

A faded, blue-tinted photograph of a carer in a white shirt pushing a person in a wheelchair. The carer has their arms around the person, and they are walking on a paved surface. The background is out of focus, showing what appears to be a public space with some structures.

Annual Report 2009 - 10

Supporting and representing carers in Southwark

Directors report for the year ended 31st March 2010

The Directors are pleased to present their report together with the financial statements for the charity for the year ended 31st March 2010. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice – Accounting and Reporting by Charities issued by the Charity Commission in March 2005 and the Companies Act 2006.

REFERENCE AND ADMINISTRATION DETAILS OF THE CHARITY, ITS DIRECTORS AND ADVISERS

Directors (who are also the Charity's Trustees) who served during the period to the date of approval of accounts were:

David Le Bon	(Chair)
Carol Vincent	(Vice-Chair)
June Hollands	
Peter Cather	
Dan Brennan	(Treasurer)
John Bland	

Chief Officer & Company Secretary

Allan Johnstone	- resigned
Verinder Mander	- appointed 19 th October 2009

Registered Address:

Southwark Carers The Princess Royal Trust Southwark Carers Centre Cambridge House, 131 Camberwell Road London SE5 0HF	Tel: 020 7708 4497
---	--------------------

Bankers:

The Co-operative Bank
Olympic House, 6 Olympic Court
Montford Street
Salford M5 2QP

Auditors:

Knox Cropper
Chartered Accountants
8/9 Well Court
London EC4M 9DN

Chair's Report

Another busy year for the staff and volunteers of Southwark Carers. The team have been working hard to maintain all of our targets which in the main they have managed to do.

During 2009/10, although we thought we might lose some of our funding, thankfully, the council have maintained our grant at the same level as 2008/09. The feared reduction of funds was abated and we hope to be in a similar position in 2010/11, despite the threat of 15-25% cuts across all Southwark Council services.

As I reported last year the funding from Scottish Power, which Allan Johnstone negotiated, is now up and running and many of our carers have received the benefit of this. Before he left, Allan also managed to negotiate extra money for Fix Yourself a Break and for SLAM. The team were also successful in securing £63,000 from the Aiming High Budget to be administered in 2010/11.

As always it is the aim of the Board of Southwark Carers to further the carers cause and we look forward to future support from the Borough of Southwark and all our other funders. We are always looking to develop new services and projects and hope to establish new services where funding allows. The Board always welcomes suggestions from carers regarding our services, and we would be happy to hear from anyone with suggestions as to how our services could be improved.

As you are no doubt aware there will be a big refurbishment of Cambridge House. We will do our best to maintain services throughout this difficult period. We hope that in the future with a newly renovated building to provide an even better service for you all.

David Lebon

Chair, Southwark Carers

Princess Royal Trust for Carers

The Princess Royal Trust for Carers is the largest provider of comprehensive carers support services in the UK. Through its unique network of 144 independently managed Carers' Centres, 85 young carers services and interactive websites, www.carers.org and www.youngcarers.net, The Trust currently provides quality information, advice and support services to over 400,000 carers, including approximately 25,000 young carers.

The Trust also acts independently in the interests of carers through:

- research, development and consultation
- influence on national, regional and local policy
- partnerships with other national organisations
- information through interactive websites, providing advice and access to support groups



Structure, Governance and Management

Southwark Carers is a company limited by guarantee (each member having a liability of £1) and a registered charity.

The policies of the charity are determined by the board, whose membership is listed on page 1.

The charity is governed by a board of directors (the management committee) which meets monthly. Directors are appointed by the board and serve for one year after which period they may put themselves up for re-election at the Annual General Meeting as prescribed in the Articles of Association. Officers are appointed by the board and elected annually. The board has the power to co-opt up to five non-voting members. At its monthly meetings, the board agrees the broad strategy and activities of the charity, including information, communications, fundraising activities, reserves policies and risk management.

Directors are elected to the board annually from members who have registered with the charity. The induction process for any new directors comprises initial meetings with the chair, existing directors and the chief executive. New directors are provided with an induction pack, which comprises a range of back-ground information on the charity's history and recent activities and includes a copy of the Memorandum and Articles of Association, notes of recent board meetings, recent accounts and a copy of the Princess Royal Trust for Carers guidance document for directors. On-going training to directors is provided as required through meetings, away days and courses.

Throughout the year, the board continues to work to review and develop Southwark Carers and its services. The majority of the board, who give their time voluntarily, are carers, or former carers. Both the board and the staff work together to help inform and develop the carers strategy which is designed to bring local agencies together to deliver improved support for carers and to consult with them about their needs.

The board appoints sub-committees and working groups to operate with delegated responsibilities. In 2009/10 there were three sub-committees and working groups:

- Human Resources
- Finance
- Quality Assurance/PQASSO

Risk Management

The directors have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The charity is subject to review and audit by many bodies in respect of its company status, its charitable status and by its funding bodies. The board considers periodically the major risks to which the charity is exposed and has developed documented controls to mitigate those risks. Significant external risks to funding face all charities and Southwark Carers maintains a detailed business plan with regard to funding and its activities. Internal risks are minimised by internal control procedures covering all transactions.

