

Registered number: 03677361
Charity number: 1074906

Care for the Carers
(A company limited by guarantee)

Trustees' report and financial statements

For the year ended 31 March 2018

Care for the Carers
(A company limited by guarantee)

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Care for the Carers
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Reference and administrative details of the charity, its trustees and advisers
For the year ended 31 March 2018

Trustees

Mrs Jenny Ballard, Co-Chair
Dr Angela Chapman, Vice Chair
Mr Alan Botterill
Mr Chris Raper, Treasurer and Co-Chair
Ms Sara Batista
Ms Mandy Curtis
Mr Stephen Lloyd

Company secretary

Ms Jennifer Twist

Chief executive officer

Ms Jennifer Twist

Charity registered number

1074906

Company registered number

03677361

Registered office

Highlight House
8 St Leonards Road
Eastbourne
East Sussex
BN21 3UH

Independent auditors

Kreston Reeves LLP
One Jubilee Street
Brighton
East Sussex
BN1 1GE

Solicitors

Keeleys LLP
28 Dam Street
Lichfield
Staffordshire
ES13 6AA

Care for the Carers
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Trustees' report
For the year ended 31 March 2018

The Trustees present their annual report together with the audited financial statements of the charity for the year ended 31 March 2018. The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), 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) as amended by Update Bulletin 1 (effective 1 January 2015).

Since the charity qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

Objectives and Activities

a. Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit.

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.

There are many reasons why caring for someone else leaves the carer needing support:

- Caring reduces the physical and mental health and wellbeing of many carers.
- Caring may lead to poverty, many carers need to give up work in order to care, or to manage on benefits.
- Caring often impact on carers' ability to sustain employment, friendships and hobbies.
- Many carers face isolation and loneliness.

Care for the Carers seeks to address these issues through directly supporting carers, raising awareness of the issues faced by carers and influencing local and national policy affecting carers.

b. Vision and mission

Our vision: We will work with carers until all East Sussex carers have recognition, choices, influence and access to quality support and services that they need and want.

Our mission: We represent East Sussex carers, enable their voices to be heard and provide services in response to what they need and want.

c. Main activities undertaken to further the charity's purposes for the public benefit

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 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.

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Trustees' report (continued)
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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 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 twelve 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, so 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. 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.

During the year, Care for the Carers ran a programme of therapeutic groups to support those at the end of their caring journey. These monthly groups were facilitated by two experienced counsellors, who provided support to former carers to cope with the emotional and practical aspects of their caring role coming to an end. These groups ran until December 2017, when funding ceased.

In addition to the monthly groups, Care for the Carers has made use of specific funding from generous donors 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.

This year saw growth in our Activities Programme, funded by donations from mainly local trusts. The activities and events for carers, which aim to give carers a break, some fun, and/or an opportunity to socialise with other carers, have been well-received. Activities have included a Young Adult Carers residential weekend, afternoon teas, theatre trips, wellbeing and pamper days, and Christmas lunches for all our carers groups.

Involvement

Our commitment to the 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. The Network encourages a wide group of carers to participate in consultations, focus groups and campaigns initiated by Care for the Carers or by our partners and uses a range of methods to ensure these opportunities are made as accessible as possible.

Alongside supporting carers who wish to be Carers Voices representatives to attend formal meetings and consultations, carers' views are also gathered more informally through feedback from carers' groups and focus groups.

Our monthly engagement eNewsletter keeps carers, volunteers and professionals up to date with local and national policy, highlights opportunities to influence decision making, and raises awareness of issues of importance to carers. Our biannual Carers Forums are free, and offer information-sharing workshops which gather carers' views, a marketplace of local providers who use this opportunity to listen to carers' experiences, and very importantly opportunities for carers to socialise and build their networks.

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Trustees' report (continued)
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Carer Awareness

Care for the Carers' 'Building a Carer Friendly Community' initiative raises awareness of the valuable role unpaid carers play, their needs and experiences, and the challenges they face. This initiative encourages local businesses and service providers to become more carer-aware, taking into account not only the needs of people that access their services, but also their own employees who are carers themselves. Support is offered on how these partners can remove the obstacles that carers face and do 'small things that can make a big difference' to carers lives. It also encourages businesses to sign up to the East Sussex Carers Card and offer discounts to carers on a wide range of services across the county.

Our Carer Awareness Training has evolved into a bespoke programme which is in high demand in health, social care and the voluntary sectors across the county. Through this training we identify Carer Ambassadors, who may be paid workers or volunteers. These Ambassadors sign up to support the development of a more carer friendly East Sussex and to be a 'go to person' around carer's issues in their organisation or community.

As the Carers Centre for East Sussex, Care for the Carers leads on the coordination of national campaigns such as Carers Rights Day and Carers Week activities across the county. This involves promoting events, sharing resources, evaluating the campaigns, building on partnership working and sharing learning with our partners. The Carer Awareness remit is cross cutting and embedded in all of our roles.

Writer in Residence

Care for the Carers' innovative Writer in Residence initiative, 'Carers' Words, Carers' Lives', has been funded through donations and is now in its second year. Carers from across the county have had the opportunity to reflect on their experiences and tap into their creativity through workshops and one to one sessions. A range of creative outputs have been produced including films, posters, pamphlets and a book.

Information and Communication

Care for the Carers produces the quarterly CareLine magazine. 10,000 copies are printed, sent to carers who do not have access to email and 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 and, via our eNewsletter mailing list, and is emailed to carers with online access.

The monthly eNewsletter is sent to professionals and carers who are interested in being more actively involved. It includes engagement opportunities, local and national campaigns, policy updates and activities. Care for the Carers is increasingly using social media platforms such as Facebook, Twitter, Instagram and YouTube, to share information and reach out to as many carers as possible from diverse groups.

Our website acts as first port of call for carers and professionals who wish to know more about local services for unpaid carers, and how to access support. It also acts as an awareness raising and fundraising platform reaching out to a wide group of stakeholders.

Tools and Resources

Our East Sussex Carers' Card has a number of functions. It offers discounts to carers from a wide range of businesses in East Sussex, as well as alerting the emergency services that cardholders are carers. The card is available to all carers including young carers and parent/family carers of children. In addition adult carers who care for another adult, can link their Carers Card to a backup emergency care plan through East Sussex County Council's Carers Respite Emergency Support Scheme (CRESS).

