

Charity Registration No. 1074908

Company Registration No. 3677361 (England and Wales)

CARE FOR THE CARERS
TRUSTEES' REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2016

CARE FOR THE CARERS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mrs Jenny Ballard Dr Angela Chapman Mr Kenneth Hales (Treasurer) Mrs Clare Szanto Mr Alan Botterill
Chief Executive	Ms Jennifer Twist
Charity number	1074906
Company number	3677361
Principal address	Highlight House 8 St Leonards Road Eastbourne East Sussex BN21 3UH
Registered office	Highlight House 8 St Leonards Road Eastbourne East Sussex BN21 3UH
Auditors	Humphrey & Co 7-9 The Avenue Eastbourne East Sussex BN21 3YA

CARE FOR THE CARERS

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CARE FOR THE CARERS

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2016

The Trustees present their report and accounts for the year ended 31 March 2016.

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 constitution, the Companies Act 2006, the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005 and the Charities SORP (FRSSE) (effective 1 January 2015)

Structure, governance and management

Care for the Carers is a company limited by guarantee and governed by its Memorandum and Articles of Association dated 25 January 2010. It is registered as a charity with the Charity Commission. Membership is open to individual carers, groups, organisations and individuals who are interested in caring issues or who wish to support Care for the Carers. There are currently 297 members (2015: 400), each of whom agrees to contribute £1 in the event of the Company winding up.

The Trustees, who are also the directors for the purpose of company law, and who served during the year were:

Mrs Jenny Ballard (Chairperson)

Dr Angela Chapman (Vice-Chairperson)

Mr Kenneth Hales (Treasurer)

Mr Mark Moorton (Resigned 30 September 2015)

Mrs Farinaz Rassekh (Resigned 12 June 2015)

Mr Mark Rowe CPFA (Treasurer) (Resigned 4 April 2016)

Mrs Clare Szanto

Mr Aian Botterill (Appointed 30 September 2015)

The number of Trustees shall not be less than three. The Trustees may appoint a person who is willing to act as a Trustee either to fill a vacancy or as an additional Trustee. A Trustee so appointed shall hold office only until the next following annual general meeting and shall not be taken into account in determining the Trustees who are to retire by rotation at the meeting. If not reappointed at such annual general meeting, he/she shall vacate office at the conclusion thereof. At every annual general meeting one third of the Trustees shall retire from office and may be reappointed at the meeting.

The Trustees are inducted to brief them on their legal obligations under charity and company law, the committee and decision making processes, the business plan and recent financial performance of the Charity.

Trustees are encouraged to attend appropriate external training events and to meet the senior management team, to be given an overview of the charity's work. An opportunity is provided to shadow the carers support workers, to observe the work involved.

The board of Trustees administer the charity with the appointment of a Chief Executive, who has delegated authority to manage the day to day operations of the charity. The Chief Executive is supported by a senior management team responsible for Operations, Strategic Partnerships and Finance and Strategic Development.

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

CARE FOR THE CARERS

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

Objectives and activities

Purposes of the charity as set out in its governing document

The objects of the charity are to provide support, advice and information to any carer, of any age, living in East Sussex, Brighton and Hove or who is caring for someone living in East Sussex, Brighton and Hove. A carer is a relative, partner or friend, of any age, who within the past three years has provided essential care or support to someone who is disabled whether through mental or physical ill health, learning disability or frailty. This includes a parent or sibling caring for a disabled child.

Mission

Our mission is to improve the quality of carers' lives by helping the local community recognise and value the role of carers, and by enabling carers to have a voice and access the services and support they require.

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

Main activities undertaken

Support and Advice

Carers are offered a single point of contact – the Gateway – accessible by phone, email, via the website or by dropping in to the Carers' Centre. Specialist staff provide swift support to carers, including onward signposting to the range of services available across the county.

Regular Carers' Clinics enable Carer Support Workers to provide one to one support to carers, near to their home.

Time to Talk, our counselling service, provides emotional support to carers through counselling. This service reduces feelings of social isolation, and improves the health and wellbeing of carers.

Our Peer Mentoring service, which ceased in March 2016, supported carers to combat social isolation. The service ceased due to lower than anticipated uptake from carers. A new 'Care to Chat' service, a peer support initiative which aims to combat social isolation, was launched in January 2016. Although in its early stages, referrals to the service are increasing and matches are being explored.