These procedures are reviewed to ensure they meet the growing needs of the charity. During 2009/10 the charity continued to review and audit its practices to ensure the highest standards are maintained.

Statement of Responsibilities of Directors

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

Company law and the law applicable to charities in England and Wales requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements the directors are required to:

- select suitable accounting policies and consistently apply them;
- observe the methods and principles of the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, have been followed subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue to operate.

The directors are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charity (Accounts and Reports) Regulations 2008. They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud or other irregularities. The directors confirm that they have taken appropriate steps to make themselves aware of any relevant audit information and to establish that the auditors are aware of such information. As far as the directors are aware, there is no relevant audit information which has not been disclosed to the auditors.

Objectives and Activities for the Public Benefit

The main object of the charity as defined in the memorandum and articles of association is:

“To alleviate the conditions of life of carers in necessitous circumstances, who care for the elderly, sick, disabled, mentally ill or otherwise infirm, by any means that is charitable”.

Our Vision – all carers in Southwark will have access to the practical and emotional support they need and the recognition and influence they deserve.

Our Mission – to be an organisation run by and for carers, which provides practical and emotional support to increasing numbers of carers from the diverse communities of Southwark, and to obtain recognition of their invaluable contribution and influence policy in their interests.

Our Aims are to turn this vision and mission into a practical reality for carers across Southwark. We describe our aims under nine headings:

1. **Services** - to have a range of services accessible to carers across Southwark so that they are supported in all areas of need;
2. **Communication** - to communicate clearly with a range of people so that they are aware of our organisation and the needs of carers;
3. **Representation** - to be a voice for carers and to speak up for them at the places where decisions are made about them;
4. **Campaigning** - to put forward publicly the needs that carers have and to encourage and empower carers to speak up for themselves;
5. **Networking** - to connect with and support other organisations that can support us in our work, or who work with carers;
6. **Governance** – to be a well governed and managed organisation, so that everyone can have confidence in the things we do;
7. **Quality** - to deliver all of our services and activities within agreed standards, to make sure that they are the best they can be
8. **Resources** - to have the appropriate level of resources available, so that we have what we need in order to deliver to carers; and
9. **Development** - to research new and better ways of working to make sure we continue to develop to meet the needs of carers.

Our Activities are organised under four headings:

- Social Activities
- Advice, Information and Support
- Financial Support
- Respite Care

Social Activities



Carers Activity Group

The Activity Group meets monthly for informal chats, talks from speakers' and relaxation sessions. The Activity group also has regular outings which include trips to the seaside, the theatre, riverboat trips, and museums. The group celebrates the upcoming Christmas festivities, and other religious festivities. The Group is led by carers and the activities are arranged according to their needs and desires. The Group met 19 times and 207 carers attended these events.

The Arts Group

The Arts group has taken carers to arts venues which include galleries and the ballet. Carers who attended the group said that they found it useful and relaxing to focus on something new and different for a couple of hours, and that it provided an excellent break from their caring responsibilities. There were 12 Arts Groups and 196 carers attended these events.

The film club also meets twice per month, where films are shown and refreshments served. There were 20 films shown and 260 carers attended the showings.



Former Carers Group

We also continue to support carers when their caring role ends. Often this period is the first time that those involved in caring can access the support offered by our organisation, due to the heavy commitment that caring involves support services cannot always be accessed. Once a carers responsibilities end they can feel vulnerable, alone, isolated and depressed.

We provide a source of strength to carers during this difficult period in their lives, by offering them counselling, emotional support and practical advise. We also provide regular monthly Former Carers Support Groups where former carers can establish new friendships and take the time to find their own identity again. There were 19 group meetings attended by 201 carers and former carers.



Advice, Information and Support

Advocacy Service

The advocacy service provides support in dealing with social, health or housing services and problems that carers might face, in accessing services for themselves or the person they care for.

The advocacy service aims to promote carers views and protect carers rights by letting their voice be heard. The Advocacy Service also enables carers to challenge decisions made about them or the person they care for by statutory services.

The Advocacy Service provided 394 support sessions and saw 104 carers. Including within the provision of advocacy is:

- Health and social care, including going with carers to meetings with social services. This is mostly with carers with learning difficulties, who do not understand the meetings or what the implications or outcomes are
- Money and benefits advice and support, including going with carers to appeal tribunals, when they have been turned down for a particular benefit
- Housing and adaptations, including going to meetings with the carer, writing letters to the council on their behalf and appealing housing decisions



Advice Service

The service provides information on welfare rights matters, benefit issues and representation in appeal matters. It helps with accessing other services in Southwark and helps in finding services to promote your well-being.