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 to enable them to attend healthcare appointments, training courses or engagement opportunities.

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Care for the Carers administers the 'Small Grants for Carers' fund, which supports set up costs for new groups that directly benefit carers and helps established groups to develop their offer. Applications are approved by Care for the Carers' Strategic Partnership Manager, in consultation with the East Sussex County Council ("ESCC") commissioner when appropriate. The fund is not available for Care for the Carers' own groups.

Achievements and performance

Support and Advice

During the year the charity supported 9,303 (2017: 8,085) carers across East Sussex, exceeding our target of 7,500. 352 (2017: 356) carers were supported at carers clinics across the county, and a total of 1,239 (2017: 1,173) carers were provided with one-to-one specialist support and advice. 100% (2017: 100%) of carers with urgent needs or those in crisis were fast-tracked, with the same day response given to the carer or referrer. Other carers received one-to-one support within five days.

180 (2017: 212) carers accessed counselling regarding the challenges of their caring role through our Time to Talk counselling service. This exceeds the target set of 100.

Carers accessing support from Care for the Carers regularly state the positive impacts of their contact with the organisation. For example, one carer recently gave the following feedback about the Time to Talk counselling service:

"It has enabled me to think of myself not just as a carer but as a person with needs. It's helped to control my anxiety attacks. It was wonderful to receive this help in a very low time in my life, it really was a lifeline for me."

Hastings Satellite Carers Centre

During the year, Care for the Carers piloted a Satellite Carers Centre in Hastings in partnership with Age UK East Sussex. This pilot provided us with significant learning about our work in communities and partnership project development.

In the six months the satellite was open it was clear that carers from Hastings valued the face to face contact it provided. The evidence showed us that, despite the many challenges this initiative faced, a shop front venue in an area with high footfall does significantly increase contact with new carers, increasing referrals and raising awareness of the support available.

The combined use of the venue by a partner service added value as individuals, who may not have realised that they are carers, visited the facility for other services and so recognised themselves as carers and accessed support.

Groups and Activities

Care for the Carers delivered 229 (2017: 169) carers' groups in total, at which there were 597 (2017: 606) carer attendances. These groups were a combination of carers' Information and Advice groups, carers' Wellbeing groups, a monthly Mental Health carers' group, a monthly group for Young Adult carers, and a group for Lesbian, Gay, Bisexual and Transgender carers.

Care for the Carers' work with Young Adult Carers has gone from strength to strength. A monthly group aimed at Young Adult Carers has been delivered throughout the year, whose regular membership is around 15 carers from across the county. The group has featured a range of workshops related to issues that young adult carers told us they wanted to focus on, along with opportunities for carers to 'chill', socialise and access support from experienced staff. The face-to-face group is also supported by a private Facebook group, through which more young adult carers access support and advice. Donations this year have made it possible to run a range of activities for young adult carers, including a biking trip to Thorpe Park, an outdoors pursuits weekend, a Christmas party, and bowling.

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Our other carers groups have also been complemented by social activities for carers, including wellbeing and pamper days, a trip on the Bluebell railway, cream teas, theatre trips, and Christmas lunches for all our carers' groups.

Involvement

Carers Voices Network

Care for the Carers facilitates the Carers Voices Network, which 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. There are now 245 carers signed up to the Carers Voices Network and all carers' Wellbeing group hosts are included on the mailing list, ensuring they are informed of current issues and opportunities that they can share with group members.

Care for the Carers envisages extending the Carers Voices Network further, with sub groups for former carers, partners, Care for the Carers' members and Ambassadors. This would enable targeted communication with and engagement of a wide group of interested people, recognising the important part they can play in being champions for carers, raising awareness, and supporting meaningful involvement.

Carers Forums

This year Care for the Carers held two countywide Carers Forums in the spring and autumn. This model of delivering our Carers Forums is proving to be very popular with both carers and service providers, and we are seeing increased attendance at every event. 81 carers attended the spring forum with ten cared for people, and 91 carers with ten cared for people attended in the autumn. A wide range of professionals and volunteers also attended, staffing the market place stands and facilitating workshops.

The spring forum, held in Eastbourne, was themed 'Building a Carer Friendly Community'. There were ten workshops covering how services including health, transport, learning disability, autism and services for carers need to develop to be more carer aware and carer friendly. Carer Friendly Community Surveys were completed on the day, and also online and during Carers Week in June 2017.

"It is important for carers to share experiences with professionals and other carers. Hopefully this will inform the decision making processes which all carers really rely on" (Carer)

The autumn Forum, held in Lewes, was themed 'Carers' Rights, Carers' Experiences'. Workshops explored rights around hospital admission, mental health, care in the community, Carers Assessments, benefits and end of life care. The Forum also explored rights in the workplace and education.

"The whole day was great and it was really lovely to talk to other carers in a supportive environment" (Carer).

Our Carers Forums act as a valuable opportunity for carers to learn about issues important to them, to contribute to shaping services and local strategy and to build their networks. The Forums also raise the profile of Care for the Carers' work and build strong partnerships with colleagues across health, social care and the voluntary sector. The support from partner organisations, who facilitate workshops and staff marketplace stands, is overwhelming and their feedback is consistently positive:

"I was so pleased to have taken part in the Carers Forum. The workshop discussions were stimulating and uncomfortable at times, but good to be challenged with the realities" (Sussex Partnership NHS Trust).

Carer Friendly Community awards were presented and the Carers' Words, Carers' Lives films were shown at both Forums, with the films receiving very positive feedback:

"Beautiful films!"

"Carers stories are powerful and help connect us all to the reality of caring - more of these films please! Inspired to tell our story now".

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“Watching the films, so moving and powerful and a medium for carers to share their experiences.”

Forum reports are circulated widely, and are used to influence decision making and service development. Carers' feedback about their experiences and needs is also used to add value to our Carer Awareness Training. CareLine magazine included articles around the workshop themes to inform carers who were not able to attend the events themselves.

Consultation

A key engagement activity this year has been the ESCC consultation on cuts to the carers' services budget. Care for the Carers supported ESCC to consult widely with carers by circulating information and facilitating consultation meetings over a ten week period from March 2018.