CARE FOR THE CARERS

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

Groups and Activities

Carers' Information and Advice Groups offer carers new to the caring role an opportunity to meet other carers and access information, advice and support. Groups are facilitated by Carer Support Workers, and guests are invited from relevant services to inform carers about what is available to them. These groups support those new to caring for up to twelve months to build their confidence, resilience and resources.

Carers' Wellbeing Groups are the 'next step' after a carer has attended a Carers' Information and Advice Group for 12 months. They are aimed at carers who have been caring for a while and are aware of services available to them. Carers' Wellbeing Groups are led by carers for carers, with some agreed support from a named Carer Support Worker. Carers' Wellbeing Groups focus on anything that the group feels would improve their wellbeing, and, typically, could be based around activities such as walking, arts and crafts, or meeting for a coffee and chat.

Care for the Carers also runs groups for carers with specific needs or interests. The focus of these groups is led by feedback from carers and analysis of hidden carers. Currently we run a monthly Mental Health Carers' Group, for carers of people with mental health issues, and monthly Young Adult Carer Groups, for carers aged 17-25 years. Run in a similar format to the Carers Information and Advice Groups, carers' participation in these groups is not time-limited.

In addition to the monthly groups, Care for the Carers has made use of specific funding from Carers Trust and local donors, such as a local motorcycle club, to work with Young Adult Carers. This work has included providing vocational support, involving the Young Adult Carers in influencing how the services are run, and offering social activities which their caring role prevents them from accessing.

Until March 2016, Care for the Carers ran a number of Young Carers groups across East Sussex, providing young carers with the opportunity to access support, have a break from their caring role, and have fun in the company of other young carers. These groups closed following the cessation of funding, and Care for the Carers aims to identify alternative funding to work again with this client group.

Involvement

Our commitment to meaningful involvement of unpaid carers in East Sussex is achieved through the facilitation of the Carers Voices Network. This offers opportunities for carers from across the county to share their views, experiences and needs, and to influence decision making around issues that impact on their lives.

Our involvement work includes supporting Carers Voices Representatives from across the county, facilitating Carers Voices Groups and Carers Forums and encouraging a wider group of carers to participate in consultations, focus groups and campaigns initiated by Care for the Carers or by our partners.

CARE FOR THE CARERS

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

Carer Awareness

Care for the Carers' Carer Awareness Programme covers a range of offers including information stands at events, presentations at meetings, formal training sessions and organised campaigns. The remit is cross cutting and embedded in all of our roles.

Our Carer Awareness Programme and package of resources has been developed this year and is delivered as formal training sessions to partners who sign up as Carer Champions in their organisation or community.

Care for the Carers also supports volunteers, some of whom have chosen to be Carer Ambassadors. Ambassadors receive Carer Awareness training, and are supported to identify issues specific to their communities and to develop ideas for how these may be addressed. The training is often generic and open to people from all areas of work or levels of understanding. However, bespoke training sessions are also offered. These take into account the specific context of those that attend, for example those working in health, respite provision or industry.

Our Carer Friendly Community Initiative means that a number of local businesses and service providers are, with our support, looking at how they can ensure that they are more carer aware, taking into account not only the needs of people that access their services but also their own employees.

Care for the Carers, as the Carers Centre for East Sussex, led Carers Rights Day and Carers Week activities across the county this year. This involved promoting events, sharing resources, evaluating the campaigns and sharing learning with our partners.

Information and Communication

Care for the Carers produces a quarterly Careline magazine on behalf of all commissioned services for carers in East Sussex. Hard copies are distributed in venues such as Libraries and Health Centres with the aim of reaching new carers, and enabling them to access support. Careline is also available digitally, through the Care for the Carers website, via our eNewsletter mailing list, and is emailed to carers who have requested a digital version.

A monthly eNewsletter, sent to professionals and active carers, includes engagement opportunities, campaigns and activities. Care for the Carers uses social media, Facebook and Twitter, to reach out to as many carers as possible.

Tools and Resources

Our Carers' Card offers discounts to carers from a wide range of businesses in East Sussex.

Our Carers' Toolkit is a range of courses which aims to equip carers with skills and information on a wide range of topics, which will improve their health and wellbeing and increase their understanding of the support services available to them.

The Healthcare Appointments Respite Grant allows carers to access respite, which in turn enables them to attend healthcare appointments, training courses or engagement opportunities.