Last year the Advice Service had 983 sessions and we saw 459 carers. We record the details of every carer that we speak to. The types of support we provided were:

- Health and social care services including referrals to social service, complaints against social services and liaising with the carer and social services by attending joint meetings;
- Health and wellbeing, including advising about counselling services, massage, positive thinking services, or referral to these services provided in-house;
- Money and Benefits (three quarters of carers are seen for this service, on a regular basis) including benefits checks, advice on what to claim, and filling in forms;
- Housing and Adaptations including helping carers to negotiate with Southwark Council to move house more quickly or completing medical report forms. We also try to sort out disputes between the carer and the Council, by writing letters on their behalf.
- We also provide occupational therapy to speed up their process and obtain referrals to occupations therapy.
- Breaks from caring, including a referral to our in-house services and finding other ways of providing the carers with holidays/respite.

Success Stories

A carer had purchased a scooter for his partner. Within a few days of the purchase and the scooter arriving at the carer's home the scooter started posing problems. The scooter would stop mid journey leaving the carer and his partner stranded without any means of getting home. Instead of making their lives simpler and easier for them to do things together it caused nothing but frustration, anguish and stress.

The carer contacted the company from whom he purchased the scooter and he was advised that he should charge the battery fully. The carer took their advice and tried charging the scooter but it still stopped midway through their journey. As a result the carer demanded his money back but he was told that the 8 day return policy had expired.



The carer managed to get the company to send a technical support engineer to check the battery. The carer was told that if the battery was faulty then they would provide a replacement scooter.

The engineer found that the battery was faulty and the company agreed to provide a new scooter but by this time the carer only wanted a full refund as he was fearful that any replacement would also have the same defect. We put the carer in touch with trading standards and he was able to get a full refund.

Counselling & Therapies

Counselling service

The charity offers up to 26 weeks of free, confidential counselling. Carers can come for counselling about matters related to their caring role. We also offer counselling to carers who are experiencing difficulties or problems, which are unrelated to caring. In addition, we do offer bereavement counselling. We can also see couples, when the caring role is putting a strain on their relationship. The service is for carers – they can come and talk about anything they like with our staff. There were 724 sessions offered and the service was accessed by 62 carers.

Massage / Reiki / Relaxation and Positive Thinking Groups

Carers' lives are stressful on every level. Massage and Reiki can relieve the stress that builds up in the body over long periods of time. Holistic therapies can relieve tensions that a carers role can bring. Our professional therapists offer weekly sessions to carers at our carers centre. We offered 263 massage sessions and these were taken up by 87 carers.

The Relaxation and Positive Thinking Groups offer ways for carers to change the way they think about themselves and others. A variety of methods are used including breathing, visualisation, diet, meditation and aromatherapy.

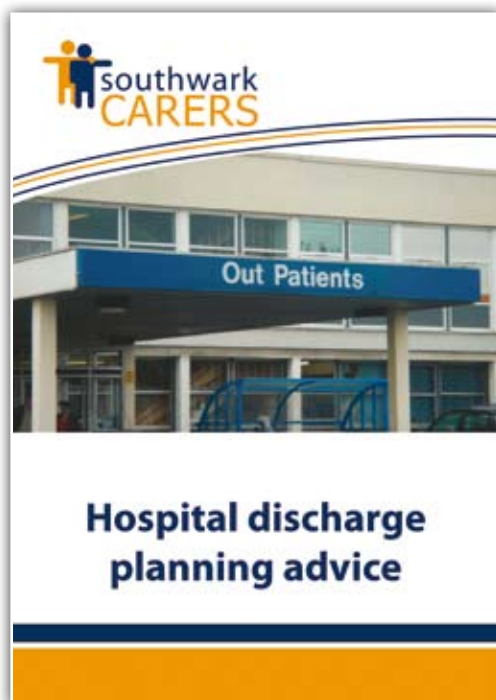


Health Liaison Service

The key aim of this service is to raise awareness of carer issues to local health services, such as GP surgeries, local hospitals and clinics. It encourages health services to identify carers as early as possible and provide carer awareness training to health professionals across the borough.

Carers notice-boards in GP surgeries have been regularly updated and are key in advertising services to carers in the borough. Southwark Carers leaflets are delivered regularly to GP surgeries in the borough as well as local pharmacies and other health service buildings.

Surgery based support groups run monthly across the Borough of Southwark. Support and guidance is also given to other independent carer support groups in the Borough. Volunteers assist with the administration of these groups, without whose help it would be very difficult to maintain. On-going surgery groups invite speakers to talk about health issues, such as nutrition, stress and worry. Massage and reflexology is regularly offered at these groups. 87 support group sessions were held 389 carers were seen by this service.



Information Services

Southwark Carers provides an integrated set of information services, which aims to provide useful and accessible information direct to carers, staff and professionals, to enable them to support and value carers. The bi-monthly newsletter focuses on a different topic each issue. It includes information and advice, news of events, local and national policies and research. There were 6 issues of the newsletter that were distributed to 3,500 carers and 1,100 professionals.

