



FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31st MARCH 2019

COMPANY NUMBER: 04146495

CHARITY NUMBER: 1085300

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SOUTHWARK CARERS

DIRECTORS REPORT FOR THE YEAR ENDED 31st MARCH 2019

The Directors are pleased to present their report together with the financial statements for the charity for the year ended 31st March 2019. The financial statements comply with current statutory requirements, the memorandum and articles of association and the 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 (FRS102) (effective 1 January 2015).

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 the financial statements were:

Wondwossen Befikadu Kebede	Treasurer
Joan Harris	
Mary Jacob	Chair
Dorah Naisubi	
Tanya St Clair Knights	

Chief Officer & Company Secretary

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Registered Address:

Southwark Carers 3 rd Floor, Walworth Methodist Church 54 Camberwell Road Camberwell London SE5 0EN	Tel: 020 7708 4497
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Bankers:

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

Auditors:

Goldwins Limited
Chartered Accountants
75 Maygrove Road
London NW6 2EG

SOUTHWARK CARERS
DIRECTORS REPORT
FOR THE YEAR ENDED 31st MARCH 2019

CHAIR'S REPORT 2019

The last year was an incredibly tough year for Southwark Carers, once again we faced a reduction in income, whilst our targets were increased. The phrase more services and outcomes for substantially less financial resources is very apt to describe the current funding crisis. Given the changing economic climate, the changes in benefit payments and the pressures on local authorities and the NHS, has seen the staff and volunteers at Southwark Carers under enormous pressure. It has required a rethink about the services provided and we have had to refine the way that we work, in this year our work was focused on Outreach and Peer Support Activities. In this year we were targeted with working with 2750 carers, this figure was further broken down into working with 2000 carers in terms of outreach and community support and 750 carers receiving peer support.

Throughout this period the staff and volunteers have worked closely together to maintain stability and to ensure that there was a smooth service operating, whilst explaining to clients that services they had previously received by local government, NHS and ourselves were not available due to funding shortages and redefining priorities.

The team have strived to achieve targets set and with dedication and fortitude they have managed to be successful in their endeavours. This has been done against the backdrop of a reduced staffing team and reduced resources to provide services for carers.

The burden of caring does not rest with just one member of a family or friendship network, it extends to all members of the family and friendship groups. In the past we have had a whole family support officer but with the reduction in income we had to restructure the team and find new ways of working. Rather than a dedicated member of the team providing whole family support we have spread the work throughout the team. Also we have opened up all our events to all unpaid carers and their cared for. This has enabled us to extend our reach into the community and spread our key message that Carers have a right to a life of their own.

On a positive note we continued to promote our relationship with Carefreebreaks and were able to offer carers breaks in under utilised hotel accommodation. These have proved very popular and we look forward to continuing this work in the years to come.

On behalf of the Board I would like to thank all our staff, volunteers and members for their on-going support. The Board and I will strive to improve services for carers and our reach into the community so that we identify and support all carers.

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.

Appointment to Board

The charity is governed by a board of directors (the management committee) which meets quarterly. 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

SOUTHWARK CARERS
DIRECTORS REPORT
FOR THE YEAR ENDED 31st MARCH 2019

members. At its quarterly meetings, the board agrees the overarching strategies 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 background information on the charity's history and recent activities and includes a copy of the Memorandum and Articles of Association, minutes of recent board meetings, recent accounts and a copy of the Charities Commission guidance documents for directors. On-going training to directors is provided as required through meetings, away days and courses. Directors are invited to attend all events that Southwark Carers hosts.

Throughout the year, the board continued 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 deliver support services for carers and to consult with them about their needs, when developing and planning future services and events.

Statement of Directors Responsibilities

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 charitable company and of its incoming resources and application of resources, including its 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 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The directors confirm that, in the case of each of the persons who are directors at the date of this report, the following applies:

- so far as each director is aware there is no relevant audit information (information needed by the Charity's auditors in connection with preparing their report) of which the Charity's auditors are unaware; and

SOUTHWARK CARERS
DIRECTORS REPORT
FOR THE YEAR ENDED 31st MARCH 2019

- each director has taken all the steps that he or she ought to have taken as a director in order to make herself/himself aware of any relevant audit information and to establish that the Charity's auditors are aware of that information.