The CareLine mailing and email lists were used to circulate information about the consultation and the accompanying survey. The survey was also circulated in both the February and March eNewsletters, promoted via social media and on Care for the Carers' website and through carers' groups and the Carers Voices Network. Care for the Carers campaigned to raise awareness of the impact of the proposed cuts and encouraged carers to write to their local councillors and MPs.

Writer in Residence

Our Writer in Residence, Evlynn Sharp, has continued to lead the initiative 'Carers' Words, Carers' Lives'. The project has entered its second year and offers carers opportunities to reflect on their experiences, tap into their creativity, share their views, and gain some respite from their caring role. Carers have attended creative writing courses and have also participated in workshops held as part of carers' Information and Advice groups or Wellbeing groups.

Feedback from carers who have participated in the initiative is very positive, with the impact it has on their own health and wellbeing highlighted:

“The course was extremely important, as an avenue to express my feelings. An escape from my role. It was a safe place to voice our thoughts, emotions and experiences.”

“I really enjoyed the creative writing courses that I attended and found them so useful. Writing about my experiences was something I never thought I would be able to do and there was the added bonus that I met a lot of very nice people along the way”.

“I have needed space to express myself, which I was not getting in my role as a carer. (The course) has given me some respite and enable me to express myself....Like going on a holiday to exercise my mind.”

Evlynn has worked closely with carers, Care for the Carers' staff and with local artists on the project to produce high quality and accessible outputs, which are valuable campaigning and promotional resources. In its first year, the project produced an anthology of poems and a twelve minute film. A further five short films have been produced, accompanied by a trifold pamphlet which is ideal for cafes and meeting places. The films outline carers' experiences, and focus on objects that are important to them. The carers are from a broad range of backgrounds, reflecting the wide range of people who care, and the differences in the caring roles they undertake.

The films have been invaluable in promoting Care for the Carers' work, raising awareness of unpaid caring in East Sussex and supporting our training delivery and fundraising activities. The films are available on Care for the Carers' website, and can be viewed on YouTube: <https://www.youtube.com/channel/UCKaUvQQCBGHmfw0Xm5NBXtA/videos>

The latest output from 'Carers' Words, Carers' Lives' is a set of four postcards that showcase poems produced by carers through creative writing workshops. The cards also provide information about Care for the Carers which we hope will encourage carers to contact us for support.

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Work is underway to extend this project, to produce more films, engage a wider group of carers and to build on the legacy of the work through the production of an interactive workbook and DVD, containing practical resources such as short films of carers' stories and experiences, reflective exercises and guidance notes for group facilitators and carers.

Carer Awareness

Care for the Carers supports around 80 volunteers and 50 of these are Carer Ambassadors. Work has been undertaken this year to review our volunteering model and refresh our work with Carer Ambassadors which will be implemented over the next year.

Carer Awareness Training

Care for the Carers delivered a number of generic Carer Awareness sessions to over thirty diverse groups of volunteers and professionals. Their consistently positive feedback included:

"The structure, content and enthusiasm of the workshop was first class."

"Trainer was awesome – so open, passionate and educational about carers."

"Very informative and definitely raised my awareness of Care for the Carers and the support offered."

Requests for bespoke training from health and social care services have increased significantly over the year. Care for the Carers have delivered bespoke training to services including NHS trusts, housing associations, the fire services and volunteer organisations.

All four Patient Participation Group forums across the county have received Building Carer Friendly Practice input.

Campaigns

Care for the Carers led Carers Week in June 2017. A range of events took place across the county building on learning from previous campaigns and increasing partnership working. Social media played a big part in increasing our reach which we built on for Carers Rights Day in November 2017.

Care for the Carers was delighted to deliver a much more proactive Carers Rights Day than in recent years. This was the result of early planning and a shared action plan, along with the effort that went into engaging partners, carers and the wider community in a widespread social media campaign. Care for the Carers engaged a wider group of partners, increasing the reach of the local campaign. For example, the Lighthouse Medical Practice sent texts to all patients and put an article in their newsletter to inform patients about Carers Rights Day.

Events were advertised through posters designed by Care for the Carers, CareLine, our website, social media, the local press, the Carers UK website, a local radio station website and pre-recorded radio interviews.

Information and Communication

CareLine, the quarterly magazine produced by Care for the Carers has a print run of 10,000 copies. The CareLine mailing list is around five thousand and the email distribution list around 2,300 - a number that is increasing all the time as we are actively encouraging carers to receive their copy digitally. The remaining hard copies of the magazine are distributed to venues such as Libraries and Health Centres with the aim of reaching new carers, and enabling them to access support.

The circulation of our monthly eNewsletter reaches around 1,700 carers and professionals. Our eNewsletter includes local and national engagement opportunities, campaigns, policy updates and activities.

Our social media activity is increasing and reaching out to a more diverse range of carers.

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Trustees' report (continued)
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New website

Care for the Carers' new website went live in July 2017. A review is underway of its content, accessibility and usability to ensure it continues to meet the changing needs of carers and the organisation. Changes have been made to the homepage design, and work to create a webpage version of the Carers Card business directory is underway, ensuring it is readable by search engines. This is an important update as downloads of the Carers Card directory are increasing, 427 times in the last quarter of the year compared to 198 in the previous quarter. This is a great way of encouraging carers to access our website content, linking to Carers Card businesses and driving traffic to our site via its connection with other organisations.

Tools and Resources

Our East Sussex Carers Card offers discounts to carers from a wide range of businesses in East Sussex. 824 (2017: 643) carers signed up for the discount card during the year, with 158 (2017: 141) 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 Mindfulness, Managing Stress, Art Therapy, and Carers Rights and Emergency Planning. The feedback from carers regarding these courses has been very encouraging, and it is with sadness that we have discontinued these courses as of April 2018 due to reductions in funding.

79 (2017: 49) 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

a. Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

b. Overall financial review

The charity was in a good financial position at the year end, with cash balances of £389,040 (2017: £375,310) and reserves totalling £387,488 (2017: £428,517).

The principal funding sources of income to the charity were grant income of £804,251 (2017: £755,588) and donations of £24,953 (2017: £49,890).