Care for the Carers administers a Carers Voices Grant, renamed Small Grants for Carers in 2016. Small Grants for Carers is a small fund that supports new groups for carers that are not led by Care for the Carers, or those who want to develop their offer. Applications are approved by Carers Voices Group Representatives.

CARE FOR THE CARERS

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

Achievements and performance

Support and Advice

During the year the charity supported 6,509 carers across East Sussex. 211 clinics were held, providing one-to-one specialist support and advice to 1,338 carers. 100% of carers with urgent needs or those in crises were fast-tracked, with the same day response given to the carer or referrer. Other carers received one-to-one support within five days.

144 carers accessed counselling regarding the challenges of their caring role through our Time to Talk counselling service. Carers accessing support from Care for the Carers regularly state the positive impacts of their contact with the organisation. For example, one carer recently reported that accessing the Time to Talk counselling service "brought her back" from suicide.

Groups and Activities

Care for the Carers delivered 80 Carers' Groups in total, a combination of Carers' Information and Advice Groups, Carers' Wellbeing Groups and a monthly Mental Health Carers' Group. A snapshot review of our Carers' Groups in Spring 2016 found that "Carers' groups are highly valued by the carers who attend them. Face to face meetings involving mutual support from others in the same situation and information from Carers Support Workers contribute to maintaining carers' well-being and their ability to make informed choices about their caring role."

Care for the Carers' work with Young Adult Carers has been particularly successful, making use of a grant from Carers Trust to actively engage Young Adult Carers with Influencing how the service develops and to deliver a programme of workshops for Young Adult Carers regarding employability.

During the year, Care for the Carers continued to run a number of Young Carers' groups across East Sussex, providing young carers with the opportunity to access support, have a break from their caring role, and have fun in the company of other young carers. This service has now ceased, and Care for the Carers undertook an in depth review of the needs of young carers in East Sussex and how those needs can best be met in the future. The review identified that the Young Carers' groups were "clearly valued and meet a clearly identifiable need for social respite. The key ingredient to this success is that young carers enjoy coming together where they can **switch off and be with people (their peers) who understand.**" The valuable learning from this review will inform Care for the Carers' future work with this client base.

CARE FOR THE CARERS

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

Involvement

Care for the Carers is committed to the meaningful involvement of unpaid carers in East Sussex. Our Involvement work includes supporting Carers Voices Representatives from across the county, facilitating Carers Voices Groups and Carers Forums, and encouraging a wider group of carers to participate in consultations, focus groups and campaigns initiated by Care for the Carers or by our partners.

This year Carers Forums were held in the spring and autumn of 2015 in each of the three Clinical Commissioning Group (CCG) areas: Eastbourne, Hailsham and Seaford, Hastings and Rother, and High Weald, Lewes and Havens. The spring Forums were themed East Sussex Better Together, and the autumn Forums had the theme Staying Safe. The Forums were attended by a range of carers and partners.

Carers Voices Groups were also held in the three CCG areas in 2015 with seven Carer Representatives, 13 other carers and 13 professionals on the mailing list.

In March 2016 a group of eight carers, together with Care for the Carers' Chief Executive Officer and Strategic Partnerships Manager, visited Westminster to meet with local MPs. The carers were able to brief the MPs on the issues that carers from their constituencies are facing. It is important to Care for the Carers that we are able to facilitate opportunities such as these for carers to have their voices heard.

A review of Care for the Carers' Membership and Engagement offer was undertaken this year resulting in the development of a new interim Carer Engagement Pathway to be implemented in July 2016. This will increase the reach of our engagement work, enabling more carers to participate in ways that meet their needs and address their interests. In January and March 2016 representatives met to contribute to discussions around this pathway and to help shape future opportunities.

Carer Awareness

Care for the Carers supports around 70 volunteers and 20 of these are Carer Ambassadors. Formal training sessions delivered towards the end of the year in Eastbourne, Hailsham and Seaford Clinical Commissioning Groups area, were very well received. The training sessions were attended by 13 professionals and 5 volunteers. Their evaluations indicated that participants rated the training as very good, with professionals highlighting that they now felt more confident to speak to carers. As a result of positive feedback, applications for future courses, three to be held each quarter, are going well.

