fagg MBE
Chairman



Rosalynd Debling
Trustee

The notes on pages 11 to 18 form part of these financial statements

THE PAULA CARR CHARITABLE TRUST

**STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2021**

	Note	2021 £	2020 £
Net cash flow from operating activities	18	14,751	161,151
Cash flow from investing activities			
Payments to acquire tangible fixed assets		-	(1,558)
Interest received		1,740	5,761
Net cash flow from investing activities		<u>1,740</u>	<u>4,203</u>
Net increase in cash and cash equivalents		16,491	165,354
Cash and cash equivalents at 1 April 2020		<u>2,270,758</u>	<u>2,105,404</u>
Cash and cash equivalents at 31 March 2021		<u><u>2,287,249</u></u>	<u><u>2,270,758</u></u>
Cash and cash equivalents consists of:			
Cash at bank and in hand		1,235,071	1,221,211
Short term deposits		1,052,178	1,049,547
Cash and cash equivalents at 31 March 2021		<u><u>2,287,249</u></u>	<u><u>2,270,758</u></u>

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

1.1 Basis of accounting

The Paula Carr Charitable Trust is a registered charity in the United Kingdom. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities is to relieve the sickness of diabetic patients living in Kent or for such other charitable purpose as the trustees in their absolute discretion determine.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 as amended by Bulletin 1 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Income recognition

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received. At this point income is recognised. On occasion legacies will be notified to the charity however it is not possible to measure the amount expected to be distributed. On these occasions, the legacy is treated as a contingent asset and disclosed.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

Investment income is earned through holding assets for investment purposes such as cash deposits. It includes interest income which is recognised using the effective interest method.

1.3 Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.

1.4 Support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity.

The bases on which support costs have been allocated and the analysis of these costs is included in note 5.

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies (continued)

1.5 Funds

Unrestricted general funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds represent unrestricted funds that have been set aside by the trustees for particular purposes. The designated fund balance has been represented to ensure that the fund balance accurately reflects the designation policy adopted by the trustees.

Restricted funds are funds that can only be used for particular restricted purposes within the objects of the charitable company. Restriction arises when specified by the donor or when funds are raised for particular restricted purposes.

1.6 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Fixed assets below £200 are not capitalised. Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost less estimated residual value, of each asset on a systematic basis over its expected useful life, as follows:

Buildings	Straight line over 15 years
Office equipment	Straight line over 4 years

Impairment

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.

1.7 Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

1.8 Short term investment

Short term investment includes cash held in fixed term interest bearing deposit accounts.

1.9 Tax

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1.10 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern. The trustees have considered the impact of the Covid-19 outbreak. There haven't been any cash flow or going concern issues identified at present.

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies (continued)

1.11 Judgements and key sources of estimation uncertainty

Accounting estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

i. Useful economic lives of tangible assets

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets. See note 9 for the carrying amount of the plant and equipment, and note 1.6 for the useful economic lives for each class of assets.

1.12 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2	Income from donations	2021	2020
		£	£
	Donations	82,382	20,884
	Legacies	130,611	692,200
		<u>212,993</u>	<u>713,084</u>

The income from donations and legacies was £212,993 (2020: £713,084), of which £75,000 (2020:£nil) was restricted and £121,985 (2020:£713,084) was unrestricted.

The charity benefits greatly from the involvement and enthusiastic support of its volunteers, details of which are given in our annual report. In accordance with FRS 102 and the Charities SORP (FRS 102), the economic contribution of general volunteers is not recognised in the accounts.

3	Income from investments	2021	2020
		£	£
	Interest - deposits	1,740	5,761
		<u>1,740</u>	<u>5,761</u>

The income from investments was £1,740 (2020: £5,761), all of which was unrestricted.