Remuneration Policy

Southwark Carers has a remuneration policy which sets out how all staff remuneration is set. The Directors review the policy and agree all increases in salary, including any cost of living increases, and approve any benefits for the staff team. Salary levels are set after an assessment of job descriptions and person specifications followed by a bench marking exercise that assesses pay rates and benefits associated with that type of role in the voluntary sector. As a minimum standard all staff are paid the London Living Wage and we are accredited members of the Living Wage Foundation.

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 2018/19 the charity continued to review and audit its practices to ensure the highest standards are maintained.

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

The Directors have complied with the duty in section 17(5) of the Charities Act 2011 and referred to the guidance on public benefit published by the Charity Commission when reviewing the charity's aims and objectives and in planning its future activities.

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.

SOUTHWARK CARERS

DIRECTORS REPORT FOR THE YEAR ENDED 31st MARCH 2019

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. Partnerships - to connect with and support other organisations that can help us deliver 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 the following headings:

- Reducing Social Isolation
- Advise Information and Support
- Advocacy
- Outreach
- Counselling
- Health and Well Being
- Identifying Hidden Carers
- Financial Support

ACHIEVEMENTS AND PERFORMANCE

REDUCING SOCIAL ISOLATION

We run a number of activities, under the banner of Creative Crafts, sewing, knitting, crochet, card-making, jewellery making as well as our Film Club, These provide a life line for some carers, "the group is so valuable because it allows carers to connect", in a friendly safe non- judgmental environment, where their peers can empathise, and understand their issues and concerns, as well as provide them with emotional and practical support from their own personal experiences.

These groups provide carers with a much needed break from their caring role for a short time. The groups also allow carers to form new friendships and social networks. For example, carers from the film group are organising trips outside the events that we run so that they can meet up, relax and enjoy each others company. This social interaction amongst carers is vital as we know that addressing social isolation is a key concern for carers, whose friendships and networks of support are worn away by their caring role. Research by Newcastle University published on 15th August 2017 showed 8 out of 10 carers have felt lonely or socially isolated as a result of their caring role.

SOUTHWARK CARERS
DIRECTORS REPORT
FOR THE YEAR ENDED 31st MARCH 2019

Although, not all our carers can access our workshops, social events, parties, information days and other activities, all are informed of them via email, text, website, and targeted phone calls.

Monthly Groups

Film Club

Our groups provide an opportunity for carers to drop in and learn a new skill, whilst relaxing and to rebuild social networks.

Latin American Carers Group
Salsa Group
Mindfulness Group
Healthy Eating Group
Knitting and Nattering Group
Sewing Group
Painting Group
Jewellery Making Group
Gardening Group

IT Group

As a result of specific requests from Carers we have created a one to one Carers IT support sessions. It was found that with group sessions there was a mismatch in skills and knowledge. The one to one sessions work more effectively in developing IT skills and improving carers knowledge base. We have worked with 10 carers.

Other Events

Carers Café we held 13 events throughout the course of the year. The average attendance was 50 at each event. We have framed our monthly Carers Cafes around different communities. For example, we have had a Spanish themed café, a Black History Café. This allows a cultural exchange and ensures that the diversity of Southwark is celebrated. An additional Carers Café was held in Carers Week.

At the Christmas Party, which is also a Carers Café event there were over 100 attendees.

Theatre Trips 60 carers were given the opportunity to attend a variety of west end shows.

INFORMATION and SUPPORT

Advice Service

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

In this year the Advice Service saw 240 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 services, 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;
- 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 landlords, by writing letters on their behalf.

SOUTHWARK CARERS

DIRECTORS REPORT FOR THE YEAR ENDED 31st MARCH 2019

- Breaks from caring, including a referral to our in-house services and finding other ways of providing the carers with holidays/respite.

In partnership with DLS we were able to offer a further 10 Carers specialist advice and support around their benefits and housing issues.

We recruited a seasoned advise worker as a volunteer and she was able to assist a further 10 carers before she was forced to cut short her volunteer placement with us due to ill health.

