

Caring Breaks Ltd

Northern Ireland · Charity number 103342

Details

Known as	Caring Breaks
Status	Received
Registered	2015-08-04
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	5 School Road Newtownbreda Belfast BT8 6bt BT8 6BT
Phone	02890709118
Email	info@caringbreaks.com
Website	www.caringbreaks.com

Activities

Purposes: To promote the physical and mental health of carers and those persons with severe learning disabilities for whom they are caring by the provision of a respite service for such carers.

What the charity does: The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

How the charity works: Disability

Who the charity helps: Carers, Learning disabilities, Older people, Parents

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£480,526	£422,960	£-41,573	39

Trustees

Name	Role	Appointed
Louise Quinn		
Maura Devlin		
Mr John Donaghy		
Ms Bria Mongan		
Ms Melissa Mitchell		
Patricia Crossin		
Stephen O'brien		
Vivienne Thompson		

Caring Breaks Ltd

Northern Ireland - Charity number 103342

Accounts

Registration number NI037804

CARING BREAKS LIMITED
Company limited by guarantee

Annual' report and financial statements

for the year ended 31 March 2025

CARING BREAKS LIMITED

Directors' Report for the year ended 31 March 2025

The Directors present their report with the audited financial statements for the year ended 31 March 2025. The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 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 published in October 2019"

Reference and Administrative Information

Charity Name: Caring Breaks Limited

Charity Registration number: NIC103342

Company Registration number: NI 37804

Registered Office: 5 School Road, Newtownbreda, Belfast, Northern Ireland, BT8 6BT

Business Address: 5 School Road, Newtownbreda, Belfast, Northern Ireland, BT8 6BT

Directors

S O'Brien (Chairperson)

J Donaghy (Treasurer)

M Devlin

P Crossin

L Quinn

B Mongan

M Mitchell

Secretary

Vivienne Thompson

Chief executive

D Finnerty

Auditors

McCreery Turkington Stockman LTD, 1 Lanyon Quay, Belfast, BT1 3LG

Bankers

Bank of Ireland, 364 Lisburn Road, Belfast, BT9 6GL

Danske Bank, Finaghy, Lisburn Road, Belfast, BT10 0BD

CARING BREAKS LIMITED

Directors' Report for the year ended 31 March 2025

Structure, Governance and Management

Caring Breaks Limited which was incorporated on 26 January 2000 (company registration number NI37804) is a charitable company limited by guarantee, (registered with the Charity Commission for Northern Ireland NIC103342) and is governed by a Memorandum and Articles of Association. It is managed by the Board of Trustees. The trustees, who served during the period, and up to the date of signing are listed on page 3.

During the year under review the Trustees met quarterly. The chairperson of the board is Stephen O'Brien. One third of the Trustees retire each year and can make themselves available for re-election. New members of the board are selected by a panel comprising of existing Trustees. The Finance Committee and the Fund-raising Committee are made up of Trustees and other individuals. Both committees operate under specific terms of reference which delegate certain functions from the board. Each committee has its decisions ratified by the full board. The Trustees have also established a Carer Committee for this specific area of the Charity's operations.

Objectives and Activities

The primary objective of the charity, as stated in its governing document, is to provide short respite breaks for the family carers of adults with learning disabilities. Trained and paid staff support and supervise activity-based recreational opportunities for adults with learning disabilities.

Mission

To provide regular respite breaks for family carers and at the same time, provide social and recreational activities for their relative with a learning disability.

Values

- We are people-centred.
- We collaborate.
- We are open and honest.
- We work in partnership.
- We provide a high-quality service.

Strategic Objectives for Caring Breaks 2025-2026

- Develop a recruitment and retention plan.
- Develop a fundraising plan.
- Step up engagement with Trusts and rebuild relationships.
- Grow powerful, strategic alliances.
- Develop expansion and communication strategies.
- Expansion of our core service.

CARING BREAKS LIMITED

Directors' Report for the year ended 31 March 2025

Public Benefit Statement

The public benefit requirement is defined in the Charities Act (Northern Ireland) 2008 and states that purposes must be for the public benefit to be charitable. The trustees confirm that they have complied with the duty to have regard to the guidance issued by the Charity Commission for Northern Ireland under section 4(b) of the Charities Act (the public benefit requirement statutory guidance). The trustees are confident that the activities have helped to achieve the Charity's purposes and provide a benefit to the beneficiaries.

Achievements and Performance

Over the past year, Caring Breaks provided respite sessions on a weekly basis for 160 family carers combined with social and recreational activities for 105 adults with a learning disability. In addition, between April 2024 and March 2025, we provided 16 weekend breaks giving an extended period of respite to 139 family carers and attended by 98 adults with a learning disability. During this period, we also provided 10-day trips to further bolster support for family carers and enhance social inclusion for adults with a learning disability. These weekend breaks and additional respite support were made possible with funding secured from the Carers Support Fund along with smaller grants from grant-making charitable trusts.

Caring Breaks is fortunate to have a committed, professional team of staff dedicated to ensuring the best possible service is provided for family carers and adults with a learning disability. Over the past year, the team helped to facilitate a variety of educational and fun activities which enabled our clients with a learning disability, to develop new interests and build friendships in a safe and welcoming environment. Staff members also participated in a range of training courses to enhance and further develop the skills required to provide support for adults with a learning disability.

The statement of financial activities for the year is set out on page 10 of the financial statements. A summary of the financial results and the work of the charity is set out below.

Financial Review

The charity's income increased to £480,526 when compared to £396,126 in 2024. During the year the charity has a surplus of income over expenditure £57,565 (2024: deficit £10,636). The total funds of the charity - 31 March 2025 were £101,361 (2024: £43,795). Of these total funds, £31,169 (2024: £5,600) made up of a series of small grants, are held for restricted purposes and are not available for general purposes of the charity.

Funding received includes recurrent funding received from the Belfast Health & Social Care Trust and from the South-Eastern Health & Social Care Trust totalling £247,462 to provide respite breaks for carers and social and recreational activities for adults with a learning disability. The remaining payment £37,198 of the grant awarded in 2023 from the Carers Support Fund was also received during the year. This funding was used to provide a series of weekend breaks and carer events. Grants towards running costs were secured from the Garfield Weston Foundation £20,000 and LFT Foundation £7,500. Donations from individuals and through fundraising activities increased from £19,349 to £28,404 when compared to 2024.

CARING BREAKS LIMITED

Directors' Report for the year ended 31 March 2025

Reserves Policy

The total funds of the charity as at 31 March 2025 were £101,361 (2024: £43,796). Of these total funds, £36,769 £ (2024: £5,600) are held for restricted purposes and are not available for general purposes of the charity. The charity's policy is to retain a level of free reserves which matches the needs of the Charity both at the current time and in the foreseeable future. Free reserves are those unrestricted reserves, excluding fixed assets. The charity aims to retain sufficient reserves equivalent to approximately six months' annual expenditure. Free reserves at 31 March 2025 were £64,952 (2024: £38,196 (general funds minus fixed assets and designated funds), equivalent to roughly three month's forward expenditure based on 2024/25 expenditure.

Progress on fundraising is reviewed by the finance sub-group and Board of Trustees on a quarterly basis. Service payments received from service users who access the service via Direct Payments or Self-Directed Support increased throughout the year and amounted to £63,140 (2024: £59,714). In June 2023 Caring Breaks was awarded a further grant £74,397 from the Carers Support Fund. This grant funded weekend breaks, day trips and well-being events for carers between April 2024 and March 2025.

Plans for future developments

The board has taken steps and will continue to take steps to improve financial performance in 2025 and beyond, to ensure that the charity can continue to provide its unique services for the family carers of adults with a learning disability.

The organisation's strategy is to grow and develop the service to reach more people and expand the service into other health trust areas whilst maintaining the service for existing clients in Belfast, Bangor and Lisburn. Plans beyond 2025 include extending the service to more families wishing to purchase respite breaks via Direct Payments/Self-Directed Support.

Going concern

Engagement with an external fundraiser has been renewed to assist in seeking funds from grant making trusts and corporate sponsors. Applications to grant-making trusts are ongoing and will continue throughout the year. A review of the rates paid under the contracts Caring Breaks holds with the Belfast Health & Social Care Trust and South-Eastern Health & Social Care Trusts are ongoing and we are hopeful that the value of these contracts will increase following negotiations.

To support the going concern basis of preparation, the trustees have prepared cash flow forecasts, which include the use of reasonable downside scenarios for sensitivity analysis. These cash flow forecasts show that the charity has sufficient resources to meet obligations as they fall due and as such the charity has the ability to continue as a going concern for the 12 months from date of signing.

CARING BREAKS LIMITED

Directors' Report for the year ended 31 March 2025

Funds held as custodian trustees on behalf of others

The charity holds no funds as custodian trustees on behalf of others.

Risk management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity. The Trustees are satisfied that systems are in place to mitigate any exposure to major risks.

Trustees' indemnities

As permitted by the Articles of Association, the Trustees have the benefit of an indemnity which is a qualifying third party indemnity provision as defined by Section 234 of the Companies Act 2006. The indemnity was in force throughout the last financial year and is currently in force.

CARING BREAKS LIMITED

Directors' Report for the year ended 31 March 2025

Statement of Directors' Responsibilities

The directors are responsible for preparing the Directors Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the directors to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing those financial statements the directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments 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 company will continue in operation.

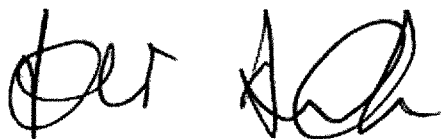
The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Auditors

In accordance with the company's articles, a resolution proposing that McCreery Turkington Stockman Ltd be reappointed as auditor of the company will be put at a General Meeting.

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

This report was approved by the Board on 24th September 25.