Information events are organised for carers every two months. These events allow carers to meet directly with professionals, gather information and relax socially with other carers.

The carers resource library is based in our Rainbow Room and contains information on issues such as benefits, housing, employment, and carers rights. It includes a section dedicated to different health conditions. A drop-in session is held every week and the library contains information in a variety of languages and formats, including DVD, braille and audio. Due to the refurbishment of Cambridge House the library does not exist as a physical space anymore, however, we do have a virtual bank of resources for carers. We have also raised funds to purchase a dedicated computer for carers use.

An information pack is sent to all carers when they register with the organisation. It contains a range of advice and contact details for further assistance.

The website includes the latest news for carers, current and past copies of our newsletter and details of upcoming events. There is also an area for professionals, to provide them with more information on supporting the carers. In the last six months of the financial year we had 4,191 visitors to our website of these 1,566 were unique visitors.

Southwark Carers launched its Twitter page on 22nd February 2010 and in March 2010 we launched our Facebook page.



Financial Support

Many carers are living in poverty and financial hardship - we provide a series of financial grants that can help carers take a break, cover transport costs or pay their bills.

Fix-Yourself-a-Break (FYAB)

FYAB scheme enables carers to claim funds to contribute towards a much deserved holiday or short break. These breaks include theatre or cinema trips, and sporting events.

They enable the carer to take a well earned rest from their sometimes undervalued but vital caring role. We also provide a contribution towards those little trips to visit family or friends.

The FYAB scheme is one the most valued services, by carers. It was accessed by 420 carers.



Transport Support

We enabled carers to get out and about to take a short break from their caring role by providing access to travel via any form of public transport, including using their Oyster cards.

This scheme enables carers to claim funds towards the costs of transport to and from respite breaks that have been organised, as well as to and from any health or social services appointment, that they may not have been able to make without the financial support offered by this scheme.

This scheme was accessed by 213 carers.

Respite

We offer up to 40 hours of respite care for carers. This means that they can ask us to contact a local agency to arrange for someone to look after their loved one so that the Carer can have a break or attend appointments for themselves.

In addition we provide Emergency Respite cover, this is for planned and unplanned emergencies. This can provide carers with up to an additional 48 hours of respite care.

This service was used by 56 carers.

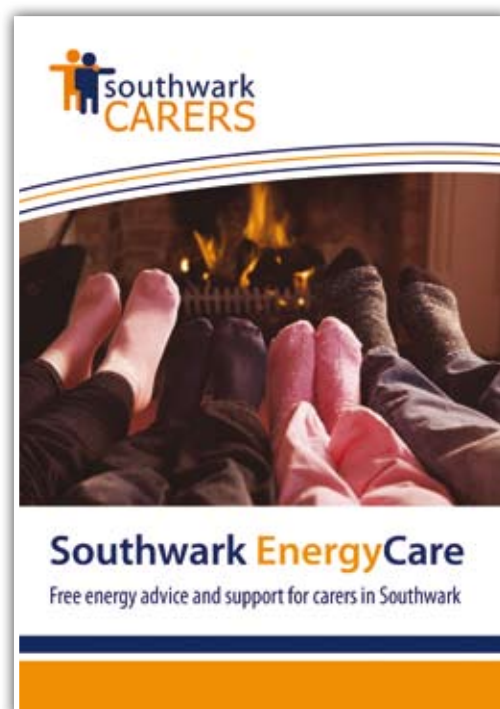


Fuel Poverty Project

Southwark Energy Care provides free energy advice and grants to any registered carer who may be finding it difficult to manage their fuel bills effectively. The project is designed to give carers the support and training they require in order to get out of any existing fuel debt and then avoid falling behind on future bills. To that end, the project provides advice on tariffs, heating and insulation and how to switch energy suppliers to find a better deal. It also provides grants of up to £200 for carers who are in debt or who are spending more than 10% of their income on gas or electricity.

The service also provides training and advice to other organisations and groups working with carers in the Borough so that they can identify cases of fuel debt and refer carers to the right sources of support.

We were able to provide 80 carers with advice on Fuel efficiency and we were able to provide 24 carers with grants to assist them in paying their fuel bills.



Achievements and Performance in 2009 - 2010

As well as maintaining our income in an environment where many similar charities are finding it difficult to maintain or increase funding we have made good progress in achieving our main aims.