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 continuing to develop their Funding Strategy, with the aim of increasing the charity's income from non-statutory sources. The Board approved the appointment of a Fundraising Manager during the year and are confident that the charity's level of voluntary income will increase substantially.

The East Sussex Commissioning Grants Prospectus contract was due to cease at the end of September 2017, but has been rolled over for eighteen months to the end of March 2019. In July Care for the Carers was advised that the Prospectus funding would be reduced by £59,000 for the six months September 2018 to March 2019. Consequently, the Board have agreed a plan to reduce costs, improve efficiencies and generate income from other sources to compensate for this loss of revenue. As previously mentioned, this sadly necessitated limited reductions to our services: the termination of the Carers Toolkit training programme, and some reductions to our Carers Voices, Representation, and Carer Awareness work.

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This autumn the contract with East Sussex County Council and the NHS to provide services to support carers in East Sussex will be put out to tender. The Trustees believe that Care for the Carers is best placed to provide these services, and are confident that the charity will be able to submit a strong bid for the tender. In the meantime, there is uncertainty regarding the future direction of the charity. Were it not to retain the contract with East Sussex County Council and the NHS, Care for the Carers would seek to continue to support carers in East Sussex in other ways by raising voluntary funds.

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 £36,955 (2017: £60,246).

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 £227,879 (2017: £137,253).

Unrestricted funds are those which are available for use to further the charity's purposes. The charity had unrestricted funds of £122,656 (2017: £231,018).

c. Reserves policy

The Trustee Contingency 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 £125,000 (2017: £134,181).

The Sustainable Development Reserve comprises funds which have been set aside to absorb a deficit of unrestricted income in relation to unrestricted expenditure in the near future. The last two financial years have seen an unrestricted loss, and the Trustees are being prudent in setting aside funds to absorb future unrestricted deficits while at the same time putting strategies in place to ensure that the charity is able to return an unrestricted surplus. The Sustainable Development Reserve had a balance of £100,000 (2017: £nil).

The Staff Development Reserve has been set aside further the development of the staff. The Staff Development Reserve had a balance of £2,879 (2017: £3,072).

d. Asset cover for funds

Note 18 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.

Structure, governance and management

a. Constitution

The charity is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association on 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 278 members (2017: 304), each of whom agrees to contribute £1 in the event of the Company winding up.

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Trustees' report (continued)
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The Trustees, who are also the directors for the purpose of company law, and who served during the year were:

Mrs Jenny Ballard (Co-Chair)
Dr Angela Chapman (Vice-Chair)
Mr Chris Raper (Treasurer and Co-Chair)
Ms Sara Batista
Mr Alan Botterill
Ms Mandy Curtis
Mr Stephen Lloyd

b. Method of appointment or election of Trustees

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.

c. Policies adopted for the induction and training of Trustees

The Trustees participate in an induction process to brief them on their legal obligations under charity and company law, the committee and decision making processes, the Strategic Plan and the 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.

d. Pay policy

The remuneration of all staff is guided by the National Joint Council ("NJC") pay scales. The charity aims to keep staff salaries in line with those set by the NJC, although this is not always possible. All staff complete an annual Performance Review, after which the staff member's manager may make a recommendation to increase the employee's Spinal Column Point.

e. Organisational structure and decision making

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. A senior management team of three covers Operations, Strategic Partnerships and Finance.

Care for the Carers is a Network Partner of Carers Trust, and a member of Carers UK. This requires adherence to shared operational standards and values, and enables the organisation to ensure local carers' voices are represented to National decision-makers. In addition membership brings access to a number of grants for carers, good practice learning and support, and partnership opportunities.

f. Risk management

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.

The Board recognises that the principal risk to the organisation is the reliance on one major source of income. To mitigate this risk, a Fundraising Manager was appointed in the last year to generate new income streams.

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Plans for future periods

a. Future developments

Over the next two years, Care for the Carers will concentrate on the following four priority areas:

i. Directly supporting carers

Objective:

- To deliver the services carers need, accessible and available to them when needed.

ii. Raising awareness of carers and caring

Objectives:

- To create a Carer Friendly East Sussex by keeping carers' issues on the agenda and empowering our partners to support carers.
- Leading by example by promoting care and caring in all we do, being kind, thoughtful and ambitious for all our community whether clients, staff, volunteers or our growing networks.

iii. Speaking Up with and for carers to improve services and support

Objective:

- To be an independent voice for carers, raising their concerns and finding ways to help carers' voices to be heard.

iv. Strengthening the Charity

Objective:

- To be a strong, independent and resilient charity by our 30th birthday in 2020.

The planned activities for achieving these aims are set out in our Strategic Plan 2017-2020, a copy of which is available on request from info@cftc.org.uk.

Members' liability

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 278 members (2017: 304), each of whom agrees to contribute £1 in the event of the Company winding up.

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
For the year ended 31 March 2018

Trustees' responsibilities statement

The Trustees (who are also directors of Care for the Carers for the purposes of company law) are responsible for preparing the Trustees' 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 Trustees to prepare financial statements for each financial year. 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charitable company's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charitable company's auditors are aware of that information.

This report was approved by the Trustees, on 23/08/18 and signed on their behalf by:



.....
Mr Chris Raper (Treasurer and Co-Chair)
Trustee

Care for the Carers
(A company limited by guarantee)

Independent auditors' report to the members of Care for the Carers

Opinion

We have audited the financial statements of Care for the Carers (the 'charity') for the year ended 31 March 2018 set out on pages 17 to 35. 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 2018 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 Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council'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.

Use of our report

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 its members, as a body, for our audit work, for this report, or for the opinions we have formed.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the Trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

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, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Care for the Carers
(A company limited by guarantee)

Independent auditors' report to the members of Care for the Carers

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements 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 financial statements 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.

Opinion on other matters prescribed by the Companies Act 2006

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

- the information given in the Trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- 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 our 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 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; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a Strategic report.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charity for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company'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 charitable company or to cease operations, or have no realistic alternative but to do so.