Our Carer Friendly Community work is being piloted within Greenwood Respite Provision, helping the team explore how they can better support the carers they meet. The aim is to roll out training in 2016 to around 50 staff across two venues in East Sussex and identify a number of Carer Champions in each location. Work is also underway to share good practice at local Partnership Boards.

Care for the Carers led Carers Week in June 2015. A range of events were held, including information stands across the county, a drive to capture Carers Stories, an effort to encourage businesses to sign up to the Carers' Card and a campaign to encourage businesses to take the Carers Week Pledge. The week was a great success, with 41 businesses signing up to the Carers' Card, and the launch of our *Carer Friendly Communities* Initiative. Photos of events happening during Carers Week were shared on Facebook, Twitter and the Care for the Carers website.

Care for the Carers facilitated Carers Rights Day activities across the county in November 2015. The focus was on Working Carers Rights. Care for the Carers and partners staffed an Information Stand which was accessed by carers and members of the public. HARC held a drop-in benefits advice session in the Carers Centre which was attended by carers who said they found the benefit advice useful and they had received the information they were looking for. Carers Rights Day, and the events held, were promoted through CareLine, flyers, posters, website, social media channels, Facebook and Twitter.

CARE FOR THE CARERS

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

Information and Communication

Careline, the quarterly magazine produced by Care for the Carers on behalf of all commissioned services for carers in East Sussex, has a print run of 10,000 copies. Each quarter it is posted to nearly 5,000 carers, with the remaining hard copies being distributed to venues such as Libraries and Health Centres with the aim of reaching new carers, and enabling them to access support.

Our email circulation reaches 1,539 carers and professionals. This includes the digital version of Careline and a monthly eNewsletter distributed to professionals and active carers. This includes local and national engagement opportunities, campaigns and activities.

Tools and Resources

Our Carers' Card offers discounts to carers from a wide range of businesses in East Sussex. 994 carers signed up for the discount card during the year, with 130 business providing the card. We are delighted that so many carers across the county are able to access discounts from business in diverse industries such as food and drink, health, fitness and wellbeing, legal and financial, and retail.

Our Carers' Toolkit is a range of courses which aims to equip carers with skills and information on a wide range of topics, including Carers Rights, Healthy Eating, First Aid, Legal Matters, Money Matters and Emergency Planning. The feedback from carers regarding these courses has been very encouraging, with 100% of the carers feeling that they have benefited from attending the course.

51 carers have accessed respite through the Healthcare Appointments Respite Grant, which has enabled them to attend healthcare appointments, training courses or engagement opportunities.

Financial review

The charity had a strong financial position at the year end, with cash balances of £404,666 (2015: £380,389) and reserves totalling £487,963 (2015: £394,153).

The principal funding sources of income to the charity were grant income of £806,588 (2015: 851,334) and donations of £172,685 (2015: £38,108). The majority of donations were comprised of three legacies, which amounted to £143,348 (2015: £nil). As stated below, the trustees intend to use these legacies to finance projects to enable the charity to widen our offer to carers.

The charity is currently reliant on one funding stream for the majority of its income: the East Sussex Commissioning Grants Prospectus, funded by the three local Clinical Commissioning Groups and East Sussex County Council. The Trustees acknowledge the risk inherent in this reliance on a single funding source and are developing a Funding Strategy, with the aim of increasing the charity's income from non-statutory sources to half of all income by 2020.

The reserves of the charity comprise restricted, designated and unrestricted funds.

Restricted funds are those which may only be spent on the purpose specified by the donor. The charity had restricted funds of £40,524 (2015: £85,004).

Designated funds are those set aside by the trustees, to finance particular projects which cannot be met from future income alone. The charity had designated funds of £296,563 (£309,149).

Unrestricted Funds are those which are available for use in the charity's purposes. The charity had unrestricted funds of £150,876 (2015: £nil).

CARE FOR THE CARERS

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

Reserves policy

The Trustees' Liability Reserve comprises funds which have been set aside to enable the charity to adapt to a future decrease in funding. It is the policy of the charity that this reserve should be maintained at a level which is adequate to meet the costs of restructure, and continue to further the objects of the charity, while new sources of funding are sought. Following a review, it has been agreed that this level is £150,196.

