

# Pengarth Day Centre

Morrab Gardens, Penzance. TR18 4DA

Registered Charity No. 263223



Tel: 01736 364307

Email: [pengarth\\_day\\_centre@hotmail.com](mailto:pengarth_day_centre@hotmail.com)

## **Penzance and West Penwith Old People's Welfare Trust Trustees' Report 2018 Pengarth Day Centre Registered charity 263223**

**Pengarth promotes health, wellbeing and prevention of decline in older people.**

**This year we provided annually therapies, activities and nutritious hot meals to over 500 individuals of our local community. We also work with other professionals in supporting people to live well - preventing isolation and depression.**

**We are celebrating our 50<sup>th</sup> year of serving our community and are grateful for our network of local support.**

Pengarth is a meals on wheels provider and day centre for people in their late fifties onwards, giving somewhere for people to join in, reducing loneliness and isolation which can lead to depression, and giving respite and peace of mind to their families and carers who may be working or living away. It is an important community facility in this area of above average deprivation and rural isolation, providing a warm, safe environment with professional day care to ensure people live safely in the community such as enabling them to come home sooner from hospital, acting as liaison between district nurses, doctors and so-on, prevention of slips, trips and falls, promotion of nutritious food, encouraging independence and enabling a dignified older age. Half of our clients have permanent disabilities such as blindness, dementia and amputation of limbs.

With the help of donations \* we supported 225 individuals in a year, aged from 56 to 98 years. Five people have been coming to Pengarth for over ten years, and one for more than 20 years. The profile of the current attendance of frailty level on the Rockwood scale against length of attendance is currently on average as follows:

For Rockwood 1 to 3 (very fit to managing well) currently 4 years  
Rockwood 4-5 (vulnerable to mildly frail) 7 years  
Rockwood 6-8 (moderately to very severely frail) 2 years

In this year we have begun our celebration year of 50 years since the purpose-built Pengarth Day Centre opened in Morrab Gardens on 12th February 1968. Current clients and volunteers joined with us and funders at a special afternoon tea to start the year of looking back, and forwards to the future, also supported by the Mayor's attendance on the day. The manager was interviewed just prior to the day by Coast FM (a local radio station set up at least ten years ago by the Penwith 50+ forum to support older people isolated in the remote rural areas of Lands' End and Lizard peninsulas), and a BBC Spotlight reporter attended the event at which clients were invited by our regular singer-comedian entertainer to reminisce with the trustees about their memories of Pengarth, a cake was cut by the oldest client, and the future considered. An exhibition of memorabilia and photographs continues to share with everyone previously or currently involved with Pengarth who wishes to reminisce and celebrate fifty years with a visit to us. We know that a client who originally knew Pengarth when volunteering with the National Federation of Pensioners in the early years, now attends as a client, and that we are now also caring for the nurses and doctors of those yesteryears.

**Administered by Penzance and West Penwith Old People's Welfare Trust**

**Supported during 2017 -18 by**

**The Henry Smith Charity, Penzance Town Council, Parish Councils within West Penwith, St Just Town Council, The Clare Milne Trust, Garfield Weston Foundation, Elise Pilkington Trust, Co-op community fund, Cornwall Community Foundation and by many other kind donations received**

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During the last twelve months we have provided more than 260 afternoons of music, therapies and exercises, which have proved popular with clients. Besides the live musicians who often include quizzes to stir memories of the songs they are performing, new activities have included Book Club and Afternoon Chat.

Pengarth unfortunately had to close (for three week days in total) during two occasions of severe winter weather March/ April 2018. Funding support from the CCF surviving winter grant (£440) was achieved which covered the extra expenses of additional staff and volunteer journeys delivering meals on wheels and telephone costs of contacting all the clients who usually attended to check they had what they needed including a hot meal sent in if required. One lady, whose daughter couldn't reach her and so relied on us for contact, had frozen pipes so we delivered water and a hot meal, also ensuring plumbing help was available if required.

