

Charity Registration No. 1118942

Company Registration No. 06133161 (England and Wales)

GATESHEAD CARERS ASSOCIATION

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

GATESHEAD CARERS ASSOCIATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Stuart Cox Elsie Johnson Amanda Tonkinson Michael Hall Margaret Barrett Michael Anthony Fitzpatrick Ann Owens June Gordon David Clelland Valerie Smith
Charity number	1118942
Company number	06133161
Registered office	John Haswell House 8-9 Gladstone Terrace Gateshead NE8 4DY
Independent examiner	TC Group A6 Kingfisher House Kingsway Team Valley Trading Estate Gateshead Tyne and Wear NE11 0JQ

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

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], 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 (FRS 102) (effective 1 January 2019)".

Objectives and activities

The charity's objects were to relieve the stresses experienced by Carers in the Borough of Gateshead and surrounding areas in particular by the provision of information, advice and support services to such persons so as to assist them and their dependents.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The financial year 2021 to 2022 was dominated by the Covid 19 pandemic and the lockdowns and government guidance that followed. Apart from a very brief period in late 2021 the organisation was obliged to deliver our services with the office closed and staff working from home. Our full return to 'office working' was in March 2022.

At the same time the value of our 5 year Local authority / NHS contract for the delivery of carers services has reduced from £660,000 in year one to £391,000 in year 4 (2021 / 2022). This is a reduction of 41%.

It is a credit to the commitment, motivation, energy, lived experience and passion of the staff at Gateshead Carers that we have been able to maintain our level of service provision, the quality of that provision and meet the increasing demand for support from people in Gateshead with a caring role.

Our success can also be attributed to our 2019 / 2022 Strategic Plan which prioritised the digital transformation of the organisation. Having been developing our digital offer for 18 months prior to the pandemic we were in a strong position to meet the delivery challenges to our support services which the pandemic brought with it.

GATESHEAD CARERS ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

In 2021 our digital progress was independently assessed by Sunderland Software City who concluded that:

'Gateshead Carers Association is already well along in its journey towards digital transformation. Whilst the inherent challenges for supporting carers in Gateshead and for carers who support those living in Gateshead has been difficult, digital solutions have alleviated and in some cases improved their overall services. Gateshead Carers have taken great strides to develop their presence online.

They also adopt horizon scanning methodologies to anticipate how future technological developments could improve their service. With their current leadership, it is clear their strategies of digital adoption are well aligned to the vision and objectives that the association pursues.'

There were also challenges within the financial year relating to fundraising. Most grant giving charitable trusts remained focussed on emergency Covid-related funding to support organisations and their beneficiaries, until late summer of 2021, when trusts began to revert back to their pre Covid funding aims. Whilst this effectively made our 2019 / 2022 Fundraising Strategy redundant we were successful in applications to:

- Awards for All (for laptops) and Triangle Trust (for mobile phones and contracts) both of which meant we had the tools needed to maintain our services during lockdowns and through to the end of government guidelines related to 'if you can work from home you should work from home'.

In early 2022 we submitted, as a result of the reversal of grant giving trusts policies to pre Covid conditions, a funding application to the Henry Smith Trust with a value of just over £160,000. We were notified of its' success in September 2022.

Late September 2021 saw the delegation, under the Care Act 2015, of statutory Carers Assessments from the local authority to this organisation. The board are delighted to report that this has now transitioned successfully to the organisation. However, ongoing challenges remain to the organisation and unpaid carers related to government imposed funding cuts to local authorities and the impact this has had, not only care packages for the cared for person, but also on the likelihood of unpaid carers getting a Direct Payment to meet eligible needs. The organisation continues to advocate for unpaid carers rights as set out in the Care Act 2015.

The board are delighted that after 2 difficult years we have:

- Continued to provide and develop high-quality professional services
- Faced and met increased demand for our services
- Taking on work which has previously been the statutory duty of the Local Authority (Carers Assessments)
- Faced a 41% reduction in funding from Gateshead MBC and the NHS
- Achieved this and maintained our reserves, of a least 12 weeks of unrestricted reserves, in line with Charity Commission guidance.
- Continued with our mission to be the voice of unpaid carers in Gateshead, working to ensure that their voice is recognised, valued, appreciated and acted on.

Financial review

The financial statements show a deficit of £78,031 (2021 - Surplus - £68,230). This was not unexpected given the nature of the contract. Cash balances remain healthy at £350,446 (2021 - £398,807). Within the bank the charity is holding £38,605 on behalf of the John Haswell Memorial Trust.