The Legacies Projects Reserve represents legacies that the charity received during the year, which have been set aside to finance specific projects. It is the intention of the trustees to use these reserves to finance projects which will enable the charity to help those carers to whom we are currently able to offer less substantial support, including young carers, parent carers of disabled children and former carers. The trustees also intend to use this reserve to develop the charity's independence and resilience, through the implementation of a Funding Strategy. The Legacy Reserve had a balance of £121,846 (2015: £nil).

The Equipment Reserve has been set aside to finance the purchase and implementation of a new database, which will enable the charity to report with greater ease and clarity on its charitable activities. The database was purchased in June 2016 and has been in use since July 2016. The Equipment Reserve had a balance of £15,831 (2015: £25,000).

The Specific Activity Reserve has been set aside to finance discrete, one-off projects, such as the formulation of the charity's Funding Strategy and training to further the development of the staff. The Specific Activity Reserve had a balance of £8,690 (2015: £22,000).

Asset cover for funds

Note 17 sets out an analysis of the assets attributable to the various types of funds and a description of the funds. These assets are sufficient to meet the charity's obligations on a fund by fund basis.

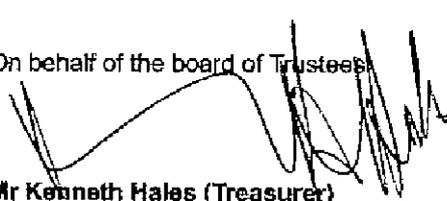
Disclosure of information to auditors

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 auditors are aware of such information.

Auditors

The trustees have agreed to place the audit of the charity for the year ended 2017 out for tender.

On behalf of the board of Trustees



Mr Kenneth Hales (Treasurer)

Trustee

Dated: 22 August 2016

CARE FOR THE CARERS

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Company law requires the Trustees to prepare accounts for each financial year which give a true and fair view of the charitable company's state of affairs at the end of the year and of its income and expenditure for that period.

In preparing those accounts, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

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

CARE FOR THE CARERS

INDEPENDENT AUDITORS' REPORT

TO THE TRUSTEES OF CARE FOR THE CARERS

We have audited the accounts of Care for the Carers for the year ended 31 March 2016 set out on pages 12 to 22. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), Financial Reporting Standard for Smaller Entities (effective January 2015) and the Charities SORP (FRSSE)(effective 1 January 2015).

This report is made solely to the charity's trustees, as a body, in accordance with section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the charity's trustees 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 its trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of Trustees and auditors

As explained more fully in the statement of trustees' responsibilities, the Trustees, who are also the directors of Care for the Carers for the purposes of company law, are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view.

The Trustees have elected for the accounts to be audited in accordance with the Charities Act 2011 rather than the Companies Act 2006. Accordingly we have been appointed as auditors under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our responsibility is to audit and express an opinion on the accounts in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

Scope of the audit of the accounts

An audit involves obtaining evidence about the amounts and disclosures in the accounts sufficient to give reasonable assurance that the accounts are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charity's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the Trustees; and the overall presentation of the accounts. In addition, we read all the financial and non-financial information in the Trustees' Annual Report to identify material inconsistencies with the audited accounts and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on accounts

In our opinion the accounts:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2016 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 Companies Act.

CARE FOR THE CARERS

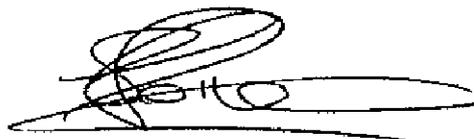
INDEPENDENT AUDITORS' REPORT (CONTINUED) TO THE TRUSTEES OF CARE FOR THE CARERS

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities Act 2011 requires us to report to you if, in our opinion:

- the information given in the Trustees' Report is inconsistent in any material respect with the accounts; or
- the charitable company has not kept adequate accounting records; or
- the accounts are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Paul Potter (Senior Statutory Auditor)
for and on behalf of Humphrey & Co