The Elise Pilkington Foundation Trust supported the transformation of a small room into a clinically hygienic space suitable for the community district nurse teams to run Wellness café frailty clinics. It has meant that current and potential Pengarth clients have easier access to professional health resources and we have supported the health teams to efficiently reach more people which has helped their own wellbeing in being able to carry out their jobs with less time-consuming travel rush too.

As previously reported, prices are kept deliberately affordable because of the deprivation in the area. The Day care charge is insufficient for the level of assistance needed by more and more people. Grants helped us to bridge the gap between the charges we ask for and the real cost of providing the service, as by putting the full cost on to the older people it becomes unaffordable for many and they are distressed that they will have to reduce their attendance or stop coming altogether.

Since reporting last year, Cornwall Council have required providers from whom they may source external day services (such as ourselves) to go through a tender process. The trustees decided to take part as it would help ensure that all who would benefit from Pengarth's services may continue to be referred to us and not be unable to find their way to us. Pengarth successfully obtained a place on the framework effective 1 April 2018.

Purchasing is still on a spot basis, but if a client has been assessed for full day care funding by Cornwall Council the charge tendered on a fully recovered cost is now receivable by Pengarth. For people needing day care who are not fully supported by Cornwall Council (75% of clients), the previous pricing strategy and financial support of grants continues to be relevant.

People across various sectors in any way involved in the provision of older people's care and services have continued meeting quarterly at Pengarth to debate issues and co-operate in solving practical problems experienced by older people and their families in the community; up to forty people have come each time. The community matron's wellness café clinic was a practical outcome of that.

An application to the Community Transport Association for new vehicles was not successful during the year; a short-term well-used replacement was found when scrappage of one of the two cars became necessary. We have also made more use of taxis and minibus hire during the year, including using the Douglas Woolcock Foundation Trust transport, while a member of staff was on long-term sick leave following an operation. I am pleased to report that the Weston Anniversary Fund is supporting purchase of a car and replacement bath.

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Update on service extensions anticipated for 2017-18

- Saturday opening for day care. -  
Costs of opening have been established for both Saturdays and Sundays. The trustees wished to obtain the assurance of funding being available to underwrite any shortfall in breakeven numbers before starting. Though this plan was delayed, we have supported an open university trainee social worker student with an 80 days work placement in adult social care in the day centre on weekdays, and we have recently been granted project funding, from the Penwith and IOS fund through the CCF, which enables the pilot to begin from Jan 2019.
- Dementia care.  
At present, dementia friendly activities such as musical memories take place variously throughout the week. We have provided additional staff resource and expertise with dementia clients, such as those who are prone to wandering which has meant that accompanied walks have been possible for some. As from our experience dementia sufferers settle well with us and besides it being an opportunity to talk to practitioners, clients' families also appreciate this respite time. We support now 44 individuals each week who have some form of cognitive/memory impairment. We will shortly install a door alert system supporting clients prone to wandering.
- Supporting hospital discharges.  
Packages of care have been difficult to arrange for some people who are ready to leave hospital. Pengarth is part of a pilot with Adult Social Care and Royal Cornwall Hospitals Trust to enable timely discharge by providing day care for 6 weeks of habilitation at the day centre, ensuring eating nutritional food and hydrating properly. Assessments for their ongoing care and funding will be in place by the end of the period. Discharges to us of 5 people a week are likely.

The described pilot has been running since 2017 and been extended by Adult Social Care twice so far. The hospitals have established that weekend domiciliary care is difficult to place which has meant less take up of the service than could be if our day care was available at weekends. Several proposed early discharges to us could not be accepted because they were still bed-bound. However, two clients so far have been early discharged to us and completed the process, one of whom elected to continue attending Pengarth, while the other has stopped only because of moving out of the area. A new early discharge client is due to begin next week. It is hoped that this pilot's funding may be able to underwrite weekend opening as described earlier above.