1. **Services** - please see above where our activities and performance has been set out.
2. **Representation** – Southwark Carers has continued to represent the views of about 4,000 carers locally and has been a key voluntary sector presence in the Carers Strategy Forum which makes recommendations to commissioners of local health and social services. Our staff have also spoken at public events about carers, their rights and their needs. We also supported and participated in consultation events to inform and influence the National Carers Strategy.
3. **Campaigning** - we have continued to publicly campaign to put the needs and rights of carers into the public realm. We supported Carers Week and Carers Rights Day, and organised our own co-ordinated publicity campaigns, using newspaper advertising, posters and leaflets in health and community buildings, to help people across the community to identify as carers.
4. **Networking** – during the year we have regularly communicated with or established new working relationships with a range of organisations, to help us in our work, including Contact A Family, Cambridge House, Princess Royal Trust for Carers and Southwark Community Care Forum.
5. **Governance** – our Trustees met monthly throughout the year and continued to consider all the issues relevant to delivering our services, managing staff and developing the organisation in order to continue to serve carers locally and to ensure that we continue to meet the needs of carers.
6. **Quality** – to ensure that we are able to deliver our services and be an organisation that operates at a consistently high level of quality. We started the process of self-assessment using PQASSO (Practical Quality Assurance System for Small Organisations) and we used this work on Quality Assurance to continue our membership of the Princess Royal Trust for Carers network of carers centres. This self-assessment has continued during the current year.
7. **Resources** - the Trustees have throughout the year maintained oversight of the financial and practical resources required to ensure that Southwark Carers continues into the future and have taken steps to ensure that we have an appropriate level of staff, financial reserves, and the practical resources for the office and carers centre.
8. **Development** – throughout the year we have considered different methods of working and the potential for new services that we could offer to carers, in order to support them as best we can. We did bid for funding for new services but were not always successful. However, we were successful in securing new funds for flexi-respite care and FYAB funds. We will continue to consider new sources of funding to extend and develop more services for carers, in the year ahead.

Plans for future periods

Southwark Carers is committed to ongoing quality assurance. The other developments that will have an impact on our work, are the implementation of the National Carers Strategy and Southwark Health & Social Care will be looking in 2010-11 to update the local Carers Strategy. These two pieces of work could lead to improvements in the lives of carers and mean more support and recognition for carers locally and nationally.

Southwark Carers intends to be at the forefront of that change, leading by example and ensuring that the voices of local carers are heard when decisions are made. We have started to work on an organisational restructure, for example our advice and advocacy team have been merged to prevent an overlap in caseloads, so that we can continue to provide services to carers should we be faced with financial cuts in the future.

Financial Review

The total income for the year was £595,375 in 2010 compared to £490,657 in 2009. The fact that Southwark Carers had an increase in its funding during a period of austerity and severe cuts in the voluntary sector can be attributed to the hard work of our chief executives and the reputation that Southwark Carers has within the sector.

As a consequence of the increase in income, charitable expenditure increased from £448,448 to £495,006 reflecting an increase in activities.

Reserves Policy

The purpose of the policy is to ensure that Southwark Carers are able to meet their contractual obligations and finance future expansion of the organisation. The level of free reserves (excluding restricted funds) is reviewed annually by the directors. The Directors consider that the most appropriate level of free reserves at 31st March 2010 is about £60,000 which is equivalent to about seven month's operating costs. Unrestricted reserves at 31st March 2010 were £47,549.

Approved by the Directors and Signed on their behalf by :



David Le Bon
24th November 2010



Independent Auditors Report

Independent Auditors' Report

We have audited the financial statements of Southwark Carers for the year ended 31st March 2010 which comprise the Statement of Financial Activities (including the Income and Expenditure Account), Balance Sheet and the related notes to the accounts. These financial statements have been prepared under the accounting policies set out therein.

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

Respective responsibilities of the auditors

The Directors' responsibilities for preparing the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) are set out in the Statement of Directors' Responsibilities.

We have been appointed auditors under the Companies Act 2006 and Section 43 of the Charities Act 1993 and report to you in accordance with these acts. Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view and are properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, and have been properly prepared in accordance with the Companies Act 2006 and the Charities Act 1993. We also report to you whether, in our opinion, the information given in the directors report is consistent with the financial statements.

In addition we report to you if, in our opinion, the company has not kept proper accounting records, if the company's financial statements are not in agreement with the accounting records, if we have not received all the information and explanations we require for our audit, or if certain disclosures of directors' remuneration specified by law are not made.

We read the Directors' Report, and consider the implications for our report if we become aware of any apparent misstatements.

Basis of audit opinion

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the Company's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

Opinion

In our opinion

- The financial statements give a true and fair view of the state of the company's affairs as at 31st March 2010 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- The financial statements have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- The financial statements have been properly prepared in accordance with the Companies Act 2006 and the Charities Act 1993; and
- the information given in the directors report is consistent with the financial statements.