Care for the Carers
(A company limited by guarantee)

Independent auditors' report to the members of Care for the Carers

Auditors' 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 Auditors' 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.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion of the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Trustees.
- Conclude on the appropriateness of the Trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditors' report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditors' report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Alison Jones FCA (Senior Statutory Auditor)
for and on behalf of
Kreston Reeves LLP
One Jubilee Street
Brighton
East Sussex
BN1 1GE

Statutory Auditor

Date: 29 August 2018

Care for the Carers
(A company limited by guarantee)

Statement of financial activities incorporating income and expenditure account
For the year ended 31 March 2018

	Note	Unrestrict- ed funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Income from:					
Donations & legacies:					
Donations and gifts	2	19,826	5,127	24,953	49,890
Grants	2	747,316	56,632	803,948	755,540
Legacies receivable	2	-	-	-	29,197
Other donations and legacies	2	303	-	303	48
Investments	3	2,150	-	2,150	956
Total income		769,595	61,759	831,354	835,631
Expenditure on:					
Raising funds	4	20,098	-	20,098	22,954
Charitable activities	5,6	778,954	73,331	852,285	872,123
Total expenditure		799,052	73,331	872,383	895,077
Net expenditure before transfers		(29,457)	(11,572)	(41,029)	(59,446)
Transfers between Funds	16	11,719	(11,719)	-	-
Net expenditure before other recognised gains and losses		(17,738)	(23,291)	(41,029)	(59,446)
Net movement in funds		(17,738)	(23,291)	(41,029)	(59,446)
Reconciliation of funds:					
Total funds brought forward		368,271	60,246	428,517	487,963
Total funds carried forward		350,533	36,955	387,488	428,517

The notes on pages 20 to 35 form part of these financial statements.

Care for the Carers
(A company limited by guarantee)
Registered number: 03677361

Balance sheet
As at 31 March 2018

	Note	£	2018 £	£	2017 £
Fixed assets					
Tangible assets	13		13,817		28,212
Current assets					
Debtors	14	71,399		114,708	
Cash at bank and in hand		389,040		375,310	
			<u>460,439</u>	<u>490,018</u>	
Creditors: amounts falling due within one year	15	(86,768)		(89,713)	
Net current assets			<u>373,671</u>		400,305
Net assets			<u><u>387,488</u></u>		<u><u>428,517</u></u>
Charity Funds					
Restricted funds	16		36,955		60,246
Unrestrict-ed funds	16		350,533		368,271
			<u>387,488</u>		<u>428,517</u>
Total funds			<u><u>387,488</u></u>		<u><u>428,517</u></u>

The charity's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The charity is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2018, although an audit has been carried out under section 144 of the Charities Act 2011. No member of the charity has deposited a notice, pursuant to section 476, requiring an audit of these accounts under the requirements of the Companies Act 2006.

The financial statements were approved and authorised for issue by the Trustees on 23/08/2018 and signed on their behalf, by:



Mrs Jenny Ballard (Co-Chair)



Mr Chris Raper (Treasurer and Co-Chair)

The notes on pages 20 to 35 form part of these financial statements.

Care for the Carers
(A company limited by guarantee)

Statement of cash flows
For the year ended 31 March 2018

	Note	2018 £	2017 £
Cash flows from operating activities			
Net cash provided by/(used in) operating activities	18	<u>13,011</u>	<u>(29,046)</u>
Cash flows from investing activities:			
Interest received		2,150	956
Purchase of tangible fixed assets		<u>(1,431)</u>	<u>(1,266)</u>
Net cash provided by/(used in) investing activities		<u>719</u>	<u>(310)</u>
Change in cash and cash equivalents in the year			
Cash and cash equivalents brought forward		<u>375,310</u>	<u>404,666</u>
Cash and cash equivalents carried forward	19	<u><u>389,040</u></u>	<u><u>375,310</u></u>

The notes on pages 20 to 35 form part of these financial statements.

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 March 2018

1. Accounting policies

1.1 Basis of preparation of financial statements

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

Care for the Carers 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.

1.2 Company status

The charity is a private company limited by guarantee incorporated in England and Wales. The members of the company are the Trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

The registered office and principal place of business of the charity is:

Highlight House
8 St Leonards Road
Eastbourne
East Sussex
BN21 3UH

1.3 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.

1.4 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

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.

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 March 2018

1. Accounting policies (continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

1.6 Tangible fixed assets and depreciation

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	-	25% straight line
Computer equipment	-	25% straight line

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.8 Operating leases

Rentals under operating leases are charged to the Statement of financial activities incorporating income and expenditure account on a straight line basis over the lease term.

1.9 Debtors

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

1.10 Cash at Bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 March 2018

1. Accounting policies (continued)

1.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.12 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.13 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.

1.14 Pensions

The charity operates one defined contribution pension scheme. The pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.15 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of their charitable objectives of the charity unless funds have been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

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 costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 March 2018

1. Accounting policies (continued)

1.16 Critical accounting estimates and areas of judgment

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. Income from donations, legacies and activities to further the charity's objectives

	Unrestrict- ed funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Donations and gifts	19,826	5,127	24,953	49,890
Grants	747,316	56,632	803,948	755,540
Legacies receivable	-	-	-	29,197
	<hr/>	<hr/>	<hr/>	<hr/>
Total donations, grants and legacies	767,142	61,759	828,901	834,627
	<hr/>	<hr/>	<hr/>	<hr/>
Other income	303	-	303	48
	<hr/>	<hr/>	<hr/>	<hr/>
Total donations, grants and legacies	767,445	61,759	829,204	834,675
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Total 2017	749,933	84,742	834,675	
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	

3. Investment income

	Unrestrict- ed funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Investment income	2,150	-	2,150	956
	<hr/>	<hr/>	<hr/>	<hr/>
Total 2017	956	-	956	
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 March 2018

4. Costs of raising funds

	Unrestrict- ed funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Other fundraising costs	2,824	-	2,824	22,711
Support costs	-	-	-	243
Voluntary income staff costs	17,274	-	17,274	-
	<u>20,098</u>	<u>-</u>	<u>20,098</u>	<u>22,954</u>
Total 2017	<u>22,954</u>	<u>-</u>	<u>22,954</u>	