GATESHEAD CARERS ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately three months of unrestricted charitable expenditure; it is estimated that this currently equates to £150,000. At this level of unrestricted reserves, the charity could maintain operation for three months even if no income was being generated. Current unrestricted reserves after adjusting for fixed assets amount to £196,536. Sufficient funds have to be retained to finance the procurement contracts for the final twelve months of the contract.

The charity enjoys good liquidity and has no issue on meeting its liabilities when they are due. The trustees are confident for the next twelve months.

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency bills, repairs and other expenditure

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The charity is a company limited by guarantee. The company was incorporated on 1 March 2007 and it registered with the Charity Commission on 25 April 2007. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Stuart Cox

Elsie Johnson

Amanda Tonkinson

Michael Hall

Margaret Barrett

Michael Anthony Fitzpatrick

Ann Owens

June Gordon

David Clelland

Valerie Smith

GATESHEAD CARERS ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Management committee members were recruited in a variety of ways including advertisements. Members are drawn from the wider membership of the Association, and elected at the annual general meeting, with additional members being co-opted because of their position or knowledge. Members serve for a three-year period and may then be elected for a further three-year period. Meetings take place approximately once a month. New members receive appropriate induction briefings and attend relevant courses for Trustees. Skills and training needs of members are identified through a periodic skills audit.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

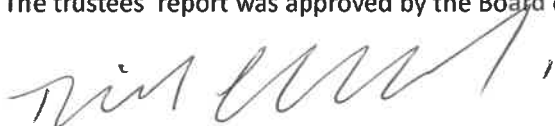
Strategic decisions are taken by the Management Committee; with detailed deliberation sometimes being delegated to the Finance sub committee or personnel sub committee. Day-to-day management is delegated to the Chief Officer who leads the staff team and who provides clear written reports to trustees at every meeting. Members of the management committee take a close interest in the work of the Association and often visit between formal meetings.

Funds held as custodian trustee

Under an amendment to a Uniting Direction dated 13 June 2016 the John Haswell Memorial Trust (Charity number 1118942-1) is linked to Gateshead Carers Association. The John Haswell Memorial Trust had previously been linked to Gateshead Voluntary Organisation Council before that charity entered liquidation.

The assets of the linked charity – John Haswell Memorial Trust comprised of a property known as "John Haswell House" and funds totalling £38,605. The value of the property has not been included within the accounts. The money transferred from Gateshead Voluntary Organisation Council has been used to fund building costs. Rents received from tenants have been added to the John Haswell Memorial Trust funds.

The trustees' report was approved by the Board of Trustees.



David Clelland

Chair

Dated: 6 December 2022

GATESHEAD CARERS ASSOCIATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF GATESHEAD CARERS ASSOCIATION

I report to the trustees on my examination of the financial statements of Gateshead Carers Association (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of , which is one of the listed bodies.

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

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



TC Group

A6 Kingfisher House
Kingsway
Team Valley Trading Estate
Gateshead
Tyne and Wear
NE11 0JQ

Dated: 6 December 2022

GATESHEAD CARERS ASSOCIATION

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
<u>Income and endowments from:</u>							
Donations and grants							
	3	3,070	22,000	25,070	2,670	18,783	21,453
<u>Charitable activities</u>							
Carer services	4	415,376	-	415,376	577,200	-	577,200
Other income	5	4,000	-	4,000	4,000	-	4,000
Total income		422,446	22,000	444,446	583,870	18,783	602,653
<u>Expenditure on:</u>							
Charitable activities	6	498,355	24,122	522,477	515,640	18,783	534,423
Net (outgoing)/ incoming resources before transfers		(75,909)	(2,122)	(78,031)	68,230	-	68,230
Gross transfers between funds		(2,122)	2,122	-	-	-	-
Net (expenditure)/income for the year/ Net movement in funds		(78,031)	-	(78,031)	68,230	-	68,230
Fund balances at 1 April 2021		274,567	-	274,567	206,337	-	206,337
Fund balances at 31 March 2022		196,536	-	196,536	274,567	-	274,567

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

GATESHEAD CARERS ASSOCIATION

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	10		-		3,359
Current assets					
Debtors	11	200		1,759	
Cash at bank and in hand		350,446		398,807	
		<u>350,646</u>		<u>400,566</u>	
Creditors: amounts falling due within one year	12	<u>(154,110)</u>		<u>(129,358)</u>	
Net current assets			196,536		271,208
Total assets less current liabilities			<u>196,536</u>		<u>274,567</u>
Income funds					
Unrestricted funds			196,536		274,567
			<u>196,536</u>		<u>274,567</u>

GATESHEAD CARERS ASSOCIATION

BALANCE SHEET (CONTINUED)

AS AT 31 MARCH 2022

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 2022.