Working with Carers Trust on an Employment and Training Advise for carers over 25.

During this period we had 5 self referrals, of which 3 were previously registered for Southwark Carers services.

1 carer was provided with training and support in completing an application form. The carer was successful in being recruited to the post applied for.

Mentoring with 1 carer focusing on confidence building, identifying websites to look at for opportunities. Sent information on potential vacancies that might be appropriate / of interest.

One to one work with 2 carers to look at the viability of setting up microenterprises. Given opportunity in Carers Week 2 carers were supported to carry out health and well being treatments on carers. This allowed for confidence building and examining the potential to launch new businesses. We worked with the carers on potential names for businesses, design of logos, business cards, ideas for marketing and unique selling points.

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 saw 80 carers. Included 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; and
- Housing and adaptations, including going to meetings with the carer, writing letters to the council on their behalf and appealing housing decisions.

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.

An Information pack is online for all carers to access. It contains a range of advice and contact details for further assistance.

Through out the course of the year 1500 Message In A Bottle kits handed out across the Borough.at a variety of events.

All Carers have been given a plethora of information about the medical conditions of their cared for. Where the diagnosis is recent we will highlight where information can be sought about the condition and also help the carer to understand the condition. In providing information on specific conditions we are very careful not to stigmatise any one condition or increase fears of carers. However, usually, most carers are 'experts' on the medical conditions of their cared for, they are experts by experience as they advocate on their cared for's

SOUTHWARK CARERS
DIRECTORS REPORT
FOR THE YEAR ENDED 31st MARCH 2019

behalf, attend Doctors. appointments, administer medication. Often, the cared for's condition is only likely to deteriorate and therefore support can sometimes seem futile, as the caring burden will only increase with time.

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 year we had 20129 unique visitors to our website. They accessed the site on 11523 occasions.

We also sent 70 e-shots that reached 1681 carers and 201 professionals on each occasion As part of our digital marketing and outreach campaign we sent 31 text shots.

We have 2040 followers on Twitter and have over 40,000 contacts per year.

We use social media tools including Facebook to share information and news stories, each posting reaches on average 8 people per day, around 14,000 page views in the period 2018 – 2019.

OUTREACH ACTIVITIES

During September 2018 to February 2019 we have been working closely with the Commissioning Team at Southwark Council and developing different methodologies for working with Carers. Specifically, we have looked at extending the physical presence of Southwark Carers across the breadth of Southwark, ensuring that Carers can access services in their locality, as travel is a huge stress point for some carers. Carers have told us that leaving their cared for can be difficult for even short periods of time, adding travel time to a meeting or a social event, adds to their anxiety and is often a reason for missing an appointment.

The purpose of this new way of working was to hold regular information, advice and support Drop-ins at various venues across the Borough. Furthermore, to provide activities and groups addressing the needs of carers at venues across the Borough. This was developed in 7 sites. The work at these outreach sites has continued into April 2019 - March 2020.

COUNSELLING SERVICE

The charity offers up to 13 weeks of free, confidential counselling. Clients 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. There were 1279 sessions offered and the service was accessed by 519 service users.

HEALTH AND WELL BEING

Carers Navigators

The Carers Navigators Team forms the core of the services offered by Southwark Carers. They assist carers in gaining access to information and advice, advocacy, carers assessments, personal budgets, counselling, relaxing therapies, food vouchers, financial assistance and grants for essential purchases.

One of the most phenomenal impacts of the team was their ability to conduct home visits and see carers at their GPs surgeries. The Carers Navigators Team were able to attend 180 home visits.

The Carers Navigators Team held 25 events in GP surgeries. We have also sustained our regular interaction with PPGs throughout the Borough.

SOUTHWARK CARERS
DIRECTORS REPORT
FOR THE YEAR ENDED 31st MARCH 2019

The Carers Navigators Health Team were also able to attend and speak at 45 events across Southwark and at national events representing the views of carers in Southwark. The events ranged from patient participation groups at local GPs surgeries to borough wide pharmacy meetings, community council meetings, CAS, Healthwatch, and voluntary sector partners, e.g. Age UK. On a national level we attended events ranging from Carers UK Campaign launches to Policy launches in parliament and national conferences.