J Donaghy
Director

CARING BREAKS LIMITED

Independent auditors' report to the members of CARING BREAKS LIMITED

Opinion

We have audited the financial statements of CARING BREAKS LIMITED for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, for the Year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

However, as we cannot predict all future events or conditions and as subsequent events may result in outcomes that are inconsistent with judgements that were reasonable at the time they were made, the absence of reference to a material uncertainty in this auditor's report is not a guarantee that the Company will continue in operation. Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the accounts and our auditors report thereon. The trustees are responsible for the other information. Our opinion on the accounts does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the accounts, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the accounts or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the accounts or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

CARING BREAKS LIMITED

Independent auditors' report to the members of CARING BREAKS LIMITED continued

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

the information given in the trustees' Report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and

the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; and
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of trustees' Responsibilities, the trustees, who are also the Directors of the charity for the purpose of company law, are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view, and for such internal control as the committee determine is necessary to enable the preparation of accounts that are free from material misstatement, whether due to fraud or error.

In preparing the accounts, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

CARING BREAKS LIMITED

Extent to which the audit was capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identified the areas of laws and regulations that could reasonably be expected to have a material effect on the financial statements and risks of material misstatement due to fraud, using our understanding of the entity's industry, regulatory environment and other external factors and inquiry with the Trustees. In addition, our risk assessment procedures included: inquiring with the Trustees as to the charities policies and procedures regarding compliance with laws and regulations and prevention and detection of fraud; inquiring whether the Trustees have knowledge of any actual or suspected non-compliance with laws or regulations or alleged fraud; inspecting the charities regulatory and legal correspondence; and reading Board minutes.

We discussed identified laws and regulations, fraud risk factors and the need to remain alert among the audit team.

The charity is subject to laws and regulations that directly affect the financial statements charity and financial reporting legislation. We assessed the extent of compliance with these laws and regulations as part of our procedures on the related financial statement items, including assessing the financial statement disclosures and agreeing them to supporting documentation when necessary.

The charity is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on amounts or disclosures in the financial statements, for instance through the imposition of fines or litigation. We identified the following areas as those most likely to have such an effect: health and safety, anti-bribery, employment law, environmental law.

Auditing standards limit the required audit procedures to identify non-compliance with these non-direct laws and regulations to inquiry of the Trustees and inspection of regulatory and legal correspondence, if any. These limited procedures did not identify actual or suspected non-compliance.

We assessed events or conditions that could indicate an incentive or pressure to commit fraud or provide an opportunity to commit fraud. As required by auditing standards, we performed procedures to address the risk of management override of controls. On this audit we do not believe there is a fraud risk related to revenue recognition. We did not identify any additional fraud risks.

In response to risk of fraud, we also performed procedures including: identifying journal entries to test based on risk criteria and comparing the identified entries to supporting documentation; evaluating the business purpose of significant unusual transactions; assessing significant accounting estimates for bias; and assessing the disclosures in the financial statements.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations (irregularities) is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it.

CARING BREAKS LIMITED

In addition, as with any audit, there remains a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

A further description of our responsibilities for the audit of the accounts is located on the Financial Reporting Council's website at: [http://www.frc.org.uk/auditors responsibilities](http://www.frc.org.uk/auditors%20responsibilities). This description forms part of our auditor's report.

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Richard McClay FCA (Senior Statutory Auditor)
For and on behalf of McCreery Turkington Stockman LTD
Chartered Accountants
Registered Auditors
1 Lanyon Quay
Belfast
BT1 3LG

24 October 2025

CARING BREAKS LIMITED

**Statement of Financial Activities (Including Summary Income and Expenditure Account)
for the year ended 31 March 2025**

		Unrestricted Funds	Restricted Funds	Total	Total
		2025	2025	2025	2024
	Notes	£	£	£	£
Income from:					
Charitable activities	4	247,461	-	247,461	229,038
Donations		91,544	140,218	231,762	165,905
Investment Income		1,303	-	1,303	1,182
Total incoming resources		340,308	140,218	480,526	396,125
Expenditure on:					
Charitable activities	5	(313,911)	(109,049)	(422,960)	(406,761)
Total expenditure	2	(313,911)	(109,049)	(422,960)	(406,761)
Net income before transfers		26,397	31,169	57,566	(10,636)
Net incoming resources		26,397	31,169	57,566	(10,636)
Fund balances brought forward		38,196	5,600	43,796	54,432
Fund balances carried forward		64,593	36,769	101,362	43,796

All of the above results are derived from continuing gains and losses recognised in the year are included above.

The notes on pages 13 to 21 form an integral part of these financial statements.

CARING BREAKS LIMITED

**Balance sheet
as at 31 March 2025**

		2025		2024	
Notes	£	£	£	£	£
Current assets					
Debtors	8	5,613		8,793	
Cash at bank and in hand		137,322		118,556	
		142,935		127,349	
Creditors: amounts falling due within one year					
	9	(41,573)		(83,553)	
Net current assets			101,362		43,796
Net assets			101,362		43,796
Funds					
Unrestricted funds	10		64,593		38,196
Restricted funds	10		36,769		5,600
Total funds			101,362		43,796

The financial statements were approved by the Directors on 24 October 2025 and signed and approved for issue on its behalf by



**J Donaghy
Director**

The notes on pages 13 to 21 form an integral part of these financial statements.

CARING BREAKS LIMITED

Notes to the financial statements for the year ended 31 March 2025

1. Accounting policies

Company information

Caring Breaks Limited is a Company limited by guarantee, registered in Northern Ireland. The address of the registered office is 6c Wildflower, Apollo Road, Belfast, Northern Ireland, BT12 6TA.

1.1. Accounting convention

The accounts have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006 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 published in October 2019". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2. Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3. Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4. Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Investment income is recognised once the income has been declared and notified to bank accounts.

CARING BREAKS LIMITED

Notes to the financial statements for the year ended 31 March 2025

..... continued

1.5. Resources expended

All expenditure is accounted for on an accruals basis.

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.

1.6. Tangible fixed assets and depreciation

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment	-	20% straight-line
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7. Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8. Cash at bank and in hand

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

CARING BREAKS LIMITED

Notes to the financial statements for the year ended 31 March 2025

..... continued

1.9. Financial Instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially and subsequently at transaction price.

1.10. Taxation

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.

1.11. Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

CARING BREAKS LIMITED

**Notes to the financial statements
for the year ended 31 March 2025**

..... continued

1.12. Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2. Net incoming resources for the year	2025	2024
	£	£
Auditors' remuneration	3,034	3,193
	<hr/>	<hr/>
3. Employees		
Number of employees	2025	2024
The average monthly numbers of employees during the year were:		
Respite workers	36	35
Management and administration	3	3
	<hr/>	<hr/>
	39	38
	<hr/>	<hr/>
Employment costs	2025	2024
	£	£
Wages and salaries	282,510	258,981
Employers national insurance	12,284	9,751
Pension costs	3,762	3,453
	<hr/>	<hr/>
	298,556	272,185
	<hr/>	<hr/>

There were no employees earning over £60,000 in the two years ended 31 March 2025.

The charity trustees were not paid or received any other benefits from employment with the charity, neither were they reimbursed expenses during the year (2024: £Nil).

CARING BREAKS LIMITED

**Notes to the financial statements
for the year ended 31 March 2025**

..... continued

	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
4. Total income received				
Charitable Activities				
BHSCT Grants	216,286	-	216,286	201,261
SEHSCT Grants	31,175	-	31,175	27,778
	247,461	-	247,461	229,039
Donation income				
Individual donations and service payments	91,544	-	91,544	79,063
Program grants (note 10)	-	140,218	140,218	86,841
	91,544	140,218	231,762	165,904
Investment income				
Bank interest	1,303	-	1,303	1,182
	340,308	140,218	480,526	396,125

In 2024 of the total charitable income £309,284 was attributable to unrestricted income funds with the balance £86,841 adding to the restricted funds.

CARING BREAKS LIMITED

**Notes to the financial statements
for the year ended 31 March 2025**

..... continued

	Total 2025 £	Total 2024 £
5. Total resources expended		
Costs directly allocated to charitable activities		
Direct costs		
Staff costs	140,958	132,742
Activities and travel	66,065	63,466
Staff recruitment and training	-	2,485
Support costs		
Staff costs	157,598	139,443
Rent	26,374	33,250
Insurance	6,915	6,397
Running costs	7,618	11,338
Fund raising costs	8,232	9,047
Other costs	6,166	5,400
	419,926	403,568
Governance costs		
Audit fees	3,034	3,193
	422,960	406,761
Analysis by fund		
Restricted funds	109,049	
Unrestricted funds	313,911	
	422,960	
For the year ended 31 March 2024		
Restricted funds		89,799
Unrestricted funds		316,962
		406,761

6. Taxation

No liability to UK corporation tax arises on ordinary activities for the year. The Company is a registered charity .