*Richard Billinghamurst, Senior Statutory Auditor
For and on behalf of Knox Cropper, Chartered Accountants*

*8/9 Well Court, London, EC4M 9DN
Statutory Auditors 24/11/2010*

Statement of financial activities for the year ended 31st March 2010

	Notes	Unrestricted Funds	Restricted Funds	2010 Total	2009 Total
		£	£	£	£
INCOME AND EXPENDITURE					
Incoming resources from Generated Funds					
Voluntary Income	2	14,765	6,075	20,840	9,123
Activities for Generating Funds:					
Local Authority and other Contracts	3	102,555	470,962	573,517	479,730
Investment Income		1,018	-	1,018	1,804
TOTAL INCOMING RESOURCES		118,338	477,037	595,375	490,657
RESOURCES EXPENDED					
Cost of Generating Funds	5	10,339	-	10,339	16,310
Charitable Activities	4	76,680	418,326	495,006	448,448
Governance Costs	5	18,464	-	18,464	20,973
TOTAL RESOURCES EXPENDED	5	105,483	418,326	523,809	485,731
NET INCOMING RESOURCES/ EXCESS OF INCOME OVER EXPENDITURE FOR THE YEAR					
	8	12,855	58,711	71,566	4,926
Transfers		(12,858)	12,858	-	-
BALANCE BROUGHT FORWARD 1st APRIL 2009	12/13	47,552	161,764	209,316	204,390
BALANCE CARRIED FORWARD 31st MARCH 2010					
	12/13	<u>47,549</u>	<u>233,333</u>	<u>280,882</u>	<u>209,316</u>

The Charity has no recognised gains or losses other than those included in the Statement of Financial Activities above and, therefore, no separate Statement of Total Recognised Gains and Losses has been presented.

None of the Charity's activities were acquired or discontinued during the above two financial years.

There is no difference between the result reported above and its historical cost equivalent.

The notes on pages 20 to 27 form part of these financial statements.

Balance Sheet as at 31st March 2010

	Notes	2010		2009	
		(£)	(£)	(£)	(£)
FIXED ASSETS	9		1		1,986
CURRENT ASSETS					
Debtors	10	55,979		-	
Bank and cash		<u>240,346</u>		<u>215,430</u>	
		296,325		215,430	
Liabilities: Amounts falling due within one year	11	<u>(15,444)</u>		<u>(8,100)</u>	
NET CURRENT ASSETS			280,881		207,330
NET ASSETS			<u>280,882</u>		<u>209,316</u>
FUNDS					
Unrestricted	12		47,549		47,552
Restricted	13		233,333		161,764
TOTAL FUNDS			<u>280,882</u>		<u>209,316</u>

The financial statements were approved by the Directors on the 24th November 2010.



David Le Bon

Registered Company Number: 04146495

Registered Charity Number: 1085300

The notes on pages 20 to 27 form part of these financial statements.

Notes to the financial statements for the year ended 31/01/2010

1. ACCOUNTING POLICIES

(a) Basis of Accounting

These financial statements have been prepared under the historical cost convention, in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Statement of Recommended Practice (Accounting and Reporting by Charities) issued by the Charity Commissioners in March 2005 and the Companies Act 2006.

(b) Tangible Fixed Assets and Depreciation

All fixed asset additions whose costs exceed £500 are capitalised at historic cost. Provision is made for depreciation on tangible fixed assets, at rates calculated to write off the cost or valuation less estimated residual value of each asset over its expected useful life.

Furniture and Equipment	33 1/3% p.a. straight line
Computers	33 1/3% p.a. straight line

(c) Funds

Unrestricted funds are donations and other incoming resources received or generated and can be used at the discretion of the trustees for charitable purposes.

Restricted funds comprise funds received for specific programmes and activities, as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

(d) Charitable Expenditure

Charitable expenditure includes direct expenditure attributable to the charitable objectives or activities. Where costs cannot be attributed, they have been apportioned to charitable objectives or activities according to the time or resources applied to each (Note 5).

(e) Costs of Generating Funds

The costs of generating funds include costs incurred on events and activities and an apportionment of overhead and support costs (Note 5).

(f) Governance Costs

Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice. These costs include costs related to statutory audit together with an apportionment of overhead and support costs (Note 5).

(g) Income

Revenue grants are credited to incoming resources on the earlier of when they are received or when they become receivable, unless they relate to a specified future period, in which case they are deferred.

Capital grants for the purchase of fixed assets are credited to restricted incoming resources on the earlier of when they are received or become receivable. Depreciation on the related fixed assets is charged against the restricted fund. Whilst this treatment is in accordance with the Charity SORP it represents a departure from SSAP4.

All other incoming resources are included in the Statement of Financial Activities (SOFA) when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

(h) Cashflow Statement

The Company has not prepared a cashflow statement for the year as required by Financial Reporting Standard 1 because the Charity has relied on the exemption available for small undertakings.