Six waves of literature were dropped at all 40 GPs surgeries in the Borough

Carers United Project

We further developed the work that we had carried out around peer support with the Challenging Behaviour Foundation. This was developed into a two day workshop that would allow our volunteer carers to provide peer support to all family carers. Thus providing an alternative support mechanism for carers in Southwark giving them the access that they need to emotional and practical support, thus easing the pressures of their caring role.

SAIL

We received 39 referrals from SAIL. Each of these individuals was supported by us. The support offered covered the full parameter of our services.

IDENTIFYING HIDDEN CARERS

It is pertinent to note that a key objective for the charity is to identify hidden carers and to provide them with appropriate support. Another key aim of our 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.

We use innovative methods to spread our message that where an individual is looking after someone who is ill, elderly or frail that they need to recognise that their role is beyond simply that of caring for a loved one, that it is an unpaid role that saves the economy, £132 billion an average of £19,336 per carer who recognises and publicly acknowledges their role.

We designed a number of unique marketing materials which were placed at over 150 health settings in Southwark including GP surgeries, pharmacists, libraries and leisure centres. Our Z-fold leaflet was used as a best practice example across the Carers Trust network of over 140 centres. Other tools included identification cards in protective 'oystercard' type wallets and our emergency planning kits.

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.

We used the plays that we have developed to reach out to hidden carers, so that they could self identify and then access services and support available to them.

We registered 326 new carers to the service, of these 62 were male and 225 female. This is reflective of national trends, where the number of female carers is far greater than the number of male carers.

CARERS ASSESSMENTS

In 2015 the Care Act 2014 came into effect. The Care Act enshrined a number of key principles for Carers. The Act was hailed as finally recognising a Carer's right to an independent assessment of their needs. Implementation of the Care Act across the Country has varied. Southwark Council in its implementation of

SOUTHWARK CARERS
DIRECTORS REPORT
FOR THE YEAR ENDED 31st MARCH 2019

the Care Act decided that the process for carrying out Carers Assessments would be taken back in house and would be carried out by a specialist carers social work team. We referred 106 carers for an assessment.

FINANCIAL SUPPORT

GRANTS

As a result of the changes in funding experienced by us and taking into account the economic and political landscape of social care we continued to work with over 40 grant providers to secure grants for carers. In this financial year we were able to help carers purchase furniture including new beds, mattresses, and chests of drawers, wardrobes. We were also able to assist in the purchase of white goods including fridges, washing machines, and ovens. We also assisted in securing educational equipment for children with additional needs. In total we achieved additional income of £11,938.93 for our service users.

OTHER

We have made good progress in achieving our main aims.

Services - please see above where our activities and performance has been set out.

1. Representation – Southwark Carers has continued to represent the views of about 3,200 carers locally. Our staff are key speakers at public events about health and social care and carers, their rights and their needs.

Southwark Carers have regularly attended the All Party Political Group on Carers at the House of Commons, this has allowed us to represent the views of carers locally and nationally. Furthermore, we have been able to be at the cutting edge of policy developments and decision making.

Locally we have been asked on numerous occasions to represent the views of carers on consultations on local issues, ranging from planning through to the layout and design of local hospitals, local health networks and provision of services for all conditions.

2. Campaigning - we have continued to publicly campaign to put the needs and rights of carers into the wider 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.
3. Partnership Working – 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 Community Action Southwark, COPSINS, Contact A Family, Cambridge House, Carers UK, SLaM and Southwark Resource Centre.

Healthwatch Southwark has worked with us since 2013. In the last year, we found several ways of working together in partnership which have been very successful. Healthwatch Southwark said:

We are very grateful for the support Southwark Carers have given us in the last year and we look forward to working together more in the future.

We created partnerships with businesses within the borough, in particular a number of local coffee shops who now display our literature and some of our events are hosted there. Harper Collins and Homebase continued their support of the carers centre by donating goods.