CARING BREAKS LIMITED

**Notes to the financial statements
for the year ended 31 March 2025**

..... continued

7. Tangible fixed assets	Fixtures, fittings and equipment £	Total £
Cost		
At 1 April 2024	18,104	18,104
At 31 March 2025	<u>18,104</u>	<u>18,104</u>
Depreciation		
At 1 April 2024	18,104	18,104
At 31 March 2025	<u>18,104</u>	<u>18,104</u>
8. Debtors	2025	2024
	£	£
Other debtors	3,249	6,366
Prepayments and accrued income	2,364	2,427
	<u>5,613</u>	<u>8,793</u>
9. Creditors: amounts falling due within one year	2025	2024
	£	£
Other taxes and social security costs	-	5,505
Other creditors	-	8,313
Accruals and deferred income	41,573	69,735
	<u>41,573</u>	<u>83,553</u>

CARING BREAKS LIMITED

**Notes to the financial statements
for the year ended 31 March 2025**

..... continued

10. Restricted Programme Funds:

	Balance 1 April 2024	Incoming Resources	Outgoing Resources	Transfers	Balance 31 March 2025
Unrestricted Funds					
General fund	38,196	340,308	(313,911)	-	64,593
	<u>38,196</u>	<u>340,308</u>	<u>(313,911)</u>	<u>-</u>	<u>64,593</u>
Restricted funds					
TBF	-	2,000	-	-	2,000
Halifax Foundation NI	-	5,000	(5,000)	-	-
Career Support Fund	-	74,397	(70,449)	-	3,948
Enkalon Foundation	1,000	1,000	(2,000)	-	-
The Hospital Saturday Fund	4,600	2,000	(4,600)	-	2,000
Esme Mitchel Trust	-	3,270	-	-	3,270
Truemark Trust	-	5,000	-	-	5,000
SJP Foundation	-	2,500	-	-	2,500
Danske Charity Fund	-	2,156	-	-	2,156
Garfield Weston	-	20,000	(20,000)	-	-
NIE Charity Fund	-	500	-	-	500
LFT Grant	-	17,500	(7,000)	-	10,500
Souter Trust	-	4,895	-	-	4,895
	<u>5,600</u>	<u>140,218</u>	<u>(109,049)</u>	<u>-</u>	<u>36,769</u>
Total funds	<u><u>43,796</u></u>	<u><u>480,526</u></u>	<u><u>(422,960)</u></u>	<u><u>-</u></u>	<u><u>101,362</u></u>

11. Analysis of net assets between funds	Unrestricted reserve fund £	Restricted reserve fund £	Total £
	Fund Balances at 31 March 2025 represented by:		
Net current assets	64,593	36,769	101,362
	<u>64,593</u>	<u>36,769</u>	<u>101,362</u>

12. Related party transactions

The charities pension provider, Workers Pension Ltd, is deemed a related party through common directorship. These costs amounted to £3,763 (2024:£3,454).

There were no other material transactions to disclose during the year.

CARING BREAKS LIMITED

**Notes to the financial statements
for the year ended 31 March 2025**

..... continued

13. Ultimate Controlling party

The ultimate controlling party of the charity is the Trustees.

14. Company limited by guarantee

The charity is a company limited by guarantee governed by a Memorandum and Articles of Association. The liability of each member is limited to an amount not exceeding £1.

Caring Breaks Ltd

Northern Ireland - Charity number 103342

Accounts

CARING BREAKS LIMITED

Statement of Financial Activities (Including Summary Income and Expenditure Account) for the year ended 31 March 2024

		Unrestricted Funds	Restricted Funds	Total	Total
		2024	2024	2024	2023
		£	£	£	£
Income from:	Notes				
Charitable activities	4	229,038	-	229,038	267,446
Donations		79,064	86,841	165,905	63,488
Investment Income		1,182	-	1,182	214
Total incoming resources		<u>309,284</u>	<u>86,841</u>	<u>396,125</u>	<u>331,148</u>
Expenditure on:					
Charitable activities	5	(316,962)	(89,799)	(406,761)	(461,450)
Total expenditure	2	<u>(316,962)</u>	<u>(89,799)</u>	<u>(406,761)</u>	<u>(461,450)</u>
Net income before transfers		<u>(7,678)</u>	<u>(2,958)</u>	<u>(10,636)</u>	<u>(130,302)</u>
Net incoming resources		<u>(7,678)</u>	<u>(2,958)</u>	<u>(10,636)</u>	<u>(130,302)</u>
Fund balances brought forward		45,874	8,558	54,432	184,734
Fund balances carried forward		<u>38,196</u>	<u>5,600</u>	<u>43,796</u>	<u>54,432</u>

All of the above results are derived from continuing gains and losses recognised in the year are included above.

The notes on pages 13 to 21 form an integral part of these financial statements.

CARING BREAKS LIMITED

**Balance sheet
as at 31 March 2024**

		2024		2023	
Notes	£	£	£	£	
Current assets					
Debtors	8	8,793		4,763	
Cash at bank and in hand		118,556		88,039	
		<u>127,349</u>		<u>92,802</u>	
Creditors: amounts falling due within one year	9	(83,553)		(38,370)	
Net current assets			43,796	54,432	
Net assets			<u>43,796</u>	<u>54,432</u>	
Funds					
Unrestricted funds	10		38,196	45,874	
Restricted funds	10		5,600	8,558	
Total funds			<u>43,796</u>	<u>54,432</u>	

The financial statements were approved by the Directors on and signed and approved for issue on its behalf by

J Donaghy
Director

12/11/24.

The notes on pages 13 to 21 form an integral part of these financial statements.

CARING BREAKS LIMITED

Notes to the financial statements for the year ended 31 March 2024

1. Accounting policies

Company information

Caring Breaks Limited is a Company limited by guarantee, registered in Northern Ireland. The address of the registered office is 6c Wildflower, Apollo Road, Belfast, Northern Ireland, BT12 6TA.

1.1. Accounting convention

The accounts have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006 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 published in October 2019". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2. Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3. Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4. Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Investment income is recognised once the income has been declared and notified to bank accounts.

CARING BREAKS LIMITED

Notes to the financial statements for the year ended 31 March 2024

..... continued

1.5. Resources expended

All expenditure is accounted for on an accruals basis.

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.

1.6. Tangible fixed assets and depreciation

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment	-	20% straight-line
-------------------------------------	---	-------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7. Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8. Cash at bank and in hand

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

CARING BREAKS LIMITED

Notes to the financial statements for the year ended 31 March 2024

..... continued

1.9. Financial Instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially and subsequently at transaction price.

1.10. Taxation

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.

1.11. Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

CARING BREAKS LIMITED

**Notes to the financial statements
for the year ended 31 March 2024**

..... continued

1.12. Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2.	Net incoming resources for the year	2024	2023
		£	£
	Net incoming resources is stated after charging:		
	Depreciation and other amounts written off tangible assets	-	2,465
	Auditors' remuneration	3,193	3,600
		<u> </u>	<u> </u>
3.	Employees		
	Number of employees	2024	2023
	The average monthly numbers of employees during the year were:		
	Respite workers	35	34
	Management and administration	3	3
		<u> </u>	<u> </u>
		38	37
		<u> </u>	<u> </u>
	Employment costs	2024	2023
		£	£
	Wages and salaries	258,981	272,026
	Employers national insurance	9,751	16,074
	Pension costs	3,453	3,617
		<u> </u>	<u> </u>
		272,185	291,717
		<u> </u>	<u> </u>

There were no employees earning over £60,000 in the two years ended 31 March 2024. The charity trustees were not paid or received any other benefits from employment with the charity, neither were they reimbursed expenses during the year (2023: £Nil).

CARING BREAKS LIMITED

**Notes to the financial statements
for the year ended 31 March 2024**

..... continued

	Unrestricted 2024 £	Restricted 2024 £	Total 2024 £	Total 2023 £
4. Total income received				
Charitable Activities				
BHSCT Grants	201,261	-	201,261	194,380
SEHSCT Grants	27,778	-	27,778	29,125
	<u>229,039</u>	<u>-</u>	<u>229,039</u>	<u>223,505</u>
Donation income			-	-
Individual donations and service payments	79,063	-	79,063	63,488
Program grants (note 10)	-	86,841	86,841	43,941
	<u>79,063</u>	<u>86,841</u>	<u>165,904</u>	<u>107,429</u>
Investment income				
Bank interest	1,182	-	1,182	214
	<u>309,284</u>	<u>86,841</u>	<u>396,125</u>	<u>331,148</u>

In 2023 of the total charitable income £287,207 was attributable to unrestricted income funds with the balance £43,941 adding to the restricted funds.

CARING BREAKS LIMITED

**Notes to the financial statements
for the year ended 31 March 2024**

..... continued

	Total 2024 £	Total 2023 £
5. Total resources expended		
Costs directly allocated to charitable activities		
Direct costs		
Staff costs	132,742	157,227
Activities and travel	63,466	95,853
Staff recruitment and training	2,485	4,559
Support costs		
Staff costs	139,443	134,490
Rent	33,250	33,250
Insurance	6,397	5,904
Running costs	11,338	17,636
Fund raising costs	9,047	1,066
Other costs	5,400	5,400
	<u>403,568</u>	<u>455,385</u>
Governance costs		
Audit fees	3,193	3,600
	<u>3,193</u>	<u>3,600</u>
Depreciation		
Depreciation on intangibles, fixtures and computers	-	2,465
	<u>-</u>	<u>2,465</u>
	<u>406,761</u>	<u>461,450</u>
Analysis by fund		
Restricted funds	89,799	
Unrestricted funds	316,962	
	<u>406,761</u>	
For the year ended 31 March 2023		
Restricted funds		133,220
Unrestricted funds		328,230
		<u>461,450</u>

CARING BREAKS LIMITED

**Notes to the financial statements
for the year ended 31 March 2024**

..... continued

6. Taxation

No liability to UK corporation tax arises on ordinary activities for the year. The Company is a registered charity .