The directors 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.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 6 December 2022



David Clelland
Trustee

Company Registration No. 06133161

1 Accounting policies

Charity information

Gateshead Carers Association is a private company limited by guarantee incorporated in England and Wales. The registered office is John Haswell House, 8-9 Gladstone Terrace, Gateshead, NE8 4DY.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], 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 (FRS 102) (effective 1 January 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 charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. 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 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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

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.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Income and expenses are included in the financial statements as they become receivable or due.

Expenses include VAT where applicable as the company cannot reclaim it.

1.6 Tangible fixed assets

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

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	25% - reducing balance
-----------	------------------------

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 net income/(expenditure) for the year.

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 and cash equivalents

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.

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.

1 Accounting policies

(Continued)

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 at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 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.

1.11 Retirement benefits

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

2 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.

GATESHEAD CARERS ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

3 Donations and grants

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022 £	2022 £	2022 £	2021 £	2021 £	2021 £
Donations and gifts	3,070	-	3,070	2,670	-	2,670
Grants receivable	-	22,000	22,000	-	18,783	18,783
	<u>3,070</u>	<u>22,000</u>	<u>25,070</u>	<u>2,670</u>	<u>18,783</u>	<u>21,453</u>
Grants receivable for core activities						
Triangle Trust	-	-	-	-	6,783	6,783
John Laing Charitable Trust	-	12,000	12,000	-	12,000	12,000
Awards for All	-	10,000	10,000	-	-	-
	<u>-</u>	<u>22,000</u>	<u>22,000</u>	<u>-</u>	<u>18,783</u>	<u>18,783</u>

4 Charitable activities

	Carer services 2022 £	Carer services 2021 £
Services provided under contract	<u>415,376</u>	<u>577,200</u>

5 Other income

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Employment allowance	<u>4,000</u>	<u>4,000</u>

GATESHEAD CARERS ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

6 Charitable activities

	Operating costs 2022 £	Ancilliary 2022 £	Total 2022 £	Operating costs 2021 £	Ancilliary 2021 £	Total 2021 £
Staff costs	438,941	-	438,941	461,253	-	461,253
Direct costs	11,521	-	11,521	7,574	-	7,574
IT	17,224	-	17,224	9,423	-	9,423
Annual general meeting	410	-	410	-	-	-
Premises	22,934	-	22,934	20,012	-	20,012
Office	7,397	-	7,397	9,098	-	9,098
Communications	15,795	-	15,795	20,598	-	20,598
	<u>514,222</u>	<u>-</u>	<u>514,222</u>	<u>527,958</u>	<u>-</u>	<u>527,958</u>
Share of support costs (see note 7)	-	6,837	6,837	-	6,140	6,140
Share of governance costs (see note 7)	-	1,418	1,418	-	325	325
	<u>514,222</u>	<u>8,255</u>	<u>522,477</u>	<u>527,958</u>	<u>6,465</u>	<u>534,423</u>
Analysis by fund						
Unrestricted funds	490,100	8,255	498,355	509,175	6,465	515,640
Restricted funds	24,122	-	24,122	18,783	-	18,783
	<u>514,222</u>	<u>8,255</u>	<u>522,477</u>	<u>527,958</u>	<u>6,465</u>	<u>534,423</u>

GATESHEAD CARERS ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

7 Support costs

	Support costs	Governance costs	2022 Support costs	Governance costs	2021
	£	£	£	£	£
Membership fees	3,770	-	3,770	1,436	1,436
Bank charges	320	-	320	790	790
Accountancy	2,747	-	2,747	2,794	2,794
Depreciation	-	-	-	1,120	1,120
Legal and professional	-	1,418	1,418	-	325
	<u>6,837</u>	<u>1,418</u>	<u>8,255</u>	<u>6,140</u>	<u>6,465</u>
Analysed between					
Charitable activities	<u>6,837</u>	<u>1,418</u>	<u>8,255</u>	<u>6,140</u>	<u>6,465</u>

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	<u>19</u>	<u>19</u>
Employment costs	2022 £	2021 £
Wages and salaries	431,219	438,804
Other pension costs	<u>7,722</u>	<u>22,449</u>
	<u>438,941</u>	<u>461,253</u>