SOUTHWARK CARERS

DIRECTORS REPORT FOR THE YEAR ENDED 31st MARCH 2019

4. Governance – our Trustees met quarterly 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.
5. Quality – to ensure that we are able to deliver our services and be an organisation that operates at a consistently high level of quality. Work on Quality Assurance continued work, more specifically on Investors in People and Volunteers accreditation and ISO9001 this is with a view to ensuring that we are continually striving to provide an excellent service.

All staff received training on how to effectively use the Carers Star, an outcome tool specifically designed for those working with carers. The Carers Star is underpinned by a model of change that has five steps, cause for concern, getting help, making changes, finding what works and as good as it can be.

6. 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.
7. 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, each application that we did allowed us to develop ideas and look at providing innovative ways of supporting carers, for example, an online counselling service. Our successful applications have allowed to develop our whole family support offering.

We will continue to consider new sources of funding to extend and develop more services for carers of all ages, in the year ahead.

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 Directors have decided to set aside funds not committed or invested in tangible assets. 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 should be between £177,250 3 months running costs and £354,500 6 months running costs. Unrestricted reserves at 31st March 2019 were £75,686.

The present level of unrestricted reserves equates to 1.3 months running costs. However, it falls short of the lower threshold of £177,250. Therefore, the strategy will be to continue to act prudently in relation to the organisations reserves. However, Southwark Carers will assess the viability of reinvesting funds into services where there is a demonstrable need that cannot be met through other sources of funding.

PLANS FOR FUTURE PERIODS

We look forward to diversifying our income and our funding streams further by making applications to national and local trusts. We look forward to working with Southwark Council in developing future services for Carers.

We look forward to developing and strengthening our local and national partnerships in order to develop models of best practice, around all services for carers, for example emergency planning.

SOUTHWARK CARERS
DIRECTORS REPORT
FOR THE YEAR ENDED 31st MARCH 2019

We look forward to developing our partnership with COPSINS and developing joint bids within this partnership.

The Mary Marshall Social Enterprise model has continued to be developed throughout this year. We have made more products and we have received donations for products that we have made.

We continued to extend the reach of our services by offering activities at the weekend. We aim to further increase the reach of our services by offering more events outside the Monday to Friday 9 to 5 spectrum. For example, our activities are extending their reach, and on the first and third Saturday of the month we have a film show, followed by a Salsa Group.

FINANCIAL REVIEW

The total income for the year was £327,240 in 2019 compared to £439,666 in 2018. The charitable expenditure decreased from £434,509 in 2018 to £389,683.

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the Directors and Signed on their behalf by:

A handwritten signature in black ink, appearing to read 'M. Jacob', written over a horizontal line.

Mary Jacob

30th January 2020

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SOUTHWARK CARERS

Opinion

We have audited the financial statements of Southwark Carers (the 'Charity') for the year ended 31 March 2019 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. 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 Charity's affairs as at 31 March 2019 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- 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 Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC'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.

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 Charity'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 auditor's 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.

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.

Opinions 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 (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the trustees' report (incorporating the directors' report) have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Annual 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;
- the financial statements are not in agreement with the accounting records and returns;
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not obtained all the information and explanations necessary for the purposes of our audit.

Responsibilities of the trustees

As explained more fully in the trustees' responsibilities statement, the trustees 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 they 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 Charity'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 Charity or to cease operations, or have no realistic alternative but to do so.

Our 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 auditor's 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.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities]. This description forms part of our auditor's report.

This report is made solely to the Charity'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 Charity'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 Charity and the Charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

Anthony Epton

Anthony Epton (Senior Statutory Auditor)