7. Tangible fixed assets

	Fixtures, fittings and equipment	Total
	£	£
Cost		
At 1 April 2023	18,104	18,104
At 31 March 2024	18,104	18,104
Depreciation		
At 1 April 2023	18,104	18,104
At 31 March 2024	18,104	18,104

8. Debtors

	2024	2023
	£	£
Other debtors	6,366	2,740
Prepayments and accrued income	2,427	2,023
	8,793	4,763

9. Creditors: amounts falling due within one year

	2024	2023
	£	£
Other taxes and social security costs	5,505	5,084
Other creditors	8,313	1,561
Accruals and deferred income	69,735	31,725
	83,553	38,370

CARING BREAKS LIMITED

**Notes to the financial statements
for the year ended 31 March 2024**

..... continued

10. Restricted Programme Funds:

	Balance 1 April 2023	Incoming Resources	Outgoing Resources	Transfers	Balance 31 March 2024
Unrestricted Funds					
General fund	45,874	309,284	(316,962)	-	38,196
	<u>45,874</u>	<u>309,284</u>	<u>(316,962)</u>	<u>-</u>	<u>38,196</u>
Restricted funds					
Edward Gostling	1,843	4,600	(6,443)	-	-
UGV	4,500	-	(4,500)	-	-
Career Support Fund	2,215	33,100	(35,315)	-	-
St James Place	-	3,921	(3,921)	-	-
The Hospital Saturday Fund	-	4,600	-	-	4,600
Esme Mitchel Trust	-	2,810	(2,810)	-	-
Hedley Foundation	-	2,810	(2,810)	-	-
TBL & TL Thompson	-	1,500	(1,500)	-	-
Baily Thomas	-	3,000	(3,000)	-	-
CB & HTT Trust	-	1,000	(1,000)	-	-
Ulster Bank Group	-	1,000	(1,000)	-	-
Enkalon Foundation	-	1,000	-	-	1,000
LFT Grant	-	7,500	(7,500)	-	-
Garfield Weston	-	20,000	(20,000)	-	-
	<u>8,558</u>	<u>86,841</u>	<u>(89,799)</u>	<u>-</u>	<u>5,600</u>
Total funds	<u>54,432</u>	<u>396,125</u>	<u>(406,761)</u>	<u>-</u>	<u>43,796</u>

11. Analysis of net assets between funds	Unrestricted	Restricted	Total
	reserve	reserve	
	fund	fund	
	£	£	£
Fund Balances at 31 March 2024			
represented by:			
Net current assets	38,196	5,600	43,796
	<u>38,196</u>	<u>5,600</u>	<u>43,796</u>

CARING BREAKS LIMITED

Notes to the financial statements for the year ended 31 March 2024

..... continued

12. Related party transactions

The charities pension provider, Workers Pension Ltd, is deemed a related party through common directorship. These costs amounted to £3,454 (2023:£3,617).

There were no other material transactions to disclose during the year.

13. Ultimate Controlling party

The ultimate controlling party of the charity is the Trustees.

14. Company limited by guarantee

The charity is a company limited by guarantee governed by a Memorandum and Articles of Association. The liability of each member is limited to an amount not exceeding £1.

Caring Breaks Ltd

Northern Ireland - Charity number 103342

Annual report

CARING BREAKS LIMITED

Directors' Report for the year ended 31 March 2024

The Directors present their report with the audited financial statements for the year ended 31 March 2024. The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 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 published in October 2019"

Reference and Administrative Information

Charity Name: Caring Breaks Limited

Charity Registration number: NIC103342

Company Registration number: NI 37804

Registered Office: 6c Wildflower Way, Apollo Road, Belfast, BT12 6TA

Business Address: 6c Wildflower Way, Apollo Road, Belfast, BT12 6TA

Directors

S O'Brien (Chairperson)

J Donaghy (Treasurer)

M Devlin

P Crossin

L Quinn

B Mongan

M Mitchell

Secretary

Vivienne Thompson

Auditors

McCreery Turkington Stockman LTD, 1 Lanyon Quay, Belfast, BT1 3LG

Bankers

Bank of Ireland, 364 Lisburn Road, Belfast, BT9 6GL

Danske Bank, Finaghy, Lisburn Road, Belfast, BT10 0BD

CARING BREAKS LIMITED

Directors' Report for the year ended 31 March 2024

Structure, Governance and Management

Caring Breaks Limited which was incorporated on 26 January 2000 (company registration number NI37804) is a charitable company limited by guarantee, (registered with the Charity Commission for Northern Ireland NIC103342) and is governed by a Memorandum and Articles of Association. It is managed by the Board of Trustees. The trustees, who served during the period, and up to the date of signing are listed on page 3.

During the year under review the Trustees met quarterly. The chairperson of the board is Stephen O'Brien. One third of the Trustees retire each year and can make themselves available for re-election. New members of the board are selected by a panel comprising of existing Trustees. The Finance Committee and the Fund-raising Committee are made up of Trustees and other individuals. Both committees operate under specific terms of reference which delegate certain functions from the board. Each committee has its decisions ratified by the full board. The Trustees have also established a Carer Committee for this specific area of the Charity's operations.

Objectives and Activities

The primary objective of the charity, as stated in its governing document, is to provide short respite breaks for the family carers of adults with learning disabilities. Trained and paid staff support and supervise activity-based recreational opportunities for adults with learning disabilities.

Mission

To provide regular respite breaks for family carers and at the same time, provide social and recreational activities for their relative with a learning disability.

Values

- We are people-centred.
- We collaborate.
- We are open and honest.
- We work in partnership.
- We provide a high-quality service.

Strategic Objectives for Caring Breaks 2024-2025

- Develop a recruitment and retention plan.
- Develop a fundraising plan.
- Step up engagement with Trusts and rebuild relationships.
- Grow powerful, strategic alliances.
- Develop expansion and communication strategies.
- Expansion of our core service.

CARING BREAKS LIMITED

Directors' Report for the year ended 31 March 2024

Public Benefit Statement

The public benefit requirement is defined in the Charities Act (Northern Ireland) 2008 and states that purposes must be for the public benefit to be charitable. The trustees confirm that they have complied with the duty to have regard to the guidance issued by the Charity Commission for Northern Ireland under section 4(b) of the Charities Act (the public benefit requirement statutory guidance). The trustees are confident that the activities have helped to achieve the Charity's purposes and provide a benefit to the beneficiaries.

Achievements and Performance

Over the past year, Caring Breaks provided respite sessions on a weekly basis for 170 family carers combined with social and recreational activities for 100 adults with a learning disability. In addition, 83 adults with a learning disability were provided with support to enable them to participate in a weekend break and 128 family carers also benefited from these short breaks. In total 16 weekend breaks and an additional 7-day trips which also provided carers with a full day's respite from caring were provided between April 2023 and March 2024. These weekend breaks and additional respite support were made possible with funding secured from the Carers Support Fund along with smaller grants from grant-making charitable trusts.

Caring Breaks is fortunate to have a committed, professional team of staff dedicated to ensuring the best possible service is provided for family carers and adults with a learning disability. Over the past year, the team helped to facilitate a variety of educational and fun activities which enabled our clients with a learning disability to develop new interests and build friendships in a safe and welcoming environment. Staff members also participated in a range of training courses to enhance and further develop the skills required to provide support for adults with a learning disability.

The statement of financial activities for the year is set out on page 10 of the financial statements. A summary of the financial results and the work of the charity is set out below.

Financial Review

The charity's income increased to £396,125 when compared to £331,148 in 2023. During the year the charity has a deficit net of costs of £10,636 (2023: £130,302). The total funds of the charity - 31 March 2024 were £43,796 (2023: £54,432). Of these total funds, £5,600 (2023: £8,558) made up of a series of small grants, are held for restricted purposes and are not available for general purposes of the charity.

Funding received includes recurrent funding received from the Belfast Health & Social Care Trust and from the South-Eastern Health & Social Care Trust totalling £229,039 to provide respite breaks for carers and social and recreational activities for adults with a learning disability. The remaining payment £33,100 of the grant awarded in 2021 from the Carers Support Fund was also received during the year. This funding was used to provide a series of weekend breaks and carer events. Grants towards running costs were secured from the Garfield Weston Foundation £20,000 and LFT Foundation £7,500. Donations from individuals and through fundraising activities decreased from £32,008 to 19,349 when compared to 2023.

CARING BREAKS LIMITED

Directors' Report for the year ended 31 March 2024

Reserves Policy

The total funds of the charity as at 31 March 2024 were £45,796 (2023: £54,432). Of these total funds, £5,600 (2023: £8,558) are held for restricted purposes and are not available for general purposes of the charity. The charity's policy is to retain a level of free reserves which matches the needs of the Charity both at the current time and in the foreseeable future. Free reserves are those unrestricted reserves, excluding fixed assets. The charity aims to retain sufficient reserves equivalent to approximately six months' annual expenditure. Free reserves at 31 March 2024 were £38,196 (2023: £45,874 (general funds minus fixed assets and designated funds), equivalent to roughly two month's forward expenditure based on 2023/24 expenditure.

Progress on fundraising is reviewed by the finance sub-group and Board of Trustees on a quarterly basis. Service payments received from service users who access the service via Direct Payments or Self-Directed Support increased throughout the year and amounted to £59,714 (2023: £37,803). In June 2023 Caring Breaks was awarded a further grant £74,397 from the Carers Support Fund. This grant will fund weekend breaks, day trips and well-being events for carers between April 2024 and March 2025.

Plans for future developments

The board has taken steps and will continue to take steps to improve financial performance in 2024 and beyond, to ensure that the charity can continue to provide its unique services for the family carers of adults with a learning disability.

The organisation's strategy is to grow and develop the service to reach more people and expand the service into other health trust areas whilst maintaining the service for existing clients in Belfast, Bangor and Lisburn. Plans beyond 2024 include extending the service to more families wishing to purchase respite breaks via Direct Payments/Self-Directed Support.

Going concern

Engagement with an external fundraiser has been renewed to assist in seeking funds from grant making trusts and corporate sponsors. Applications to grant-making trusts are ongoing and will continue throughout the year. A review of the rates paid under the contracts Caring Breaks holds with the Belfast Health & Social Care Trust and South-Eastern Health & Social Care Trusts are ongoing and we are hopeful that the value of these contracts will increase following negotiations.

To support the going concern basis of preparation, the trustees have prepared cash flow forecasts, which include the use of reasonable downside scenarios for sensitivity analysis. These cash flow forecasts show that the charity has sufficient resources to meet obligations as they fall due and as such the charity has the ability to continue as a going concern for the 12 months from date of signing.

CARING BREAKS LIMITED

Directors' Report for the year ended 31 March 2024

Funds held as custodian trustees on behalf of others

The charity holds no funds as custodian trustees on behalf of others.

Risk management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity. The Trustees are satisfied that systems are in place to mitigate any exposure to major risks.

Trustees' indemnities

As permitted by the Articles of Association, the Trustees have the benefit of an indemnity which is a qualifying third party indemnity provision as defined by Section 234 of the Companies Act 2006. The indemnity was in force throughout the last financial year and is currently in force.

CARING BREAKS LIMITED

**Directors' Report
for the year ended 31 March 2024**

Statement of Directors' Responsibilities

The directors are responsible for preparing the Directors Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the directors to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing those financial statements the directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments 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 company will continue in operation.