Chartered Accountants

Statutory Auditor

7-9 The Avenue

Eastbourne

East Sussex

BN21 3YA

Dated: 1 September 2016

Humphrey & Co is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

CARE FOR THE CARERS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2016

	Notes	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2016 £	Total 2015 £
<u>Incoming resources from generated funds</u>						
Donations and gifts	2	26,337	143,348	3,000	172,685	38,108
Investment income	4	833	-	-	833	1,032
		<u>27,170</u>	<u>143,348</u>	<u>3,000</u>	<u>173,518</u>	<u>39,140</u>
Incoming resources from activities to further the charity's objects	3	749,519	-	57,069	806,588	851,334
Total incoming resources		<u>776,689</u>	<u>143,348</u>	<u>60,069</u>	<u>980,106</u>	<u>890,474</u>
<u>Resources expended</u>						
Charitable activities						
Direct charitable expenditure		551,040	280	91,601	642,921	728,474
Support costs		175,169	4,169	9,571	188,909	127,861
Total charitable expenditure		<u>726,209</u>	<u>4,449</u>	<u>101,172</u>	<u>831,830</u>	<u>856,335</u>
Governance costs		38,260	13,030	3,178	54,468	24,464
Total resources expended		<u>764,469</u>	<u>17,479</u>	<u>104,350</u>	<u>886,298</u>	<u>880,799</u>
Net incoming/(outgoing) resources before transfers		<u>12,220</u>	<u>125,869</u>	<u>(44,281)</u>	<u>93,808</u>	<u>9,675</u>
Gross transfers between funds		138,656	(138,453)	(203)	-	-
Net income/(expenditure) for the year/ Net movement in funds		<u>150,876</u>	<u>(12,584)</u>	<u>(44,484)</u>	<u>93,808</u>	<u>9,675</u>
Fund balances at 1 April 2015		-	309,147	85,008	394,155	384,478
Fund balances at 31 March 2016		<u>150,876</u>	<u>296,563</u>	<u>40,524</u>	<u>487,963</u>	<u>394,153</u>

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

CARE FOR THE CARERS

BALANCE SHEET

AS AT 31 MARCH 2016

		2016		2015	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	11		43,442		51,070
Current assets					
Debtors	12	144,068		74,672	
Cash at bank and in hand		404,666		380,389	
		<u>548,734</u>		<u>455,061</u>	
Creditors: amounts falling due within one year	13	<u>(104,213)</u>		<u>(111,978)</u>	
Net current assets			<u>444,521</u>		<u>343,083</u>
Total assets less current liabilities			<u>487,963</u>		<u>394,153</u>
Income funds					
Restricted funds:	15				
Other restricted funds		<u>40,524</u>		<u>85,008</u>	
			<u>40,524</u>		<u>85,006</u>
Unrestricted funds:					
Designated funds	16		296,563		309,147
Other charitable funds			<u>150,876</u>		<u>-</u>
			<u>487,963</u>		<u>394,153</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 2016, although an audit has been carried out under section 144 of the Charities Act 2011. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts under the requirements of the Companies Act 2006.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts 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 accounts, so far as applicable to the company.

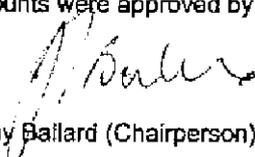
These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime and the Financial Reporting Standard for Smaller Entities (effective 01 January 2015).

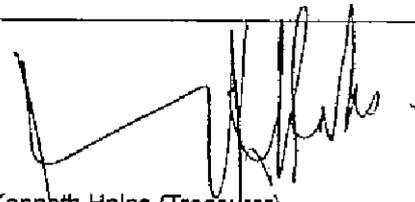
CARE FOR THE CARERS

BALANCE SHEET (CONTINUED)

AS AT 31 MARCH 2016

The accounts were approved by the Board on 22 August 2016


Mrs Jenny Ballard (Chairperson)
Trustee


Mr Kenneth Hales (Treasurer)
Trustee

Company Registration No. 3677361

CARE FOR THE CARERS

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2016

1 Accounting policies

1.1 Basis of preparation

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015), the Charities SORP (FRSSE) (effective January 2015), "Accounting and Reporting by Charities", Issued in March 2005 and the Companies Act 2006.

1.2 Incoming resources

Donations and gifts are accounted for when received by the charity. Grants are recognised in full in the Statement of Financial Activities in the year in which they are receivable. All other income is recognised in the Statement of Financial Activities in the period in which it is raised or earned.

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are those funds established by the Trustees for particular projects so as to segregate these from unrestricted funds.

Restricted funds are subject to restrictions on their expenditure imposed by the donor.

1.3 Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred.

Charitable expenditure 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.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

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.

1.4 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 less estimated residual value of each asset over its expected useful life, as follows:

Computer equipment	25% straight line basis
Fixtures & fittings	25% reducing balance basis
Caravan	20% reducing balance basis

1.5 Pensions

The charity operates two defined contributions pension schemes, one of which is now closed to new members. Contributions are charged in the accounts as they become payable in accordance with the rules of the schemes.