for and on behalf of

Goldwins Limited

Statutory Auditor

Chartered Accountants

75 Maygrove Road

West Hampstead

London NW6 2EG

31 January 2020

Southwark Carers

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 March 2019

				2019	2018
	Note	Unrestricted £	Restricted £	Total £	Total £
Income from:					
Donations and legacies	3	5,918	-	5,918	6,619
Charitable activities	4				
-Advice, Information and Support		240,220	-	240,220	323,370
-Enabling, Empowering & Enriching		81,073	-	81,073	109,590
Other trading activities		-	-	-	-
Investments	5	29	-	29	87
Other		-	-	-	-
Total income		327,240	-	327,240	439,666
Expenditure on:					
Raising funds	6	97	-	97	2,857
Charitable activities	6				
-Counselling		33,690	-	33,690	25,248
-Volunteering		-	440	440	4,066
-Advice, Information and Support		275,127	-	275,127	270,424
-Enabling, Empowering & Enriching		80,329	-	80,329	131,913
Other		-	-	-	-
Total expenditure		389,243	440	389,683	434,509
Net income / (expenditure) before net gains / (losses) on investments		(62,003)	(440)	(62,443)	5,157
Net gains / (losses) on investments		-	-	-	-
Net income / (expenditure) for the year	7	(62,003)	(440)	(62,443)	5,157
Transfers between funds		-	-	-	-
Net income / (expenditure) before other recognised gains and losses		(62,003)	(440)	(62,443)	5,157
Net movement in funds		(62,003)	(440)	(62,443)	5,157
Reconciliation of funds:					
Total funds brought forward		137,689	6,942	144,631	139,474
Total funds carried forward		75,686	6,502	82,188	144,631

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 17 to the financial statements.

**Southwark Carers
Balance sheet**

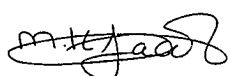
Company no: 04146495

As at 31 March 2019

	Note	£	2019 £	2018 £
Fixed assets:				
Tangible assets	12		<u>2,568</u>	<u>9,121</u>
			2,568	9,121
Current assets:				
Debtors	13	58,938		64,075
Cash at bank and in hand		<u>29,886</u>		<u>87,475</u>
		88,824		151,551
Liabilities:				
Creditors: amounts falling due within one year	14	<u>9,204</u>		<u>16,040</u>
Net current assets / (liabilities)			<u>79,620</u>	<u>135,510</u>
Total assets less current liabilities			<u>82,188</u>	<u>144,631</u>
Net assets excluding pension asset / (liability)			82,188	144,631
Defined benefit pension scheme asset / (liability)			-	-
Total net assets / (liabilities)			<u>82,188</u>	<u>144,631</u>
The funds of the charity:				
Restricted income funds	17		6,502	6,942
Unrestricted income funds:	17			
General funds		<u>75,686</u>		<u>137,689</u>
Total unrestricted funds			<u>75,686</u>	<u>137,689</u>
Total charity funds			<u>82,188</u>	<u>144,631</u>

The financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

Approved by the trustees on 31 January 2020..... and signed on their behalf by



Mary Jacob
Chair

1 Accounting policies

a) Basis of preparation

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 – effective 1 January 2015) – (Charities SORP FRS 102) and the Companies Act 2006.

The charitable company 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 or note.

b) Reconciliation with previously Generally Accepted Accounting Practice (GAAP)

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102.

c) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. Key judgements that the charitable company has made which have a significant effect on the accounts. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

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 charity 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.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

e) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

f) 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 Accounting policies (continued)

g) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

h) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services, undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area of literature occupied by each activity.

j) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £550. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

No depreciation charge on the building is made on the grounds that it would be immaterial because the estimated remaining useful economic life is expected to be more than 50 years.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Fixture and Equipment	33 1/3% p.a straight line
Computers	33 1/3% p.a straight line
Buildings and Maintenance	33 1/3% p.a straight line

l) Debtors

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

m) Cash at bank and in hand

Cash at bank and cash 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. Cash balances exclude any funds held on behalf of service users.

Southwark Carers
Notes to the financial statements
For the year ended 31 March 2019

1 Accounting policies (continued)

n) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

o) 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.

p) Pensions

The charity operates stateholder pension scheme.