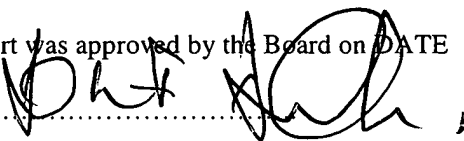
The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Auditors

In accordance with the company's articles, a resolution proposing that McCreery Turkington Stockman Ltd be reappointed as auditor of the company will be put at a General Meeting.

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

This report was approved by the Board on DATE 12/11/24

Director 

J DONAGHY.

Caring Breaks Ltd

Northern Ireland - Charity number 103342

Annual return

CARING BREAKS LIMITED

Independent auditors' report to the members of Caring Breaks Limited

Opinion

We have audited the financial statements of CARING BREAKS LIMITED for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, for the Year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the accounts and our auditors report thereon. The trustees are responsible for the other information. Our opinion on the accounts does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the accounts, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the accounts or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the accounts or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

CARING BREAKS LIMITED

Independent auditors' report to the members of CARING BREAKS LIMITED continued

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

the information given in the trustees' Report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and

the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of trustees' Responsibilities, the trustees, who are also the Directors of the charity for the purpose of company law, are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view, and for such internal control as the committee determine is necessary to enable the preparation of accounts that are free from material misstatement, whether due to fraud or error.

In preparing the accounts, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

CARING BREAKS LIMITED

Extent to which the audit was capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identified the areas of laws and regulations that could reasonably be expected to have a material effect on the financial statements and risks of material misstatement due to fraud, using our understanding of the entity's industry, regulatory environment and other external factors and inquiry with the Trustees. In addition, our risk assessment procedures included: inquiring with the Trustees as to the charities policies and procedures regarding compliance with laws and regulations and prevention and detection of fraud; inquiring whether the Trustees have knowledge of any actual or suspected non-compliance with laws or regulations or alleged fraud; inspecting the charities regulatory and legal correspondence; and reading Board minutes.

We discussed identified laws and regulations, fraud risk factors and the need to remain alert among the audit team.

The charity is subject to laws and regulations that directly affect the financial statements charity and financial reporting legislation. We assessed the extent of compliance with these laws and regulations as part of our procedures on the related financial statement items, including assessing the financial statement disclosures and agreeing them to supporting documentation when necessary.

The charity is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on amounts or disclosures in the financial statements, for instance through the imposition of fines or litigation. We identified the following areas as those most likely to have such an effect: health and safety, anti-bribery, employment law, environmental law.

Auditing standards limit the required audit procedures to identify non-compliance with these non-direct laws and regulations to inquiry of the Trustees and inspection of regulatory and legal correspondence, if any. These limited procedures did not identify actual or suspected non-compliance.

We assessed events or conditions that could indicate an incentive or pressure to commit fraud or provide an opportunity to commit fraud. As required by auditing standards, we performed procedures to address the risk of management override of controls. On this audit we do not believe there is a fraud risk related to revenue recognition. We did not identify any additional fraud risks.

In response to risk of fraud, we also performed procedures including: identifying journal entries to test based on risk criteria and comparing the identified entries to supporting documentation; evaluating the business purpose of significant unusual transactions; assessing significant accounting estimates for bias; and assessing the disclosures in the financial statements.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations (irregularities) is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it.

CARING BREAKS LIMITED

In addition, as with any audit, there remains a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

A further description of our responsibilities for the audit of the accounts is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditors-responsibilities>. This description forms part of our auditor's report.

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Richard McClay FCA (Senior Statutory Auditor)
For and on behalf of McCreery Turkington Stockman LTD
1 Lanyon Quay
BELFAST
BT1 3LG

Chartered Accountants

DATE

12/11/24



Caring Breaks Ltd

Northern Ireland - Charity number 103342

Accounts

Caring Breaks Limited

**Trustees' report and
financial statements**

for the year ended 31 March 2023

**Company No: NI037804
Charity No: NIC103342**

Caring Breaks Limited

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Caring Breaks Limited
Charity information
for the year ended 31 March 2023

Trustees

J Donaghy (Treasurer)
L Finnegan (Resigned January 2023)
B Sinnamon (Resigned January 2023)
M Devlin
P Crossin
L Gault
C A Magee (Resigned January 2023)
B Mongan
M Mitchell (Appointed December 2022)

Chairman

S O'Brien

Secretary

V Thompson

Chief Executive Officer

D Finnerty

Registered Office

143 Malone Road
Belfast
BT9 6SX

Company Number

NI37804

Charity Number

NIC103342

Auditors

FPM Accountants Limited
1-3 Arthur Street
Belfast
BT1 4GA

Bankers

Bank of Ireland
364 Lisbrun Road
Belfast
BT9 6GL

Danske Bank
Finaghy, Lisburn Road
Belfast
BT10 0BD

Caring Breaks Limited
Trustees' report
for the year ended 31 March 2023

THE TRUSTEES, AS DIRECTORS OF CARING BREAKS LTD, PRESENT THEIR REPORT WITH THE FINANCIAL STATEMENTS OF THE CHARITY FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, submit their Annual Report and the audited Financial Statements for the year ended 31 March 2023. The trustees have adopted the provisions of the Companies Act 2006, the Charities Act (Northern Ireland) 2008 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 2015 (Charities SORP (FRS 102)), in preparing the annual report and financial statements of the charity.

Reference and administrative details

Details of registered office, independent advisers and other information are given on page 3.

Structure, governance and management

Caring Breaks Limited which was incorporated on 26 January 2000 (company registration number NI37804) is a charitable company limited by guarantee, (registered with the Charity Commission for Northern Ireland NIC103342) and is governed by a Memorandum and Articles of Association. It is managed by the Board of Trustees. The trustees, who served during the period, and up to the date of signing are listed on page 3

During the year under review the Trustees met quarterly. The chairperson of the board is Stephen O'Brien. One third of the Trustees retire each year and can make themselves available for re-election. New members of the board are selected by a panel comprising of existing other Trustees. The Finance Committee and the Fund-raising Committee are made up of Trustees and individuals. Both committees operate under specific terms of reference which delegate certain functions from the board. Each committee has its decisions ratified by the full board. The Trustees have also established a Carer Committee for this specific area of the Charity's operations.

Objectives and activities

The primary objective of the charity, as stated in its governing document, is to provide short respite breaks for the family carers of adults with learning disabilities. Trained and paid staff support and supervise activity-based recreational opportunities for adults with learning disabilities.

Mission

To provide regular respite breaks for family carers combined with meaningful, social and recreational activities for their relative with a learning disability.

Values

- We are people-centred.
- We collaborate
- We are open and honest
- We work in a partnership
- We provide a high-quality service

Caring Breaks Limited

Trustees' report for the year ended 31 March 2023

Strategic Objectives for Caring Breaks 2023-24

1. Develop a recruitment and retention plan.
2. Develop a fundraising plan.
3. Step up engagement with Trusts and rebuild relationships.
4. Grow powerful, strategic alliances.
5. Develop expansion and communication strategies.
6. Expansion of our core service.

Public Benefit Statement

The public benefit requirement is defined in the Charities Act (Northern Ireland) 2008 and states that purposes must be for the public benefit to be charitable. The trustees confirm that they have complied with the duty to have regard to the guidance issued by the Charity Commission for Northern Ireland under section 4(b) of the Charities Act (the public benefit requirement statutory guidance). The trustees are confident that the activities have helped to achieve the Charity's purposes and provide a benefit to the beneficiaries.

Achievements and performance

Over the past year, Caring Breaks provided respite sessions on a weekly basis for 180+ family carers combined with social and recreational activities for 109 adults with a learning disability. In addition, 102 families benefited from an extended period of respite in the form of a weekend break and 82 families from a full days' respite between April 2022 and March 2023. These weekend breaks and additional respite hours were provided with funding secured from the Charities Aid Foundation (CAF), the Carers Support Fund the Haremead Trust and the Hospital Saturday Fund.

Caring Breaks is fortunate to have a committed, professional team of staff dedicated to ensuring the best possible service is provided for family carers and adults with a learning disability. Over the past year, the team helped to facilitate a variety of educational and fun activities which enabled clients to develop new interests and build friendships in a safe and welcoming environment. This was particularly important for the families supported by Caring Breaks as we emerged from the ongoing impact of the Covid-19 pandemic. Many of these activities were provided with funding from the National Lottery Community Fund NI Awards for All programme.

During the year, the Trustees and staff team worked on the development of a new strategic plan to take Caring Breaks forward over the next 3 years. This was facilitated with funding secured via the Resilience Programme at the Charities Aid Foundation (CAF). The new strategy, driven by our purpose and values and developed in consultation with all stakeholders involved in the organisation. A new website was designed with funding secured from CAF to help raise the profile of the organisation in line with our strategic objectives. The resilience programme from CAF also incorporated leadership and management development training for staff and the team also benefited from a coaching and mentoring programme which ran between September 2022 – March 2023.

The statement of financial activities for the year is set out on page 10 of the financial statements. A summary of the financial results and the work of the charity is set out below.

Caring Breaks Limited
Trustees' report
for the year ended 31 March 2023

Financial Review

The charity's income decreased to £331,048 when compared to £388,076 in 2022. During the year the charity has a deficit net of costs of £130,302 (2022: £42,712). The total funds of the charity - 31 March 2023 were £54,432 (2022: £184,735). Of these total funds, £8,558 (2022: £97,837) made up of a series of small grants, are held for restricted purposes and are not available for general purposes of the charity.

Funding received includes recurrent funding received from the Belfast Health & Social Care Trust and from the South-Eastern Health & Social Care Trust totalling £223,505 to provide respite breaks for carers and social and recreational activities for adults with a learning disability. During the year we received the remaining payment (£23,156) of the grant awarded in 2021 from CAF. This funding was used to provide weekend breaks and other activities, organisational development and running costs. Donations from individuals through fundraising activities along with small grants from charitable trusts decreased from £47,836 to £32,008 when compared to 2022.