GATESHEAD CARERS ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

10 Tangible fixed assets

	Computers £
At 1 April 2021	18,812
Disposals	(18,812)
At 1 April 2021	14,333
Eliminated in respect of disposals	(14,333)
Carrying amount	
At 31 March 2021	3,359

11 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Prepayments and accrued income	200	1,759

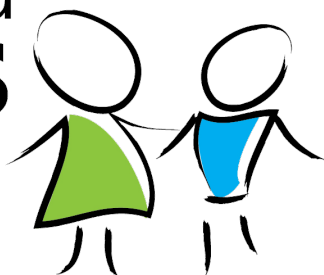
12 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	6,229	7,712
Other creditors	144,563	117,984
Accruals and deferred income	3,318	3,662
	154,110	129,358

13 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

Gateshead **Carers**



Annual Report

2022



OUR YEAR IN NUMBERS

Our mission is to make a significant positive difference in the lives of adult carers by effectively providing the highest quality of personalised carer support in Gateshead.

Thank you to the unpaid carers, volunteers, supporters, and local organisations throughout Gateshead and beyond who have supported us through 2022.



SUPPORTING CARERS IN 2022

555

**CARERS ACCESSED SUPPORT FOR
THE FIRST TIME**

1444

CARERS ACCESSED 1-2-1 SUPPORT

3068

**INDIVIDUAL PIECES OF SUPPORT
WORK CARRIED OUT**

126

CARER GROUPS & ACTIVITY SESSIONS

18

**BAME LANGUAGE COMMUNITIES
SUPPORTED**

£409,322

BENEFITS ACHIEVED FOR CARERS

£153,400

**FUNDING PROVIDED TO CARERS VIA
THE CARER WELLBEING FUND**

£8,010

**GRANT FUNDING ACHIEVED FOR
CARERS**

OUR IMPACT ON TH

Annual Report 2022

AFTER COMING US, CARER REPORTED...

THEIR MENTAL HEALTH IMPROVED BY 46%

THEY FELT 39% MORE SELF-CONFIDENT

THEY ARE 58% MORE ABLE TO COPE WITH
THE DEMANDS OF THEIR CARING ROLE

THEY ARE NOW 73% MORE CONFIDENT IN
ACCESSING SHORT BREAKS

THERE WAS AN IMPROVEMENT OF 48% IN
MANAGING DEBT

THEIR BUDGETING SKILLS HAVE IMPROVED
BY 33%

THEIR RELATIONSHIPS WITH OTHERS HAVE
IMPROVED BY 35%

THE LIVES OF CARERS

THEY FELT A **35%** IMPROVEMENT IN
COPING WITH EXCESSIVE CARING ROLES

A **31%** IMPROVEMENT IN ACHIEVING THEIR
PERSONAL GOALS

THEIR DIET HAD IMPROVED BY **28%**

THEY SAW A **35%** IMPROVEMENT IN THE
AMOUNT OF PHYSICAL EXERCISE

THEY FELT **36%** LESS SOCIALLY ISOLATED

THEIR SMOKING AND ALCOHOL USAGE
REDUCED BY **42%**

THEY FELT **92%** MORE ABLE TO ACCESS
EDUCATION AND TRAINING

THEY SAW A **43%** IMPROVEMENT IN
ACCESSING BENEFITS

OUR DIGITAL IMPACT

Annual Report 2022

1515 NEWSLETTER SUBSCRIBERS SIGNED UP

25,721 WEBSITE PAGE VIEWS

20,410 INDIVIDUAL WEBSITE USERS

49,256 PEOPLE REACHED ON SOCIAL MEDIA (ALL PLATFORMS)

289 ONLINE EXTERNAL REFERRALS

288 ONLINE SELF REFERRALS

79 INDIVIDUAL LIVE CHAT CASES

FEEDBACK FROM CARERS

"I am so grateful for your help and for the opportunity to access the Fun. Right now, it has given us hope and all of us need that so badly. Again, many thanks to you and your team... Wishing you all the best in these times. "

"GCA has been really helpful to myself and my stepfather, always there to help and they get back to me when I need support. We are very grateful for the telephone support we both have received."

"Best support for carers. Advice on finances. Giving me time out and a listening ear."

"You really cheer me up. You don't realise you do it but you care and it is nice to talk to you. My family don't always understand is but you listen and do not judge. I sometimes feel alone and you help with that. I really enjoy our chats. Thank you."

GET IN TOUCH

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