2 Detailed comparatives for the statement of financial activities

	Unrestricted £	Restricted £	2018 Total £
Income from:			
Donations and legacies	6,619	-	6,619
Charitable activities:			
-Counselling	-	-	-
-Volunteering	-	-	-
-Carer's Health Development	-	-	-
-Advice and Information	323,370	-	323,370
-Enabling, Empowering & Enriching	109,590	-	109,590
Other trading activities	-	-	-
Investments	87	-	87
Other	-	-	-
Total income	439,666	-	439,666
Expenditure on:			
Raising funds	2,858	-	2,858
Charitable activities:			
-Counselling	-	25,248	25,248
-Volunteering	-	4,066	4,066
-Carer's Health Development	-	-	-
-Financial Support for Carers	-	-	-
-Advice and Information	270,424	-	270,424
-Enabling, Empowering & Enriching	131,913	-	131,913
Other	-	-	-
Total expenditure	405,195	29,314	434,510
Net income / expenditure before gains / (losses) on investments	34,471	(29,314)	5,157
Net gains / (losses) on investments	-	-	-
Net income / expenditure	34,471	(29,314)	5,157
Transfers between funds	(25,248)	25,248	-
Net income / (expenditure) before other recognised gains and losses	9,223	(4,066)	5,157
Gains / (losses) on revaluation of fixed assets	-	-	-
Net movement in funds	9,223	(4,066)	5,157
Total funds brought forward	128,466	11,008	139,474
Total funds carried forward	137,689	6,942	144,631

3 Income from donations and legacies

	Unrestricted £	Restricted £	2019 Total £	2018 Total £
Donations	5,918	–	5,918	6,619
	<u>5,918</u>	<u>–</u>	<u>5,918</u>	<u>6,619</u>

4 Income from charitable activities

	Unrestricted £	Restricted £	2019 Total £	2018 Total £
<u>Contract income</u>				
Southwark Council	320,294	–	320,294	445,000
Bereavement Counselling	–	–	–	16,205
<u>Grant income</u>				
NEA BESN	–	–	–	4,000
Other grant incomes	1,000	–	1,000	180
Total income from charitable activities	<u>321,294</u>	<u>–</u>	<u>321,294</u>	<u>465,385</u>

5 Income from investments

	Unrestricted £	Restricted £	2019 Total £	2018 Total £
Investment income	29	–	29	87
	<u>29</u>	<u>–</u>	<u>29</u>	<u>87</u>

Southwark Carers
Notes to the financial statements
For the year ended 31 March 2019

6 Analysis of expenditure

	Cost of raising funds £	Charitable activities				Support costs £	2019 Total £	2018 Total £
		Counselling	Volunteering £	Enabling, empowering & enriching £	Advice and information £			
Staff costs (Note8)	-	5,262	-	23,152	69,455	135,274	233,142	263,756
Counselling & Facilitating	-	26,807	-	-	40	-	26,847	15,494
Volunteers	-	30	440	394	1,708	892	3,465	5,334
Training	-	1,351	-	-	-	-	1,351	13,246
Events and Activities	-	-	-	-	9,107	-	9,107	12,516
Newsletter	-	-	-	-	-	-	-	300
Young Carers Group	-	-	-	-	-	-	-	1,511
Grant Aid	-	-	-	-	4,624	-	4,624	3,434
Advertising and Marketing	97	-	-	-	4,411	-	4,508	7,075
Support cost								
Other staff costs	-	-	-	8,953	32,954	6,096	48,002	39,672
Rent	-	-	-	4,209	18,239	5,612	28,060	28,938
Computer expenses	-	-	-	55	237	73	365	5,812
Printing, postage and stationery	-	-	-	212	919	283	1,414	3,255
Telephone & internet	-	-	-	714	3,093	952	4,759	7,195
Office costs	-	-	-	126	544	167	837	1,780
Insurance	-	-	-	-	-	-	-	2,598
Bank charges	-	-	-	-	-	187	187	156
Audit fees	-	-	-	-	-	4,100	4,100	4,400
Trustees' expenses	-	-	-	-	-	73	73	60
Registration fees	-	-	-	38	165	51	254	1,346
Professional fees	-	240	-	1,769	7,667	2,359	12,036	8,711
Depreciation	-	-	-	983	4,259	1,311	6,553	7,921
	97	33,690	440	40,604	157,422	157,430	389,683	434,509
Support costs	-	-	-	39,725	117,705	(157,430)	-	-
Total expenditure 2019	97	33,690	440	80,329	275,127	-	389,683	434,509
Total expenditure 2018	2,857	25,248	4,066	131,913	270,424			434,509

Of the total expenditure, £389,243 was unrestricted (2018: £405,194) and £440 was restricted (2018: £29,314).