Reserves Policy

The total funds of the charity as at 31 March 2023 were £54,432 (2022: £184,735). Of these total funds, £8,559 (2022: £97,838) are held for restricted purposes and are not available for general purposes of the charity. The charity's policy is to retain a level of free reserves which matches the needs of the Charity both at the current time and in the foreseeable future. Free reserves are those unrestricted reserves, excluding fixed assets. The charity aims to retain sufficient reserves equivalent to approximately six months' annual expenditure. Free reserves at 31 March 2023 were £45,872 (2022: £86,897 (general funds minus fixed assets and designated funds), equivalent to roughly two month's forward expenditure based on 2022/23 expenditure

Progress on fundraising is reviewed by the finance sub-group and Board of Trustees on a quarterly basis. Service payments received from service users who access the service via Direct Payments or Self-Directed Support increased throughout the year 22/23 and amounted to £37,656,139 (21/22: £24,139).

Plans for future developments

The board has taken steps and will continue to take steps to improve financial performance in 2023 and beyond, to ensure that the charity can continue to provide its unique services for the family carers of adults with a learning disability. Post Covid-19 pandemic and especially over the past year, all aspects of service delivery have been fully restored.

The organisation's strategy is to grow and develop the service to reach more people and expand the service into other health trust areas whilst maintaining the service for existing clients in Belfast, Bangor and Lisburn. Plans beyond 2023 include extending the service to more families wishing to purchase respite breaks via Direct Payments/Self-Directed Support.

Caring Breaks Limited
Trustees' report
for the year ended 31 March 2023

Covid 19 and Going Concern

With only small management team, over the past 2 years Caring Breaks has had to continue to focus on the rebuild and restoration of its service. Opportunities for fundraising activities have been limited throughout 2022/23 but are expected to increase over the next 12 months. Results remain in line with directors' revised expectations.

Engagement with an external fundraiser has been renewed to assist in seeking funds from grant making trusts and corporate sponsors. Funding (£47,741) from several grant-making trusts to be spent in 2023/24 has already been secured. We also received good news of the successful outcome of an application to the Carers Support Fund and received a grant of £74,397 in June. A review of the rates paid under the contracts Caring Breaks holds with the Belfast Health & Social Care Trust and South Eastern Health & Social Care Trust is ongoing and we are hopeful that the value of these contracts will increase following negotiations.

To support the going concern basis of preparation, the trustees have prepared cash flow forecasts, which include the use of reasonable downside scenarios for sensitivity analysis. These cash flow forecasts show that the charity has sufficient resources to meet obligations as they fall due and as such the charity has the ability to continue as a going concern for the 12 months from date of signing.

Funds held as custodian trustees on behalf of others

The charity holds no funds as custodian trustees on behalf of others

Risk Management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity. The Trustees are satisfied that systems are in place to mitigate any exposure to major risks.

Trustees' indemnities

As permitted by the Articles of Association, the Trustees have the benefit of an indemnity which is a qualifying third party indemnity provision as defined by Section 234 of the Companies Act 2006. The indemnity was in force throughout the last financial year and is currently in force.

Statement of trustees' responsibilities in respect of the financial statements

The directors (who are also directors of Caring Breaks Limited for the purposes of Company Law) are responsible for preparing the Annual report and the financial statements in accordance with applicable law and regulation.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have prepared the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards, comprising FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", and applicable law). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing the financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- state whether applicable United Kingdom Accounting Standards, comprising FRS 102, have

Caring Breaks Limited

**Trustees' report (continued)
for the year ended 31 March 2023**

been followed, subject to any material departures disclosed and explained in the financial statements;

- make judgements and accounting estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the

Disclosure of information to the auditors

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Exemptions from disclosures

No exemptions from disclosure have been taken. This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Independent Auditors

The auditors, FPM Accountants Ltd, have indicated their willingness to continue in office, and a resolution concerning their re-appointment will be proposed at the Annual General Meeting.

By order of the Board



V Thompson
Company Secretary

9/11/2023
Date

Report of the Independent Auditors

to the members of Caring Breaks Limited (a company limited by guarantee)

Opinion

We have audited the financial statements of Caring Breaks Ltd for the year ended 31 March 2023 which comprises the Statement of Financial Activities, the Balance Sheet, the cash flow statement and the notes to the accounts, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102. The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the accounts:

- give a true and fair view of the state of the charitable company's affairs as at year ended 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditors' report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

Report of the Independent Auditors
to the members of Caring Breaks Limited
(a company limited by guarantee)

In connection with our audit of the accounts, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the accounts or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the accounts or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees Report for the financial year for which the accounts are prepared is consistent with the accounts; and
- the Trustees Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the accounts are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of Trustees

As explained more fully in the Statement of Trustees Responsibilities, the Trustees are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of accounts that are free from material misstatement, due to fraud or error.

In preparing the accounts, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the accounts as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material

Report of the Independent Auditors (continued)

to the members of Caring Breaks Limited
(a company limited by guarantee)

misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these accounts.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We obtained an understanding of the legal and regulatory framework applicable to the company through enquiry of management, sector research and the application of cumulative audit knowledge. We identified the following principal laws and regulations relevant to the company – Companies Act 2006, Charities Act (Northern Ireland) 2008 and the 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).

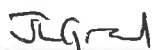
We developed an understanding of the key fraud risks to the entity (including how fraud might occur), the controls in place to help mitigate those risks, and the accounts, balances and disclosures within the financial statements which may be susceptible to management bias. Our understanding was obtained through review of the financial statements for significant accounting estimates, analysis of journal entries, walkthrough of the key controls cycles in place and enquiry of management.

Our procedures to respond to those risks identified included, but were not limited to:

- Enquiry of management, and the entity's solicitors around actual and potential litigation
- Enquiry of management to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

A further description of our responsibilities for the audit of the accounts is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the charity's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and regulations made under that Act. Our audit work has been undertaken so that we might state to the charity's trustees those matters which we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and its trustees as a body, for our audit work, for this report, or for the opinions we have formed.



JL Grant (Senior Statutory Auditor)
for and on behalf of
FPM ACCOUNTANTS LTD
Chartered Accountants &
Statutory Auditor
1-3 Arthur Street
Belfast
Co. Antrim
BT1 4GA



Date

Caring Breaks Limited

**Statement of Financial Activities
(incorporating an Income and Expenditure account)
for the year ended 31 March 2023**

	Notes	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total £	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total £
Income and endowments from:							
Charitable Activities	7	223,505	-	223,505	218,222	-	218,222
Donations and legacies	7	63,488	43,941	107,429	38,357	131,186	169,543
Investment Income	7	214	-	214	311	-	311
Total Income and Endowments		287,207	43,941	331,148	256,890	131,186	388,076
Expenditure on:							
Charitable Activities	8	328,230	133,220	461,450	302,943	42,421	345,364
Total Expenditure		328,230	133,220	461,450	302,943	42,421	345,364
Net Income / (Expenditure) for the Year		(41,023)	(89,279)	(130,302)	(46,053)	88,765	42,712
Transfers between funds		-	-	-	-	-	-
Net movement in funds		(41,023)	(89,279)	(130,302)	(46,053)	88,765	42,712
Reconciliation of Funds:							
Fund Balances Brought Forward	10	86,897	97,837	184,734	132,950	9,072	142,022
Fund Balances Carried Forward	10	45,874	8,558	54,432	86,897	97,837	184,734

All income derives from continuing activities, therefore no statement of recognised gains or losses is given.

The notes on pages 15 to 22 form an integral part of these financial statements.

Caring Breaks Limited

Balance Sheet as at 31 March 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible Assets	4	-	2,465
Current assets			
Debtors	5	4,763	5,777
Cash at bank & in hand		88,039	213,256
		<u>92,802</u>	<u>219,033</u>
Creditors: amounts falling due within one year	6	38,370	36,764
Net Current Assets		54,432	182,269
Total assets less current liabilities		54,432	184,734
Net assets		<u>54,432</u>	<u>184,734</u>
Funds			
Unrestricted:	9	45,874	86,897
Restricted	9	8,558	97,837
		<u>54,432</u>	<u>184,734</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023, although an audit has been carried out under section 65 of the Charities Act (Northern Ireland) 2008. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.


These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Caring Breaks Limited

**Balance Sheet
as at 31 March 2023**

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board and signed on its behalf:


S Donaghy
Director

9.11.23
Date

Company Registration Number NI037804

The Notes in pages 15 to 22 form an integral part of these financial statements

Caring Breaks Limited
Statement of Cash Flows
as at 31 March 2023

	Notes	2023 £	2022 £
Cash flows from operating activities:			
Net cash provided by / (used in) operating activities	11	<u>(125,217)</u>	<u>50,296</u>
<i>Cash flows from investing activities:</i>			
Purchase of property, plant and equipment		-	-
Net cash provided by (used in) investing activities		<u>-</u>	<u>-</u>
<i>Cash flows from financing activities:</i>			
Net cash provided by (used in) financing activities		<u>-</u>	<u>-</u>
Change in cash and cash equivalents in the reporting period		(125,217)	50,296
Cash and cash equivalents at the beginning of the reporting period		213,256	162,960
Cash and cash equivalents at the end of the reporting period		<u>88,039</u>	<u>213,256</u>

Caring Breaks Limited

Notes to the Financial Statements for the year ended 31 March 2023

1. ACCOUNTING POLICIES

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

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) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Caring Breaks Ltd 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 note(s).

b) Preparation of the accounts on a going concern basis

The trustees are of the view that there are no material uncertainties about the charities ability to continue as a going concern.

c) Fund Accounting

Unrestricted funds are funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of restricted funds is set out in the notes to the financial statements. Restricted funds may only be transferred to general or designated funds once the criteria for restriction have been discharged or no longer apply.

d) Income

Income is recognised when the charity has entitlement to the rent, funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably. Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred. Income is deferred only when the charity has to fulfil conditions before becoming entitled to it or where the donor/funder has specified that the income is to be expended in a future period.

e) Donated services and facilities

In accordance with the Charities SORP (FRS 102), the general volunteer time of supporters is not recognised.

f) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

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

Caring Breaks Limited

Notes to the Financial Statements for the year ended 31 March 2023

1. ACCOUNTING POLICIES ctd...

f) Expenditure and irrecoverable VAT ctd...