CARE FOR THE CARERS

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2016

2 Donations and gifts

	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2016 £	Total 2015 £
Donations and gifts	26,337	-	3,000	29,337	38,108
Legacies receivable	-	143,348	-	143,348	-
	<u>26,337</u>	<u>143,348</u>	<u>3,000</u>	<u>172,685</u>	<u>38,108</u>

The charity is entitled to further funds from one of the legacies but this is dependent on the sale of a property where the sale value cannot be accurately measured.

3 Incoming resources from activities to further the charity's objects

	Unrestricted funds £	Restricted funds £	Total 2016 £	Total 2015 £
East Sussex Commissioning Grants Prospectus	710,570	-	710,570	671,834
East Sussex County Council	22,766	17,692	40,458	136,847
Time Out	16,183	-	16,183	-
Wealden District Council	-	8,000	8,000	8,000
Young Carers Activities	-	8,888	8,888	-
Carers Trust	-	5,000	5,000	5,000
Grants payable to carers	-	5,293	5,293	-
Department of Work and Pensions	-	6,149	6,149	-
Rye Sunset Singers	-	200	200	1,800
Sussex Community Foundation	-	2,000	2,000	-
Big Lottery Fund Awards For All	-	3,847	3,847	-
Macmillan Cancer Support	-	-	-	27,853
	<u>749,519</u>	<u>57,069</u>	<u>806,588</u>	<u>851,334</u>

4 Investment income

	2016 £	2015 £
Interest receivable	<u>833</u>	<u>1,032</u>

CARE FOR THE CARERS

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2016

5 Total resources expended

	Staff costs £	Depreciation £	Other costs £	Total 2016 £	Total 2015 £
Charitable activities					
<u>Direct charitable expenditure</u>					
Activities undertaken directly	549,451	-	93,470	642,921	728,474
<u>Support costs</u>					
Support costs	83,785	-	105,124	188,909	127,861
	<u>633,236</u>	<u>-</u>	<u>198,594</u>	<u>831,830</u>	<u>856,335</u>
Governance costs	-	20,395	34,073	54,468	24,464
	<u>633,236</u>	<u>20,395</u>	<u>232,667</u>	<u>886,298</u>	<u>880,799</u>

Governance costs includes payments to the auditors of £4,500 (2015: £3,900) for audit fees and £1,500 (2015: £1,500) for accounts preparation.

6 Activities undertaken directly

	2016 £	2015 £
Other costs relating to Direct charitable expenditure comprise:		
Travel and subsistence	5,938	24,152
Project costs core contract	18,654	33,017
Other project costs	910	5,027
Schools and young carers	23,812	25,614
Carers grants	11,775	17,084
Caravan	3,175	6,475
Careline	17,368	6,694
Counselling	10,894	13,219
CFTC activities	-	5,660
Carers card	946	997
	<u>93,470</u>	<u>137,939</u>

CARE FOR THE CARERS

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2016

7 Support costs	2016	2015
	£	£
Premises costs	41,074	52,498
Staff costs	83,785	38,477
Other costs	64,050	38,886
	<u>188,909</u>	<u>127,861</u>
8 Governance costs	2016	2015
	£	£
Other governance costs comprise:		
Management support	498	3,753
Legal and professional	13,389	1,470
Accountancy and audit fees	6,000	8,400
Sundry governance costs	1,177	-
Development fund expenditure	13,029	-
	<u>34,073</u>	<u>13,623</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year, but two of them were reimbursed a total of £498 travelling expenses (2015: three were reimbursed £1,041).

CARE FOR THE CARERS

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2016

10 Employees

Number of employees

The average monthly number of employees during the year was:

	2016 Number	2015 Number
Total	30	30

Employment costs

	2016 £	2015 £
Wages and salaries	628,584	627,012
Other pension costs	4,652	3,192
	<u>633,236</u>	<u>630,204</u>

There were no employees whose annual remuneration was £60,000 or more.