THE PAULA CARR CHARITABLE TRUST

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021**

4 Expenditure on charitable activities	Direct costs £	Support costs £	2021 Total £	2020 Total £
Map My Health	450,000	63,333	513,333	-
Diabetic patient medication reviews	69,320	9,756	79,076	-
Clarus camera	60,800	8,557	69,357	-
Education Hub	18,940	2,666	21,606	38,147
Personal Protective Equipment - Ophthalmology Dept.	15,000	2,111	17,111	-
Donations	12,859	1,810	14,669	13,391
Paediatric team donation	10,177	1,432	11,609	22,271
Diabetes Medical Evaluation Report	7,560	1,064	8,624	-
Foot screening	7,300	1,027	8,327	-
Monitoring equipment donated to patients	6,549	922	7,471	17,185
Hyperbaric oxygen therapy	5,344	752	6,096	6,974
Educational leaflets and books	325	46	371	331
Open Eyes Project	-	-	-	191,867
Diabetes Clinician Project	-	-	-	87,879
Dartford & Gravesham Pharmacist Project	-	-	-	51,164
Painpods	-	-	-	8,417
University Diploma Course in Diabetic Care donation	-	-	-	8,314
Neuropads	-	-	-	6,907
Hypo Hounds	-	-	-	4,349
New Romney Bowls Club	-	-	-	959
Donations to nurses funds	-	-	-	784
Children's holiday fund donations	-	-	-	294
	664,174	93,476	757,650	459,233

Expenditure on charitable activities was £757,650 (2020: £459,233), all of which was unrestricted.

5 Allocation of governance and support costs

The charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the charitable activities undertaken during the year. The support costs and governance costs are allocated pro-rata to direct expenditure.

	2021 Total £	2020 Total £
Depreciation	44,856	44,868
Service charge, rates and storage costs	18,663	18,526
Wages	13,212	13,301
Governance costs (Note 6)	7,518	8,953
Travel	4,968	8,903
Website and computer expenses	1,491	1,499
Insurance	872	1,381
Sundry expenses	472	833
Marketing/public relations	471	1,029
Loss on disposal of assets	408	-
Stationery, postage and photocopying	360	599
Telephone	96	182
Bank charges	89	134
	93,476	100,208

THE PAULA CARR CHARITABLE TRUST

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021**

6 Governance costs	2021	2020
	£	£
Independent examiner's fee	2,168	1,908
Accountancy	4,820	6,515
Insurance	530	530
	<u>7,518</u>	<u>8,953</u>

7 Staff costs and employee benefits

The average number of employees during the year was 1 (2020: 1), all of which related to charitable activities for the charity.

There are no employees with emoluments above £60,000 (2020: None).

The total staff costs and employees benefit's was as follows

	2021	2020
	£	£
Gross wages	12,828	12,914
Employer's pension contributions	384	387
	<u>13,212</u>	<u>13,301</u>

8 Trustees' and key management personnel remuneration and expenses

The trustees received no remuneration during the year for services as trustees (2020: None).

Travel expenses totalling £4,968 (2020 £8,903) were paid to 3 Trustees (2020: 5) during the year. As at 31 March 2021 £512 (2020: £532) was owed to 2 Trustees (2020: 1 Trustee).

Professional Indemnity Insurance for the trustees of £530 (2020: £530) was purchased in the year out of funds belonging to the Trust.

The total amount of remuneration received by the one member of staff who is the key management personnel is £13,212 (2020: £13,301). The Trust considers its key management personnel comprise the Trust Administrator.

THE PAULA CARR CHARITABLE TRUST

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021**

9 Tangible Assets	New Building £	Building extension £	Office equipment £	Total £
Cost				
As at 1 April 2020	566,022	214,942	44,536	825,500
Disposals	-	-	(30,299)	(30,299)
At 31 March 2021	<u>566,022</u>	<u>214,942</u>	<u>14,237</u>	<u>795,201</u>
Depreciation				
As at 1 April 2020	286,873	96,327	42,685	425,885
Charge for year	31,016	13,151	689	44,856
On disposals	-	-	(29,891)	(29,891)
At 31 March 2021	<u>317,889</u>	<u>109,478</u>	<u>13,483</u>	<u>440,850</u>
Net book values				
At 31 March 2021	<u>248,133</u>	<u>105,464</u>	<u>754</u>	<u>354,351</u>
At 31 March 2020	<u>279,149</u>	<u>118,615</u>	<u>1,851</u>	<u>399,615</u>

All fixed assets are used for direct charitable purposes.

A Diabetics Care Centre at the William Harvey Hospital in Ashford, was constructed using funds of £215,773 raised by The Paula Carr Charitable Trust. The building was handed over to the South East Kent Health Authority on 30 August 1991. Since then the Trust has purchased equipment for the Centre, which has been transferred to the South East Kent Health Authority.