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

g) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the programmes and activities.

h) Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Fixtures and fittings	20% straight-line
Office Equipment	33% straight-line

The carrying values of tangible fixed assets are reviewed for impairment when events or circumstances indicate the carrying value may not be recoverable. Where the recoverable amount is found to be below its net book value, the asset is written down to the recoverable figure and the loss on impairment is recognised in the Statement of Financial Activities (SOFA).

i) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

j) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term current accounts.

k) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

l) Financial instruments

The trust 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 with the exception of bank loans which are subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Caring Breaks Limited

**Notes to the Financial Statements
for the year ended 31 March 2023**

1. ACCOUNTING POLICIES ctd...

m) Taxation

The company is a registered charity and the charitable tax exemptions are therefore being claimed to the extent that income and/or gains are applicable and applied to charitable purposes only. These exemptions will remain in place as long as income and expenditure is applied to charitable purposes only.

n) Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

2. RESULTS FOR THE YEAR

The result for the year has been arrived at after charging the following:-

	2023	2022
	£	£
Depreciation	2,465	2,464
Auditors remuneration	3,420	3,420
	<u>5,885</u>	<u>5,884</u>

3. EMPLOYEE INFORMATION

	2023	2022
	£	£
Staff Costs		
Wages and Salaries	265,998	243,982
Employer's NIC	16,074	12,830
Pension	3,617	3,070
	<u>285,689</u>	<u>259,882</u>

	2023	2022
	Number	Number
Average monthly number of persons employed during the year excluding trustees was:		
Respite workers	34	37
Management and administration	3	3
	<u>37</u>	<u>40</u>

There were no high paid staff with no employee receiving over £60,000.

The charity trustees were not paid or received any other benefits from employment with the charity, neither were they reimbursed expenses during the year (2022: £nil).

The remuneration paid or payable to key management staff for employee services was £59,656 (2022: £57,731)

Caring Breaks Limited
Notes to the Financial Statements
for the year ended 31 March 2023

4. FIXED ASSETS

	Fixtures & Fittings £	Computer Equipment £	TOTAL £
COST			
At 1 April 2022	1,811	33,311	35,122
Additions	-	-	-
Disposals	-	-	-
At 31 March 2023	<u>1,811</u>	<u>33,311</u>	<u>35,122</u>
DEPRECIATION			
At 1 April 2022	1,811	30,846	32,657
Disposals	-	-	-
Charge for the year	-	2,465	2,465
At 31 March 2023	<u>1,811</u>	<u>33,311</u>	<u>35,122</u>
NET BOOK VALUE			
At 31 March 2023	<u>-</u>	<u>-</u>	<u>-</u>
At 31 March 2022	<u>-</u>	<u>2,465</u>	<u>2,465</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Other debtors	2,740	3,920
Prepayments and accrued income	2,023	1,857
	<u>4,763</u>	<u>5,777</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Other Creditors	1,561	2,714
Accrued Expenses and deferred income	31,725	29,277
Taxation & Social Security	5,084	4,773
	<u>38,370</u>	<u>36,764</u>

Caring Breaks Limited

**Notes to the Financial Statements
for the year ended 31 March 2023**

7. INCOME	Unrestricted	Restricted	2023	Unrestricted	Restricted	2022
	£	£	Total	£	£	Total
			£			£
Income and Endowments from:						
Charitable Activities						
BHSCT Grants	194,380	-	194,380	190,222	-	190,222
SEHSCT Grants	29,125	-	29,125	28,000	-	28,000
	223,505	-	223,505	218,222	-	218,222
Donations and legacies						
Donations and gifts from individual and other awarding bodies	63,488	20,785	84,273	38,357	30,456	68,813
Furlough Grants	-	-	-	-	3,162	3,162
Carers Support Fund	-	-	-	-	33,100	33,100
Charities Aid Foundation	-	23,156	23,156	-	64,468	64,468
	63,488	43,941	107,429	38,357	131,186	169,543
Investment Income						
Bank interest receivable	214	-	214	311	-	311
	214	-	214	311	-	311
Total Incoming resources	287,207	43,941	331,148	256,890	131,186	388,076

Caring Breaks Limited

**Notes to the Financial Statements
for the year ended 31 March 2023**

8. COST OF CHARITABLE ACTIVITIES

	Unrestricted £	Restricted £	2023 Total £	Unrestricted £	Restricted £	2022 Total £
Direct costs						
Staff costs	104,779	52,448	157,227	96,836	25,072	121,908
Activities and travel	53,822	42,031	95,853	16,093	4,516	20,609
Staff recruitment and training	59	4,500	4,559	1,943	1,254	3,197
Support costs						
Staff costs	121,717	12,773	134,490	136,780	1,194	137,974
Insurance	5,904	-	5,904	5,435	-	5,435
Running costs	9,856	7,780	17,636	8,949	-	8,949
Fund raising costs	1,066	-	1,066	3,311	-	3,311
Depreciation	2,465	-	2,465	392	2,072	2,464
Rent	19,562	13,688	33,250	24,938	8,313	33,251
Other costs	5,400	-	5,400	4,800	-	4,800
Governance costs	3,600	-	3,600	3,466	-	3,466
Total direct and support costs	328,230	133,220	461,450	302,943	42,421	345,364

9. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted £	Restricted £	Designated £	Total £
Tangible assets	-	-	-	-
Net current assets	45,874	8,558	-	54,432
	45,874	8,558	-	54,432

10. ANALYSIS OF NET MOVEMENT IN FUNDS

	Unrestricted £	Restricted £	Total £
At 1 April 2022	86,897	97,837	184,734
Surplus / (Deficit) in the year	(41,023)	(89,279)	(130,302)
Transfers Between Funds	-	-	-
At 31 March 2023	45,874	8,558	54,432

Caring Breaks Limited

**Notes to the Financial Statements
for the year ended 31 March 2023**

Restricted Programme Funds:

	Balance at 01/04/2022	Incoming Resources	Resources Expended	Transfers	Balance at 31/03/2023
	£	£	£	£	£
Haramead Trust	5,000	-	(5,000)	-	-
BDO - One off pay	-	6,285	(6,285)	-	-
LFT Grant	-	-	-	-	-
Edgar Lawley	1,500	-	(1,500)	-	-
Souter Trust	4,834	-	(4,834)	-	-
Edward Gostling	4,834	-	(2,991)	-	1,843
UGV	-	4,500	-	-	4,500
Career Support Fund	29,194	-	(26,979)	-	2,215
Charities Aid Foundation	50,475	23,156	(73,631)	-	-
LFT Grant	-	10,000	(10,000)	-	-
The Hospital Saturday Fund	2,000	-	(2,000)	-	-
	97,837	43,941	(133,220)	-	8,558

Unrestricted Funds:

General fund	86,897	287,207	(328,230)	-	45,874
	86,897	287,207	(328,230)	-	45,874
Total Funds	184,734	331,148	(461,450)	-	54,432

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

	2023	2022
	£	£
Net income/(expenditure) for the reporting period (as per the statement of financial activities)	(130,302)	42,712
Adjustments for:		
Depreciation charges	2,465	2,464
(Increase)/decrease in debtors	1,014	1,461
Increase/(decrease) in creditors	1,606	3,659
Net cash provided by (used in) operating activities	(125,217)	50,296

Caring Breaks Limited

Notes to the Financial Statements for the year ended 31 March 2023

12. Financial Instruments

	2023	2022
	£	£
Financial assets that are debt instruments measured at amortised cost:		
Other debtors	2,740	3,920
	<u>2,740</u>	<u>3,920</u>
Financial liabilities measured at amortised cost:		
Accruals	12,107	10,271
	<u>12,107</u>	<u>10,271</u>

13. RELATED PARTIES

The charities pension provider, Workers Pension Ltd is deemed a related party through common directorship. These costs amounted to £3,617 (2022: £3,070).

There were no other related party transactions to disclose.

14. Ultimate Controlling party

The ultimate controlling party of the charity is the Trustees.

15. Liability to members

The charity is a company limited by guarantee governed by a Memorandum and Articles of Association. The liability of each member is limited to an amount not exceeding £1.

Caring Breaks Ltd

Northern Ireland - Charity number 103342

Annual report

Caring Breaks Limited
Trustees' report
for the year ended 31 March 2023

THE TRUSTEES, AS DIRECTORS OF CARING BREAKS LTD, PRESENT THEIR REPORT WITH THE FINANCIAL STATEMENTS OF THE CHARITY FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, submit their Annual Report and the audited Financial Statements for the year ended 31 March 2023. The trustees have adopted the provisions of the Companies Act 2006, the Charities Act (Northern Ireland) 2008 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 2015 (Charities SORP (FRS 102)), in preparing the annual report and financial statements of the charity.

Reference and administrative details

Details of registered office, independent advisers and other information are given on page 3.

Structure, governance and management

Caring Breaks Limited which was incorporated on 26 January 2000 (company registration number NI37804) is a charitable company limited by guarantee, (registered with the Charity Commission for Northern Ireland NIC103342) and is governed by a Memorandum and Articles of Association. It is managed by the Board of Trustees. The trustees, who served during the period, and up to the date of signing are listed on page 3

During the year under review the Trustees met quarterly. The chairperson of the board is Stephen O'Brien. One third of the Trustees retire each year and can make themselves available for re-election. New members of the board are selected by a panel comprising of existing other Trustees. The Finance Committee and the Fund-raising Committee are made up of Trustees and individuals. Both committees operate under specific terms of reference which delegate certain functions from the board. Each committee has its decisions ratified by the full board. The Trustees have also established a Carer Committee for this specific area of the Charity's operations.