2. VOLUNTARY INCOME

	Unrestricted	Restricted	Total 2010	Total 2009
	£	£	£	£
Girdlers Association	-	1,000	1,000	-
Princess Royal Trust	-	3,173	3,173	1,540
Other	14,765	1,902	16,667	7,583
	<u>14,765</u>	<u>6,075</u>	<u>20,840</u>	<u>9,123</u>

3. ACTIVITIES FOR GENERATING FUNDS: LOCAL AUTHORITY AND OTHER CONTRACTS

	Unrestricted	Restricted	Total 2010	Total 2009
	£	£	£	£
Southwark Council				
Core costs	102,555	-	102,555	102,468
Fix Yourself a Break	-	114,077	114,077	101,577
Fix Yourself a Break (SLaM)	-	13,818	13,818	-
Advice Manager	-	37,925	37,925	37,927
Advice Worker	-	34,060	34,060	34,144
Health Liaison Worker	-	45,739	45,739	50,382
Information Worker	-	55,408	55,408	51,158
Advocacy Worker	-	18,922	18,922	14,280
Emergency Respite Project	-	20,000	20,000	-
Flexi Respite Care	-	21,763	21,763	11,370
Carers Activity Group	-	2,000	2,000	2,894
Counselling	-	58,370	58,370	58,370
Carers Transport Scheme	-	15,160	15,160	15,160
Scottish Power	-	33,720	33,720	-
	<u>102,555</u>	<u>470,962</u>	<u>573,517</u>	<u>479,730</u>

4. ANALYSIS OF CHARITABLE ACTIVITIES

	Undertaken Direct	Grants	Support Costs	2010	2009
	£	£	£	£	£
Respite Provision					
Flexi Respite Care	22,554	-	8,591	31,145	5,133
Carers Groups	5,875	-	2,229	8,104	9,209
	<u>28,429</u>	-	<u>10,820</u>	<u>39,249</u>	<u>14,342</u>
Financial Support					
Fix Yourself a break	1,471	104,579	20,778	126,828	116,357
Transport and other Grants	396	14,043	2,806	17,245	12,643
	<u>1,867</u>	<u>118,622</u>	<u>23,584</u>	<u>144,073</u>	<u>129,000</u>
Advice Information and Support to Carers and Professionals					
Counselling	52,919	-	11,244	64,163	76,559
Advice/Support parent carers	125,018	-	26,577	151,595	167,055
Fuel Poverty	19,529	4,800	4,143	28,472	-
Advocacy	17,174	-	3,658	20,832	20,435
Health Service Liaison	38,444	-	8,178	46,622	41,057
	<u>253,084</u>	<u>4,800</u>	<u>53,800</u>	<u>311,684</u>	<u>305,106</u>
	<u>283,380</u>	<u>123,422</u>	<u>88,204</u>	<u>495,006</u>	<u>448,448</u>

5. TOTAL RESOURCES EXPENDED

	Costs of Generating Voluntary Income	Respite Provision	Financial Support	Advice Information and Support to Carers and Professionals	Governance	2010	2009
	£	£	£	£	£	£	£
DIRECTLY INCURRED							
Staff Costs	-	-	-	171,757	-	171,757	166,142
Counselling & Facilitating Fees	-	-	-	12,421	-	12,421	8,623
Travel and Meal Costs	-	-	-	284	-	284	177
Volunteers	-	-	710	2,037	-	2,747	2,152
Training	-	-	-	1,914	-	1,914	1,591
Recruitment Costs	-	-	-	3,576	-	3,576	-
Premises Costs	-	-	-	7,151	-	7,151	10,072
Events and Activities	-	28,336	-	6,657	3,988	38,981	23,916
Newsletter	-	-	-	18,685	-	18,685	17,053
Massage/Relaxation Fees	-	-	-	6,258	-	6,258	7,283
Office expenses	-	93	1,157	16,525	-	17,775	13,591
FYAB/Transport Grants	-	-	115,449	-	-	115,449	108,842
Grant Aid	-	-	3,173	4,800	-	7,973	1,840
Agency Fees	-	-	-	5,819	-	5,819	10,379
	-	<u>28,429</u>	<u>120,489</u>	<u>257,884</u>	<u>3,988</u>	<u>410,790</u>	<u>371,661</u>
SUPPORT COSTS							
Staff Costs	6,337	6,651	14,496	33,083	6,066	66,633	69,002
Other Costs	4,002	4,169	9,088	20,717	3,710	41,686	40,468
Audit and Accountancy	-	-	-	-	4,700	4,700	4,600
	<u>10,339</u>	<u>10,820</u>	<u>23,584</u>	<u>53,800</u>	<u>14,476</u>	<u>113,019</u>	<u>114,070</u>
	<u>10,339</u>	<u>39,249</u>	<u>144,073</u>	<u>311,684</u>	<u>18,464</u>	<u>523,809</u>	<u>485,731</u>

6. STAFF COSTS

	2010	2009
	£	£
Salaries and Wages	216,731	213,250
Social Security Costs	20,451	21,202
Pension Costs	1,208	692
Payroll Costs	<u>238,390</u>	<u>235,144</u>

The average number of staff employed during the year was 9 (2009: 8).
No employee earned more than £60,000 during the period.

No director received any remuneration during the year (2009: £ Nil).
No director was reimbursed expenses during the year (2009: £Nil).