5. Analysis of expenditure on charitable activities

Sub-Header	Unrestrict- ed funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Support and Advice	395,461	6,608	402,069	398,086
Groups	16,402	-	16,402	47,650
Carer Awareness	110,844	-	110,844	179,215
Tools and Resources	36,506	28,668	65,174	51,036
Involvement	77,304	-	77,304	87,556
Information and Communication	71,578	-	71,578	76,433
Writer in Residence	10,160	12,308	22,468	15,103
Development	42,585	-	42,585	-
Activities Project	6,974	25,747	32,721	-
Governance costs	11,140	-	11,140	17,044
	<u>778,954</u>	<u>73,331</u>	<u>852,285</u>	<u>872,123</u>
Total 2017	<u>829,901</u>	<u>42,222</u>	<u>872,123</u>	

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 March 2018

6. Charitable activity expenditure

	Direct costs (Note 7) £	Support costs (Note 8) £	Governance costs (Note 9) £	2018 £	2017 £
Support and Advice	300,420	101,649	-	402,069	398,086
Groups	13,293	3,109	-	16,402	47,650
Carer Awareness	83,878	26,966	-	110,844	179,215
Tools and Resources	57,443	7,731	-	65,174	51,036
Involvement	62,910	14,394	-	77,304	87,556
Information and Communication	59,485	12,093	-	71,578	76,433
Writer in Residence	17,295	5,173	-	22,468	15,103
Development	34,118	8,467	-	42,585	-
Activities Project	28,230	4,491	-	32,721	-
Governance costs	-	-	11,140	11,140	17,044
Total	657,072	184,073	11,140	852,285	872,123

7. Charitable activities - direct costs

	Support and Advice £	Groups £	Carer Awareness £	Tools and Resources £	Involvement £	Information and Communication £
Time to Talk	15,422	-	-	-	-	-
My Life Now	3,960	-	-	-	-	-
Activities	-	-	-	-	-	-
Project costs	5,612	4,742	3,759	-	8,862	30,657
HARG	-	-	-	9,328	-	-
Toolkit	-	-	-	4,798	-	-
Small Grants for Carers	-	-	-	780	-	-
Carers card	-	-	-	2,242	-	-
Carers Grants	-	-	-	16,318	-	-
Wages and salaries	252,080	7,805	73,120	21,978	49,181	26,074
National insurance	20,897	668	6,250	1,785	4,358	2,507
Pension cost	2,449	78	749	214	509	247
Total 2017	287,449	37,955	131,739	41,008	66,025	63,082

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 March 2018

7. Charitable activities - direct costs (continued)

	Writer in Residence £	Developme nt £	Activities Project £	Total 2018 £	Total 2017 £
Time to Talk	-	-	-	15,422	17,943
My Life Now	-	-	-	3,960	2,261
Activities	-	-	15,945	15,945	9,967
Project costs	12,308	7,374	-	73,314	82,144
HARG	-	-	-	9,328	3,771
Toolkit	-	-	-	4,798	11,371
Small Grants for Carers	-	-	-	780	1,376
Carers card	-	-	-	2,242	1,222
Carers Grants	-	-	-	16,318	-
Wages and salaries	4,441	24,334	12,013	471,026	468,325
National insurance	471	2,146	235	39,317	34,240
Pension cost	75	264	37	4,622	4,734
	<u>17,295</u>	<u>34,118</u>	<u>28,230</u>	<u>657,072</u>	<u>637,354</u>
Total 2017	<u>10,096</u>	<u>-</u>	<u>-</u>	<u>637,354</u>	

8. Charitable activities - support costs

	Support and Advice £	Groups £	Carer Awareness £	Tools and Resources £	Involvement £	Information and Communica £
Premises costs	21,186	648	5,620	1,611	3,000	2,521
Postage, stationary and telephone	9,936	304	2,636	756	1,407	1,182
IT, technical and website	10,468	320	2,777	796	1,482	1,245
PQASSO, compliance and subscriptions	5,848	179	1,551	445	828	696
Other costs	4,182	128	1,109	318	592	497
Wages and salaries	37,780	1,156	10,023	2,873	5,350	4,495
National insurance	2,329	71	618	177	330	277
Pension cost	1,182	36	313	90	167	140
Depreciation	8,738	267	2,319	665	1,238	1,040
	<u>101,649</u>	<u>3,109</u>	<u>26,966</u>	<u>7,731</u>	<u>14,394</u>	<u>12,093</u>
Total 2017	<u>110,637</u>	<u>9,695</u>	<u>47,476</u>	<u>10,028</u>	<u>21,531</u>	<u>13,351</u>

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8. Charitable activities - support costs (continued)

	Writer in Residence £	Developme nt £	Activities Project £	Total 2018 £	Total 2017 £
Premises costs	1,078	1,765	936	38,365	44,247
Postage, stationary and telephone	506	828	439	17,994	20,140
IT, technical and website PQASSO, compliance and subscriptions	533	872	463	18,956	11,361
Other costs	298	487	258	10,590	17,060
Wages and salaries	213	348	185	7,572	17,311
National insurance	1,922	3,147	1,669	68,415	52,253
Pension cost	118	194	103	4,217	36,114
Depreciation	60	98	52	2,138	2,742
	445	728	386	15,826	16,497
	<u>5,173</u>	<u>8,467</u>	<u>4,491</u>	<u>184,073</u>	<u>217,725</u>
Total 2017	<u>5,007</u>	<u>-</u>	<u>-</u>	<u>217,725</u>	

9. Charitable costs - governance costs

	Unrestrict- ed funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Governance auditors' remuneration	7,200	-	7,200	6,000
Legal and professional	1,224	-	1,224	8,154
Other governance costs	2,716	-	2,716	2,890
	<u>11,140</u>	<u>-</u>	<u>11,140</u>	<u>17,044</u>

10. Net income/(expenditure)

This is stated after charging:

	2018 £	2017 £
Depreciation of tangible fixed assets: - owned by the charity	15,365	16,458
Auditors' remuneration - audit	7,200	6,000
	<u>22,565</u>	<u>22,458</u>

During the year, no Trustees received any remuneration (2017 - £NIL).

During the year, no Trustees received any benefits in kind (2017 - £NIL).