Objectives and activities

The primary objective of the charity, as stated in its governing document, is to provide short respite breaks for the family carers of adults with learning disabilities. Trained and paid staff support and supervise activity-based recreational opportunities for adults with learning disabilities.

Mission

To provide regular respite breaks for family carers combined with meaningful, social and recreational activities for their relative with a learning disability.

Values

- We are people-centred.
- We collaborate
- We are open and honest
- We work in a partnership
- We provide a high-quality service

Caring Breaks Limited
Trustees' report
for the year ended 31 March 2023

Strategic Objectives for Caring Breaks 2023-24

1. Develop a recruitment and retention plan.
2. Develop a fundraising plan.
3. Step up engagement with Trusts and rebuild relationships.
4. Grow powerful, strategic alliances.
5. Develop expansion and communication strategies.
6. Expansion of our core service.

Public Benefit Statement

The public benefit requirement is defined in the Charities Act (Northern Ireland) 2008 and states that purposes must be for the public benefit to be charitable. The trustees confirm that they have complied with the duty to have regard to the guidance issued by the Charity Commission for Northern Ireland under section 4(b) of the Charities Act (the public benefit requirement statutory guidance). The trustees are confident that the activities have helped to achieve the Charity's purposes and provide a benefit to the beneficiaries.

Achievements and performance

Over the past year, Caring Breaks provided respite sessions on a weekly basis for 180+ family carers combined with social and recreational activities for 109 adults with a learning disability. In addition, 102 families benefited from an extended period of respite in the form of a weekend break and 82 families from a full days' respite between April 2022 and March 2023. These weekend breaks and additional respite hours were provided with funding secured from the Charities Aid Foundation (CAF), the Carers Support Fund the Haremead Trust and the Hospital Saturday Fund.

Caring Breaks is fortunate to have a committed, professional team of staff dedicated to ensuring the best possible service is provided for family carers and adults with a learning disability. Over the past year, the team helped to facilitate a variety of educational and fun activities which enabled clients to develop new interests and build friendships in a safe and welcoming environment. This was particularly important for the families supported by Caring Breaks as we emerged from the ongoing impact of the Covid-19 pandemic. Many of these activities were provided with funding from the National Lottery Community Fund NI Awards for All programme.

During the year, the Trustees and staff team worked on the development of a new strategic plan to take Caring Breaks forward over the next 3 years. This was facilitated with funding secured via the Resilience Programme at the Charities Aid Foundation (CAF). The new strategy, driven by our purpose and values and developed in consultation with all stakeholders involved in the organisation. A new website was designed with funding secured from CAF to help raise the profile of the organisation in line with our strategic objectives. The resilience programme from CAF also incorporated leadership and management development training for staff and the team also benefited from a coaching and mentoring programme which ran between September 2022 – March 2023.

The statement of financial activities for the year is set out on page 10 of the financial statements. A summary of the financial results and the work of the charity is set out below.

Caring Breaks Limited
Trustees' report
for the year ended 31 March 2023

Financial Review

The charity's income decreased to £331,048 when compared to £388,076 in 2022. During the year the charity has a deficit net of costs of £130,302 (2022: £42,712). The total funds of the charity - 31 March 2023 were £54,432 (2022: £184,735). Of these total funds, £8,558 (2022: £97,837) made up of a series of small grants, are held for restricted purposes and are not available for general purposes of the charity.

Funding received includes recurrent funding received from the Belfast Health & Social Care Trust and from the South-Eastern Health & Social Care Trust totalling £223,505 to provide respite breaks for carers and social and recreational activities for adults with a learning disability. During the year we received the remaining payment (£23,156) of the grant awarded in 2021 from CAF. This funding was used to provide weekend breaks and other activities, organisational development and running costs. Donations from individuals through fundraising activities along with small grants from charitable trusts decreased from £47,836 to £32,008 when compared to 2022.

Reserves Policy

The total funds of the charity as at 31 March 2023 were £54,432 (2022: £184,735). Of these total funds, £8,559 (2022: £97,838) are held for restricted purposes and are not available for general purposes of the charity. The charity's policy is to retain a level of free reserves which matches the needs of the Charity both at the current time and in the foreseeable future. Free reserves are those unrestricted reserves, excluding fixed assets. The charity aims to retain sufficient reserves equivalent to approximately six months' annual expenditure. Free reserves at 31 March 2023 were £45,872 (2022: £86,897 (general funds minus fixed assets and designated funds), equivalent to roughly two month's forward expenditure based on 2022/23 expenditure

Progress on fundraising is reviewed by the finance sub-group and Board of Trustees on a quarterly basis. Service payments received from service users who access the service via Direct Payments or Self-Directed Support increased throughout the year 22/23 and amounted to £37,656,139 (21/22: £24,139).

Plans for future developments

The board has taken steps and will continue to take steps to improve financial performance in 2023 and beyond, to ensure that the charity can continue to provide its unique services for the family carers of adults with a learning disability. Post Covid-19 pandemic and especially over the past year, all aspects of service delivery have been fully restored.

The organisation's strategy is to grow and develop the service to reach more people and expand the service into other health trust areas whilst maintaining the service for existing clients in Belfast, Bangor and Lisburn. Plans beyond 2023 include extending the service to more families wishing to purchase respite breaks via Direct Payments/Self-Directed Support.

Caring Breaks Limited
Trustees' report
for the year ended 31 March 2023

Covid 19 and Going Concern

With only small management team, over the past 2 years Caring Breaks has had to continue to focus on the rebuild and restoration of its service. Opportunities for fundraising activities have been limited throughout 2022/23 but are expected to increase over the next 12 months. Results remain in line with directors' revised expectations.

Engagement with an external fundraiser has been renewed to assist in seeking funds from grant making trusts and corporate sponsors. Funding (£47,741) from several grant-making trusts to be spent in 2023/24 has already been secured. We also received good news of the successful outcome of an application to the Carers Support Fund and received a grant of £74,397 in June. A review of the rates paid under the contracts Caring Breaks holds with the Belfast Health & Social Care Trust and South Eastern Health & Social Care Trust is ongoing and we are hopeful that the value of these contracts will increase following negotiations.

To support the going concern basis of preparation, the trustees have prepared cash flow forecasts, which include the use of reasonable downside scenarios for sensitivity analysis. These cash flow forecasts show that the charity has sufficient resources to meet obligations as they fall due and as such the charity has the ability to continue as a going concern for the 12 months from date of signing.

Funds held as custodian trustees on behalf of others

The charity holds no funds as custodian trustees on behalf of others

Risk Management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity. The Trustees are satisfied that systems are in place to mitigate any exposure to major risks.

Trustees' indemnities

As permitted by the Articles of Association, the Trustees have the benefit of an indemnity which is a qualifying third party indemnity provision as defined by Section 234 of the Companies Act 2006. The indemnity was in force throughout the last financial year and is currently in force.

Statement of trustees' responsibilities in respect of the financial statements

The directors (who are also directors of Caring Breaks Limited for the purposes of Company Law) are responsible for preparing the Annual report and the financial statements in accordance with applicable law and regulation.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have prepared the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards, comprising FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", and applicable law). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing the financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- state whether applicable United Kingdom Accounting Standards, comprising FRS 102, have

Caring Breaks Limited

**Trustees' report (continued)
for the year ended 31 March 2023**

been followed, subject to any material departures disclosed and explained in the financial statements;

- make judgements and accounting estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the

Disclosure of information to the auditors

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Exemptions from disclosures

No exemptions from disclosure have been taken. This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Independent Auditors

The auditors, FPM Accountants Ltd, have indicated their willingness to continue in office, and a resolution concerning their re-appointment will be proposed at the Annual General Meeting.

By order of the Board



V Thompson
Company Secretary

9/11/2023

Date

Caring Breaks Ltd

Northern Ireland - Charity number 103342

Annual return

Report of the Independent Auditors

to the members of Caring Breaks Limited (a company limited by guarantee)

Opinion

We have audited the financial statements of Caring Breaks Ltd for the year ended 31 March 2023 which comprises the Statement of Financial Activities, the Balance Sheet, the cash flow statement and the notes to the accounts, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102. The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the accounts:

- give a true and fair view of the state of the charitable company's affairs as at year ended 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditors' report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

Report of the Independent Auditors
to the members of Caring Breaks Limited
(a company limited by guarantee)

In connection with our audit of the accounts, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the accounts or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the accounts or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees Report for the financial year for which the accounts are prepared is consistent with the accounts; and
- the Trustees Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the accounts are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of Trustees

As explained more fully in the Statement of Trustees Responsibilities, the Trustees are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of accounts that are free from material misstatement, due to fraud or error.

In preparing the accounts, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the accounts as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material

Report of the Independent Auditors (continued)

to the members of Caring Breaks Limited
(a company limited by guarantee)

misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these accounts.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We obtained an understanding of the legal and regulatory framework applicable to the company through enquiry of management, sector research and the application of cumulative audit knowledge. We identified the following principal laws and regulations relevant to the company – Companies Act 2006, Charities Act (Northern Ireland) 2008 and the 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).

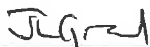
We developed an understanding of the key fraud risks to the entity (including how fraud might occur), the controls in place to help mitigate those risks, and the accounts, balances and disclosures within the financial statements which may be susceptible to management bias. Our understanding was obtained through review of the financial statements for significant accounting estimates, analysis of journal entries, walkthrough of the key controls cycles in place and enquiry of management.

Our procedures to respond to those risks identified included, but were not limited to:

- Enquiry of management, and the entity's solicitors around actual and potential litigation
- Enquiry of management to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

A further description of our responsibilities for the audit of the accounts is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the charity's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and regulations made under that Act. Our audit work has been undertaken so that we might state to the charity's trustees those matters which we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and its trustees as a body, for our audit work, for this report, or for the opinions we have formed.



JL Grant (Senior Statutory Auditor)
for and on behalf of
FPM ACCOUNTANTS LTD
Chartered Accountants &
Statutory Auditor
1-3 Arthur Street
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BT1 4GA



Date