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## Fundraising strategy re: 2017-18 compared to achieved

**Fundraising and donations** target £6500, achieved £6183

- From raffles, supermarket and street collections, in memoriam donations

**Grants** target £34,229 for 2017-18, achieved £34,050

**Day care and client transport** fees £71,781, achieved £75,793

- Local authority spot purchase and private client contributions based on 90 visits a week over 50 weeks.

**Refreshments and meals-on-wheels deliveries** £80,050, achieved £84,278

- Based on serving 140 lunches a week at the Centre plus teas and coffees for 50 weeks and 150 lunches delivered home for 52 weeks.

**Room hire** £500, achieved £537

- Nominal charges re: chiropodist, hairdresser, community functions

Total target £193,560, achieved £200,841 Shortfall for the year end 31 March 2018 identified as £2322 after depreciation

Thank you for your generous grant which has enabled the centre to be available to many, continuing health and welfare hand in hand with preventative strategy.

\* Penzance Town Council kindly granted £12,000 (received 30 April 2017) (prior year £12,000 received 9 May 2016) towards the cost of day care supporting vulnerable older people in the Penzance and West Penwith area of Cornwall which has enabled Pengarth Day Centre to continue to be a valuable resource and support to older people in the last twelve months.

Signature  
Date

Nigel Clark Chairman of Trustees  
Jan 2019

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**INDEPENDENT EXAMINER'S REPORT  
FOR THE YEAR ENDED  
31 MARCH 2018**

**Alverton Accountants  
Chartered Certified Accountants  
Office Suite 5  
Camelot Court  
Alverton Street  
Penzance  
Cornwall  
TR18 2QN**

**Tel: (01736) 360664  
Email: [kristin@alvertonaccountants.co.uk](mailto:kristin@alvertonaccountants.co.uk)**



### **Independent Examiner's Report to the Trustees of Pengarth Day Centre.**

I report on the accounts of the Trust for the year ended 31 March 2018, which is set out in Appendix A.

### **Respective Responsibilities of Trustees and Examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

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

### **Basis of Independent Examiner's Report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

## PENGARTH DAY CENTRE

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### Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the 2011 Act and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name:  
Relevant professional qualification or body:

KRISTIN CAROL SIMMONS  
ACCA 1299292

Signature: .....  .....

Date: ..... 31/11/19. ....

# Appendix A



**Financial Statements**  
**Pengarth Day Centre**  
**2017/18**

**Statement of Financial Activities (SOFA)**

	Note	Unrestricted	Restricted	Total	Prior
		Fund	Fund	Fund	Year
Income		£	£	£	£
Refreshments	4	79,639	0	79,639	75,981
Day Care		52,452	0	52,452	34,169
<b>TOTAL</b>		<b>132,091</b>	<b>0</b>	<b>132,091</b>	<b>110,150</b>
Grants/ donations	5	33,050	1,000	34,050	49,563
Investment Income	6	0	0	0	1
Charity Activities		34,700	0	34,700	30,437
<b>TOTAL</b>		<b>67,750</b>	<b>1,000</b>	<b>68,750</b>	<b>80,001</b>
<b>TOTAL INCOME</b>		<b>199,841</b>	<b>1,000</b>	<b>200,841</b>	<b>190,151</b>
<b>Resource Expenditure</b>					
Charity Activities	7	202,014	1,000	203,014	191,237
Governance	8	150	0	150	0
<b>TOTAL</b>		<b>202,164</b>	<b>1,000</b>	<b>203,164</b>	<b>191,237</b>
<b>Movement on Fund</b>		<b>-2,322</b>	<b>0</b>	<b>-2,322</b>	<b>-1,086</b>