11 Tangible fixed assets

	Computer equipment £	Fixtures & fittings £	Caravan £	Total £
Cost				
At 1 April 2015	59,461	10,073	12,124	81,658
Additions	12,766	-	-	12,766
Disposals	-	-	(12,124)	(12,124)
At 31 March 2016	<u>72,227</u>	<u>10,073</u>	<u>-</u>	<u>82,300</u>
Depreciation				
At 1 April 2015	13,105	8,535	8,946	30,586
On disposals	-	-	(9,528)	(9,528)
Charge for the year	16,833	385	582	17,800
At 31 March 2016	<u>29,938</u>	<u>8,920</u>	<u>-</u>	<u>38,858</u>
Net book value				
At 31 March 2016	<u>42,289</u>	<u>1,153</u>	<u>-</u>	<u>43,442</u>
At 31 March 2015	<u>46,354</u>	<u>1,538</u>	<u>3,178</u>	<u>51,070</u>

A decision was made to dispose of the Caravan, which was used to provide holidays for carers and their families, due to its deteriorating condition. The charity is actively seeking other means of providing holiday opportunities for carers.

CARE FOR THE CARERS

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2016

12 Debtors	2016	2015
	£	£
Trade debtors	65,476	66,727
Other debtors	73,848	-
Prepayments and accrued income	4,744	7,945
	<u>144,068</u>	<u>74,672</u>

13 Creditors: amounts falling due within one year	2016	2015
	£	£
Trade creditors	10,116	5,692
Taxes and social security costs	10,433	11,439
Other creditors	824	-
Accruals	22,364	10,251
Deferred income	60,476	84,596
	<u>104,213</u>	<u>111,978</u>

14 Pension and other post-retirement benefit commitments **Defined contribution**

The charity operates two defined contribution pension schemes, one of which is now closed to new members. The assets of the schemes are held separately from those of the charity in independently administered funds. The pension cost represents contributions payable by the charity to the funds. At the year end the charity owed the schemes £676 (2015: £nil) which is included in other creditors.

	2016	2015
	£	£
Contributions payable by the company for the year	<u>4,652</u>	<u>3,192</u>

CARE FOR THE CARERS

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2016

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement In funds				Balance at 31 March 2016 £
	Balance at 1 April 2015 £	Incoming resources £	Resources expended £	Transfers £	
Carers Voices	-	7,500	(1,946)	-	5,554
Health Appointment Respite					
Grants	-	5,193	(4,423)	-	770
Care to Chat	-	5,000	(96)	-	4,904
Sussex Community Foundation	-	2,000	-	-	2,000
Young Carers	60,619	16,888	(78,705)	1,198	-
Young Adult Carers	15,244	8,000	(2,797)	-	20,447
Carers Card	6,079	-	(996)	-	5,083
Carers Grant	567	5,292	(5,406)	-	453
Rother Dementia	1,523	200	(410)	-	1,313
HO Caring	837	-	-	(837)	-
I-Go	139	-	-	(139)	-
Access to Work	-	6,149	(6,149)	-	-
25th Anniversary Celebration	-	3,847	(3,422)	(425)	-
	<u>85,008</u>	<u>60,069</u>	<u>(104,350)</u>	<u>(203)</u>	<u>40,524</u>

16 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement In funds				Balance at 31 March 2016 £
	Balance at 1 April 2015 £	Incoming resources £	Resources expended £	Transfers £	
Trustee Contingency Reserve	262,147	-	-	(111,951)	150,196
Equipment Reserve	25,000	-	(4,169)	(5,000)	15,831
Specific Activity Reserve	22,000	-	(13,310)	-	8,690
Legacies Projects Reserve	-	143,348	-	(21,502)	121,846
	<u>309,147</u>	<u>143,348</u>	<u>(17,479)</u>	<u>(138,453)</u>	<u>296,563</u>

CARE FOR THE CARERS

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2016

17 Analysis of net assets between funds

	Unrestricted funds	Designated funds	Restricted funds	Total
	£	£	£	£
Fund balances at 31 March 2016 are represented by:				
Tangible fixed assets	43,442	-	-	43,442
Current assets	211,847	296,563	40,524	548,734
Creditors: amounts falling due within one year	(104,213)	-	-	(104,213)
	<u>150,876</u>	<u>296,563</u>	<u>40,524</u>	<u>487,963</u>

18 Commitments under operating leases

At 31 March 2016 the company had annual commitments under non-cancellable operating leases as follows:

	Land and buildings	
	2016	2015
	£	£
Expiry date:		
Between two and five years	<u>36,617</u>	<u>36,617</u>