For the year ended 31 March 2019

7 Net incoming resources for the year

This is stated after charging / crediting:

	2019	2018
	£	£
Depreciation	6,553	7,921
Auditors' remuneration (excluding VAT):		
Audit	3,333	3,500

8 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2019	2018
	£	£
Salaries and wages	206,557	232,080
Social security costs	16,942	20,962
Employer's contribution to defined contribution pension schemes	9,642	10,714
	<u>233,142</u>	<u>263,756</u>

The following number of employees received employee benefits (excluding employer pension) during the year between:

	2019	2018
	No.	No.
£60,000 - £69,999	0	1

The total employee benefits including pension and national insurance contributions of the key management personnel were £66,553 (2018: £76,213).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2018: £nil). No charity trustee received payment for professional or other services supplied to the charity (2018: £nil).

9 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2019	2018
	No.	No.
Raising funds	1.0	1.0
Charitable activities:		
-Enabling, Empowering & Enriching	-	-
-Counselling, advice and information	6.4	6.4
Support	0.6	0.6
	<u>8</u>	<u>8</u>

For the year ended 31 March 2019

10 Related party transactions

There are no related party transactions to disclose for 2019 (2018: none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

11 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

12 Tangible fixed assets

	Fixture & equipment £	Computer & IT equipment £	Building and maintenance £	Total £
Cost				
At the start of the year	86,627	54,510	28,500	169,637
Additions in year	-	-	-	-
Disposals in year	-	-	-	-
At the end of the year	86,627	54,510	28,500	169,637
Depreciation				
At the start of the year	86,627	45,389	28,500	160,516
Charge for the year	-	6,553	-	6,553
Eliminated on disposal	-	-	-	-
At the end of the year	86,627	51,942	28,500	167,069
Net book value				
At the end of the year	-	2,568	-	2,568
At the start of the year	-	9,121	-	9,121

All of the above assets are used for charitable purposes.

Southwark Carers
Notes to the financial statements

For the year ended 31 March 2019

13 Debtors

	2019 £	2018 £
Grant receivable	56,238	56,238
Other debtors	2,700	7,837
	<u>58,938</u>	<u>64,075</u>

14 Creditors: amounts falling due within one year

	2019 £	2018 £
Other creditors	5,204	3,671
Accruals	4,000	12,369
	<u>9,204</u>	<u>16,040</u>

15 Pension scheme

The charity operates stakeholder pension scheme. The amounts owed to the pension scheme at each balance sheet date are £5,204 and the number of staff members of the scheme is 8.

16 Analysis of net assets between funds

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible fixed assets	2,568	–	–	2,568
Net current assets	73,118	–	6,502	79,620
Net assets at the end of the year	<u>75,686</u>	<u>–</u>	<u>6,502</u>	<u>82,188</u>

Southwark Carers
Notes to the financial statements
For the year ended 31 March 2019

17 Movements in funds

	At the start of the year £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At the end of the year £
Restricted funds:					
Headley Foundation	2,948	-	-	-	2,948
Triangle Trust	3,994	-	(440)	-	3,554
Carers' Trust	-	-	-	-	-
NHS Bereavement	-	-	-	-	-
Carer's health development	-	-	-	-	-
Total restricted funds	6,942	-	(440)	-	6,502
Unrestricted funds:					
Designated funds:	-	-	-	-	-
Total designated funds	-	-	-	-	-
General funds	137,689	327,240	(389,243)	-	75,686
Total unrestricted funds	137,689	327,240	(389,243)	-	75,686
Pension fund	-	-	-	-	-
Total funds	144,631	327,240	(389,684)	-	82,188

Purposes of restricted funds

All carers in Southwark will have access to the practical and emotional support they need and the recognition and influence they deserve.

The purpose of the restricted funds are to organise the activities for carers- "Reducing Social Isolation, Advice, Information and Support, Counselling, Health and Well Being, Identifying Hidden Carers, Financial Support and Respite Care".

18 Operating lease commitments

The charity has no future minimum lease payments under non-cancellable operating leases.

19 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.