Two Trustees received reimbursement of expenses amounting to £818 in the current year, (2017 - Two Trustees - £953).

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11. Auditors' remuneration

The auditors remuneration for the year amounted to £5,700 (2017 - £4,500) and other non audit costs totalling £1,500 (2017 - £1,500).

12. Staff costs

Staff costs were as follows:

	2018	2017
	£	£
Wages and salaries	555,105	552,285
Social security costs	45,022	40,520
Other pension costs	6,882	5,603
	<u>607,009</u>	<u>598,408</u>

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

	2018	2017
	No.	No.
Staff	28	26

No employee received remuneration amounting to more than £60,000 in either year.

13. Tangible fixed assets

	Fixtures and fittings	Computer equipment	Total
	£	£	£
Cost			
At 1 April 2017	9,864	73,264	83,128
Additions	-	1,431	1,431
Disposals	-	(1,302)	(1,302)
At 31 March 2018	<u>9,864</u>	<u>73,393</u>	<u>83,257</u>
Depreciation			
At 1 April 2017	9,247	45,669	54,916
Charge for the year	454	14,911	15,365
On disposals	-	(841)	(841)
At 31 March 2018	<u>9,701</u>	<u>59,739</u>	<u>69,440</u>
Net book value			
At 31 March 2018	<u>163</u>	<u>13,654</u>	<u>13,817</u>
At 31 March 2017	<u>617</u>	<u>27,595</u>	<u>28,212</u>

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For the year ended 31 March 2018

14. Debtors

	2018 £	2017 £
Trade debtors	65,405	62,278
Other debtors	-	29,197
Prepayments and accrued income	5,994	23,233
	<u>71,399</u>	<u>114,708</u>

15. Creditors: Amounts falling due within one year

	2018 £	2017 £
Trade creditors	1,809	6,134
Other taxation and social security	11,603	11,135
Pension creditor	1,550	638
Other creditors	61	452
Accruals and deferred income	71,745	71,354
	<u>86,768</u>	<u>89,713</u>

16. Statement of funds

Statement of funds - current year

	Balance at 1 April 2017 £	Income £	Expenditure £	Transfers in/(out) £	Balance at 31 March 2018 £
Designated funds					
Trustee Contingency Reserve	134,181	-	-	(9,181)	125,000
Staff Development Reserve	3,072	-	(193)	-	2,879
Sustainable Development Reserve	-	-	-	100,000	100,000
	<u>137,253</u>	<u>-</u>	<u>(193)</u>	<u>90,819</u>	<u>227,879</u>
General funds					
General Funds - all funds	231,018	769,595	(798,859)	(79,100)	122,654
Total Unrestricted funds	<u>368,271</u>	<u>769,595</u>	<u>(799,052)</u>	<u>11,719</u>	<u>350,533</u>

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Notes to the financial statements
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16. Statement of funds (continued)

Restricted funds

Young Adult Carers	18,181	2,240	(10,359)	(448)	9,614
Carers Card	3,861	-	(2,242)	-	1,619
Carers Grants	(87)	15,928	(16,318)	-	(477)
Rother Dementia Lunch Club	1,063	233	(105)	-	1,191
Small grants for Carers (previously Carers Voices)	4,194	-	(780)	-	3,414
Health Appointment Respite Grants	(2,387)	11,769	(9,328)	(54)	-
East Sussex Woman of the Year	2,106	-	(2,456)	350	-
Care to Chat	4,888	-	-	(4,888)	-
Activities Project	8,119	4,404	(6,071)	(812)	5,640
Writer in Residence	10,916	17,760	(12,308)	(3,450)	12,918
Social Opportunities for Older Carers	2,252	9,425	(6,756)	(1,885)	3,036
End of Caring Project	6,608	-	(6,608)	-	-
Francis and Eric Ford Charity Trust	532	-	-	(532)	-
	<u>60,246</u>	<u>61,759</u>	<u>(73,331)</u>	<u>(11,719)</u>	<u>36,955</u>
Total of restricted and unrestricted funds	<u>428,517</u>	<u>831,354</u>	<u>(872,383)</u>	<u>-</u>	<u>387,488</u>

Statement of funds - prior year

	Balance at 1 April 2016 £	Income £	Expenditure £	Transfers in/(out) £	Balance at 31 March 2017 £
Designated funds					
Trustee Contingency Reserve	150,196	-	-	(16,015)	134,181
Equipment Reserve	15,831	-	(6,645)	(9,186)	-
Staff Development Reserve	8,690	-	(7,953)	2,335	3,072
Legacies Projects Reserve	121,846	-	(24,171)	(97,675)	-
	<u>296,563</u>	<u>-</u>	<u>(38,769)</u>	<u>(120,541)</u>	<u>137,253</u>
General Funds - all funds	<u>150,876</u>	<u>775,482</u>	<u>(814,086)</u>	<u>118,746</u>	<u>231,018</u>

Care for the Carers
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Notes to the financial statements
For the year ended 31 March 2018

16. Statement of funds (continued)

Restricted funds

Young Adult Carers	20,447	5,877	(6,968)	(1,175)	18,181
Carers Card	5,083	-	(1,222)	-	3,861
Carers Grants	453	10,854	(11,394)	-	(87)
Rother Dementia Lunch Club	1,313	200	(450)	-	1,063
Carers Voices	5,554	-	(1,360)	-	4,194
Health Appointment Respite Grants	770	-	(3,771)	614	(2,387)
East Sussex Woman of the Year	2,000	2,500	(1,894)	(500)	2,106
Care to Chat	4,904	-	(16)	-	4,888
Activities Project	-	11,400	(1,001)	(2,280)	8,119
Writer in Residence	-	10,000	(6,084)	7,000	10,916
Social Opportunities for Older Carers	-	5,000	(1,748)	(1,000)	2,252
End of Caring Project	-	10,492	(2,284)	(1,600)	6,608
Christmas Gifts 2016	-	1,500	(1,513)	13	-
Francis and Eric Ford Charity Trust	-	500	(468)	500	532
Young Carers	-	144	(367)	223	-
Access to Work	-	1,682	(1,682)	-	-
	<u>40,524</u>	<u>60,149</u>	<u>(42,222)</u>	<u>1,795</u>	<u>60,246</u>
Total of restricted and unrestricted funds	<u>487,963</u>	<u>835,631</u>	<u>(895,077)</u>	<u>-</u>	<u>428,517</u>