7. TAXATION

Southwark Carers is a registered charity and is potentially exempt from taxation in respect of income and capital gains within the categories covered by Section 505 of the Taxes Act 1988 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that such income or gains are applied exclusively to charitable purposes.

8. INCOMING RESOURCES

Net incoming resources for the period is stated after charging:

	Total 2010	Total 2009
	£	£
Auditors' Remuneration, Audit Services	4,700	4,600
Depreciation	<u>1,985</u>	<u>6,829</u>

9. FIXED ASSETS

	Furniture and Equipment 2010
	£
Cost:	
At 1st April 2009	63,938
Additions	-
At 31st March 2010	<u>63,938</u>
Depreciation:	
At 1st April 2009	61,952
Charge for the year	1,985
At 31st March 2010	<u>63,937</u>
Net Book Value at 31st March 2010	£1
Net Book Value at 31st March 2009	£1,986

10. DEBTORS

		2010	2009
		£	£
Other debtors		398	-
Grants receivable		55,581	-
		<u>55,979</u>	-

11. CREDITORS

		2010	2009
		£	£
Deferred Income		6,744	-
Accruals		8,700	8,100
		<u>£15,444</u>	<u>£8,100</u>

12. DESIGNATED FUNDS

	1/4/2009 b/f	Income	Payroll	Expenses	Transfers	31/3/2010 c/f
	£	£	£	£	£	£
Activity Group	2,490	-	-	-	-	2,490
Arts Group	1,200	450	-	(1,1230)	-	527
Former Carers	2,999	-	-	(146)	-	2,853
Film Club	460	-	-	(189)	-	271
	<u>7,149</u>	<u>450</u>	-	<u>(1,458)</u>	-	<u>6,141</u>
General Reserves	<u>40,403</u>	<u>117,888</u>	<u>(66,633)</u>	<u>(37,392)</u>	<u>(12,858)</u>	<u>41,408</u>
	<u>47,552</u>	<u>118,338</u>	<u>(66,633)</u>	<u>(38,850)</u>	<u>(12,858)</u>	<u>47,549</u>

13. RESTRICTED FUNDS

	1/4/2009 b/f	Income	Payroll	Expenses	Transfers	31/3/2010 c/f
	£	£	£	£	£	£
Former Carers	-	1,869	-	(1,869)	-	-
Fix Yourself a Break (SLaM)	-	13,818	-	-	-	13,818
Transport Scheme	5,841	15,160	-	(11,266)	-	9,735
Flexi Respite care	9,912	21,763	-	(22,584)	-	9,091
Advocacy	8,393	18,922	(14,953)	(3,991)	2,143	10,514
Fix Yourself a Break	-	114,077	-	(106,050)	-	8,027
Princess Royal Trust for Carers	-	3,173	-	(3,173)	-	-
Advice Manager	1,990	37,925	(37,010)	(2,905)	2,143	2,143
Advice Worker	7,824	34,060	(29,881)	(4,914)	2,143	9,232
Health Liaison Worker	51,865	45,739	(19,765)	(23,404)	2,143	56,578
Information Worker	(4,456)	55,408	(25,618)	(27,477)	2,143	-
Message in a Bottle	12,386	-	-	-	-	12,386
Counselling	27,329	58,370	(30,622)	(24,198)	2,143	33,022
Carers Activity Group	2,319	3,033	-	(2,548)	-	2,804
Transition Workers	38,361	-	-	-	-	38,361
Fuel Poverty	-	33,720	(13,908)	(12,190)	-	7,622
Emergency Respite	-	20,000	-	-	-	20,000
	<u>161,764</u>	<u>477,037</u>	<u>(171,757)</u>	<u>(246,569)</u>	<u>12,858</u>	<u>233,333</u>

The above funds which include advocacy, FYAB, advice, health liaison, information, emergency respite, counselling, carers activities and transition support were all funded by Southwark Health and Social Care, for the purpose of providing carers with practical and emotional support.

14. ANALYSIS OF NET ASSETS

	Unrestricted Funds	Restricted Funds	Total 2010
	£	£	£
Fixed Assets	1	-	1
Debtors	148	55,831	55,979
Bank	56,100	184,246	240,346
Creditors	(8,700)	(6,744)	(15,444)
	<u>£47,549</u>	<u>£233,333</u>	<u>£280,882</u>

15. GOING CONCERN

The Trustees are of the opinion that it is appropriate to prepare accounts on the going concern basis because in the normal course of events sufficient funding will become available to allow the Charity to continue to operate. In making this statement they have reviewed financial projections to 31st March 2011. 91% of the Charity's funding emanates from Southwark Council and whilst Southwark Council have identified funding levels for the year ended 31st March 2011 no projections beyond that date have, as yet, been supplied.

Southwark Carers
Cambridge House
131 - 139 Camberwell Road
London
SE5 0HF

Tel: 020 7708 4497
Email: info@southwarkcarers.org.uk
Web: www.southwarkcarers.org.uk

Charity No: 1085300 | Company No: 4146495