## 2017/18

## 31 March 2018

<b>31 March 2018</b>					
			<b>2017/18</b>	<b>2016/17</b>	
	Note	£	£	£	
<b>Fixed Assets</b>					
Tangibles	1	229,148		236,639	
other		0		0	
<b>Total</b>			<b>229,148</b>	<b>236,639</b>	
<b>Current Assets</b>					
Inventory		915			
Prepaid expenses		820		871	
Trade Receivables	2	16,540		16,412	
Cash at Bank		6,863		12,611	
<b>Total</b>			<b>25,137</b>	<b>29,894</b>	
<b>Total Assets</b>			<b>254,285</b>	<b>266,533</b>	
<b>Current Liabilities</b>					
Trade Payables	2	3,599		4,783	
Other		0		0	
<b>Total</b>			<b>3,599</b>	<b>4,783</b>	
			<b>250,686</b>	<b>261,750</b>	
<b>Represented By</b>					
	3		<b>250,686</b>	<b>261,750</b>	

Pengarth Day Centre  
2017/18 Notes to Financial Statements  
Balance Sheet notes Notes

<u>Note 3</u>	
<u>Maintenance Fund</u>	
2016/17	2017/18
-1,086 Surplus (Deficiency) for the year	£ -3,087
0 Balance of Funds at 1st April	0
1,086 Transfer from other funds	3,087
0	0
0	0
<u>Building Fund</u>	
2016/17	2017/18
£	£
24,458 Balance of Funds at 1st April	24,458
0 Donation to / from Building Fund	0
24,458	24,458
<u>Direct Grant Funding</u>	
2016/17	2017/18
£	£
224,672 Direct Grant Funding	223,586
-1,086 Transfer to Maintenance Fund	-3,087
223,586	220,499
<u>Restricted Fund</u>	
2016/17	2017/18
£	£
14,058 Balance of funds at 1st April	14,792
734 Movement in year	-9063
14,792	5729
262,836	250,686

<u>Pengarth Day Care Centre</u>					
<u>NOTE1</u>	<u>Depreciation of Assets 2017/18</u>				
	<u>BUILDING</u>	<u>KITCHEN EQUIPMENT</u>	<u>FURNITURE FITTING</u>	<u>VEHICLE</u>	
Gross cost b/fwd	336,286	84,983	66,031	9,235	496,535
Acquisitions in Year	0	0	0	0	0
Total Cost c/fwd	336,286	84,983	66,031	9,235	496,535
Gross Depreciation	114,315	79,426	56,920	9,235	259,896
Depreciation in Year	5,650	1,583	258	0	7,491
Total Depreciation	119,965	81,009	57,178	9,235	267,387
NET VALUE	216,321	3,974	8,853	0	229,148

**Note 2**  
Receivables & Payables  
Receivables are organisations/clients who owe us money at the year end  
Payables are organisations that are owed money at the year end

**Pengarth Day Centre**  
**2017/18 Notes to Financial Statements**  
**Statement of Financial Activity Notes (SOFA)**

**Note 4**

Refreshments sales

This figures relates mainly to sale of refreshments. meals prepared within the centre detailed as follows:

	£	prior year £
Centre meals	45,967	43,584
Meals on Wheels	33,672	32,397
Delivery Income	4,639	3,134
	<b>84,278</b>	<b>79,115</b>

**Note 5**

Grants

This figure relates to the following grants

	£	prior year £
Cornwall Council	0	0
Penzance Town Council	12000	12,000
Henry Smith	8000	12,000
Clare Milne	0	10,500
Garfield Weston	10000	0
		0
Other grants	3050	15,063
	<b>33050</b>	<b>49,563</b>

**Note 6**

Investment Income

Relates to short term investment income from both the general & capital Reserve bank accounts the income for 2017/18 was £0 (prior year £2)

**Note 7**

Charity Activities

The figure relates to the costs of achieving the charity objective, and includes the sum of £7491 for depreciation (prior year £11434)

**Note 8**

Governance

This relates to activites that ensure good governance of the charity including, inspections & preparation of statutory returns.

**INDEPENDENT EXAMINER'S REPORT  
FOR THE YEAR ENDED  
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## 2017/18

## 31 March 2018

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**Pengarth Day Centre**

**2017/18 Notes to Financial Statements**  
**Balance Sheet notes Notes**

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