Summary of funds - current year

	Balance at 1 April 2017 £	Income £	Expenditure £	Transfers in/(out) £	Balance at 31 March 2018 £
Designated funds	137,253	-	(193)	90,819	227,879
General funds	231,018	769,595	(798,859)	(79,100)	122,654
	<u>368,271</u>	<u>769,595</u>	<u>(799,052)</u>	<u>11,719</u>	<u>350,533</u>
Restricted funds	60,246	61,759	(73,331)	(11,719)	36,955
	<u>428,517</u>	<u>831,354</u>	<u>(872,383)</u>	<u>-</u>	<u>387,488</u>

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Notes to the financial statements
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16. Statement of funds (continued)

Summary of funds - prior year

	Balance at 1 April 2016 £	Income £	Expenditure £	Transfers in/(out) £	Balance at 31 March 2017 £
Designated funds	296,563	-	(38,769)	(120,541)	137,253
General funds	150,876	775,482	(814,086)	118,746	231,018
	<u>447,439</u>	<u>775,482</u>	<u>(852,855)</u>	<u>(1,795)</u>	<u>368,271</u>
Restricted funds	40,524	60,149	(42,222)	1,795	60,246
	<u>487,963</u>	<u>835,631</u>	<u>(895,077)</u>	<u>-</u>	<u>428,517</u>

Designated Funds

Trustee Contingency Reserve - Funds which have been set aside to enable the charity to adapt to a future decrease in funding.

Equipment Reserve - Finances set aside for the purchase and implementation of a new database. The new database was purchased in June 2016 and the remaining balance was not required, therefore released to unrestricted reserves.

Staff Development Reserve - Funds set aside to further the development of staff.

Legacies Project Reserve - The balance within the Legacies Project Reserve was released to unrestricted reserves in 2017. The Trustees made the decision in 2017 to postpone the potential projects supporting young carers and parent carers of disabled children for the time being.

Sustainable Development Reserve - Funds which have been set aside to absorb a deficit of unrestricted income in relation to unrestricted expenditure in the near future.

Restricted Funds

Young Adult Carers – Donations from various donors to enable Young Adult Carers to get together and engage in a range of activities.

Carers Card – A grant from the local authority to finance the production and distribution of the Care for the Carers' 'Carers Card'.

Carers Grants – Small grants from various funders made to individual carers in need, and administered by Care for the Carers.

Rother Dementia Lunch Club – Donations from various donors towards a lunch club held for carers and those they care for with dementia, and administered by Care for the Carers.

Small Grants for Carers (previously Carers Voices) – A grant from the local authority which supports set up costs for new groups that directly benefit carers and helps established groups to develop their offer.

Health Appointment Respite Grants – A grant from the local authority which allows carers to access respite to enable them to attend healthcare appointments, training courses or engagement opportunities.

East Sussex Woman of the Year – A donation to enable carers of those with dementia, and those they care for,

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Notes to the financial statements
For the year ended 31 March 2018

16. Statement of funds (continued)

to attend a trip on the Bluebell Railway.

Care to Chat – A grant from the local authority to assist carers to provide peer to peer support through technology. This project is no longer going ahead.

Activities Project – Grants and donations from various funders and donors to enable an Activities Facilitator to organise activities for carers all over East Sussex.

Writer in Residence – Funding from the Ex Pat Foundation and Care for the Carers reserves to enable carers to reflect on their experiences and tap into their creativity through workshops and one to one sessions.

Social Opportunities for Older Carers - Funding from the Ex Pat Foundation to provide social activities for older carers.

End of Caring Project – Funding from the Ex Pat Foundation and Carers Trust to provide support to those ending their caring journey.

Francis and Eric Ford Charity Trust – This fund has been absorbed within the Activities Project fund above during the 2017/18 financial year.

17. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestrict- ed funds 2018 £	Restricted funds 2018 £	Total funds 2018 £
Tangible fixed assets	13,817	-	13,817
Current assets	423,483	36,955	460,438
Creditors due within one year	(86,767)	-	(86,767)
	<u>350,533</u>	<u>36,955</u>	<u>387,488</u>

Analysis of net assets between funds - prior year

	Unrestrict-ed funds 2017 £	Restricted funds 2017 £	Total funds 2017 £
Tangible fixed assets	28,212	-	28,212
Current assets	429,772	60,246	490,018
Creditors due within one year	(89,713)	-	(89,713)
	<u>368,271</u>	<u>60,246</u>	<u>428,517</u>

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18. Reconciliation of net movement in funds to net cash flow from operating activities

	2018	2017
	£	£
Net expenditure for the year (as per Statement of Financial Activities)	(41,029)	(59,446)
Adjustment for:		
Depreciation charges	15,365	16,458
Interest received	(2,150)	(956)
Loss on disposal of fixed assets	461	39
Decrease in debtors	43,309	29,360
Decrease in creditors	(2,945)	(16,301)
Increase in deferred income	-	1,800
Net cash provided by/(used in) operating activities	13,011	(29,046)

19. Analysis of cash and cash equivalents

	2018	2017
	£	£
Cash in hand	139,040	375,310
Notice deposits (less than 3 months)	250,000	-
Total	389,040	375,310

20. Pension commitments

The charity operates one defined contribution scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund. The charity contributes a specified percentage of payroll costs to the retirement benefit scheme to fund the benefits. The only obligation of the charity with respect to the scheme is to make the specified contributions.

The charge to the statement of financial activities in respect of the defined contribution schemes was £6,882 (2017: £5,602). At the 31 March 2018 the amount outstanding in relation to pension contributions was £1,550 (2017: £638).

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21. Operating lease commitments

At 31 March 2018 the total of the Charity's future minimum lease payments under non-cancellable operating leases was:

	2018	2017
	£	£
Amounts payable:		
Within 1 year	-	22,305
	<u> </u>	<u> </u>

22. Related party transactions

There were no disclosable related party transactions during the year (2017- none).

The remuneration of key management personnel is as follows:

Aggregate compensation £167,044. (2017 - £150,469)