10 Debtors	2021	2020
	£	£
Trade debtors	-	17,176
Other debtors	63,164	200,000
Prepayments and accrued income	2,703	3,338
	<u>65,867</u>	<u>220,514</u>
11 Short term investment	2021	2020
	£	£
Cash at bank	1,052,178	1,049,547
	<u>1,052,178</u>	<u>1,049,547</u>
12 Creditors: amounts falling due within one year	2021	2020
	£	£
Trade creditors	12,780	8,715
Project commitments (see note 14)	245,200	68,703
Ward funds	4,453	4,453
Taxation and social security	-	72
Other creditors	1,146	1,214
Accruals	8,854	9,779
	<u>272,433</u>	<u>92,936</u>

THE PAULA CARR CHARITABLE TRUST

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021

13	Creditors: amounts falling due after one year	2021	2020
		£	£
	Project commitments (see note 14)	180,000	-
		<u>180,000</u>	<u>-</u>

14	Project commitments	2021	2020
		£	£
	Diabetes Clinician Project	35,200	68,703
	Map My Health	390,000	-
		<u>425,200</u>	<u>68,703</u>

15 Restricted funds

Restricted funds 2021

	As at 1 April 2020	Income	Expenditure	Transfers	As at 31 March 2021
	£	£	£	£	£
Diabetic patient medication reviews	-	40,000	-	-	40,000
Pharmacist training	-	35,000	-	-	35,000
	<u>-</u>	<u>75,000</u>	<u>-</u>	<u>-</u>	<u>75,000</u>

Diabetic patient medication reviews

During the year ended 31 March 2021 the Charity received donations totalling £40,000 for future diabetic patient medication reviews.

Pharmacist training

During the year ended 31 March 2021 the Charity received donations totalling £35,000 for future specialist training of pharmacists. Following their training the pharmacists will be able to undertake diabetic patient medication reviews.

16 Designated funds

Designated funds 2021

	As at 1 April 2020	New designations	Designation released	Transfers	As at 31 March 2021
	£	£	£	£	£
Fixed Asset Fund	399,615	-	(45,264)	-	354,351
	<u>399,615</u>	<u>-</u>	<u>(45,264)</u>	<u>-</u>	<u>354,351</u>

Designated funds 2020

	As at 1 April 2019	New designations	Designation released	Transfers	As at 31 March 2020
	£	£	£	£	£
Fixed Asset Fund	442,925	1,558	(44,868)	-	399,615
	<u>442,925</u>	<u>1,558</u>	<u>(44,868)</u>	<u>-</u>	<u>399,615</u>

Fixed Asset Fund

The fixed asset fund represents the net book value of tangible fixed assets which are not considered to be for general reserves.

THE PAULA CARR CHARITABLE TRUST

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021**

17 Analysis of net assets between funds

2021	Tangible fixed assets	Net current assets	Creditors: due after one year	Total
	£	£	£	£
Unrestricted funds	-	2,005,683	(180,000)	1,825,683
Designated funds	354,351	-	-	354,351
Restricted funds	-	75,000	-	75,000
	<u>354,351</u>	<u>2,080,683</u>	<u>(180,000)</u>	<u>2,255,034</u>

2020	Tangible fixed assets	Net current assets	Net current assets	Total
	£	£	£	£
Unrestricted funds	-	2,398,336	-	2,398,336
Designated funds	399,615	-	-	399,615
	<u>399,615</u>	<u>2,398,336</u>	<u>-</u>	<u>2,797,951</u>

18 Reconciliation of net (expenditure)/income to net cash flow from operating activities

	2021 £	2020 £
Net (expenditure)/income for the year	(542,917)	259,612
Interest receivable	(1,740)	(5,761)
Depreciation and impairment of tangible fixed assets	45,264	44,868
Decrease/(Increase) in debtors	154,647	(211,015)
Increase in creditors	359,497	73,447
Net cash flow from operating activities	<u>14,751</u>	<u>161,151</u>

19 COVID-19

In 2020 the world was shaken with the onset of Covid-19. The trustees have assessed the operational and financial impact on the charity in the Trustees Report on page 5 and in the going concern statement at note 1.10.

20 Related party transactions

During the year the charity entered into no transactions with related parties or trustees (2020: None).