

Charity Registration No. 1015728

Company Registration No. 02758481 (England and Wales)

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)**

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)
LEGAL AND ADMINISTRATIVE INFORMATION**

Trustees	Mr Vas Selvaratnam (Chairperson) Mr Gregory Bortkiewicz Mr James Pike Ms Brigid Day Mr Jamie Elliott (Treasurer, resigned 16/01/24) Mr Jeremy Laver Dr Feylyn Lewis Ms Celine Thomas (elected 27/09/23) Ms Samantha Bartlett (elected 27/09/23)
Patrons	Mrs Caroline Lucas Prof Saul Becker, Carers Trust Ambassador
Chief Executive Officer & Secretary	Mr Thomas Lambert
Charity number	1015728
Company number	02758481
Principal Address and Registered office	Brighton Junction 35 New England Street Brighton England BN1 4GQ
Independent Examiners	TC Group The Courtyard Shoreham Road Upper Beeding Steyning West Sussex BN44 3TN
Bankers	Charities Aid Foundation Bank Ltd Kings Hill West Malling Kent ME19 4TA

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THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED (LIMITED BY GUARANTEE) TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2024

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2024.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Under those Articles, the Trustees are elected at each Annual General Meeting by the Members of the organisation.

The Members have guaranteed to contribute a maximum of £1 each in the event of the company being wound up. The number of Members at 31 March 2024 was 30 (2022-23: 32).

The charity is run by a Board of Trustees, who delegate the day to day operation to the Chief Executive Officer and staff. The Board of Trustees meets six times per year to receive operational reports and review and agree policy and procedures, and on one or more occasions for the purposes of strategic planning.

Recruitment and appointment of new trustees

Trustees are recruited by general advertisement in local media, volunteer centre and the organisation's regular newsletter. Interested parties complete a full application form and references are taken up, before being invited to meet the trustees formally.

Induction and training of new trustees

There is a full induction and training programme in place for new trustees.

Risk Review

The Trustees have conducted their own review of the major risks to which the charity is exposed and systems have been established to mitigate those risks. The Financial Management Policy, Risk Management Policy and Reserves Policy were reviewed and updated at the Trustee Board meeting on 6th July 2023. The next annual review of these policies is scheduled for 11th July 2024. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

AIMS & OBJECTIVES OF THE ORGANISATION

OUR VISION

An improved quality of life for carers in Brighton & Hove

OUR MISSION

To make a positive difference to the lives of carers by encouraging a wider recognition of their caring role; enabling them to fulfil their own needs as individuals and offering them appropriate and suitable support

CARERS: A DEFINITION

- Carers provide physical and/or emotional support to family members, partners or friends in need because they have a long-term illness, disability, mental health condition or substance-dependence. The care they provide is unpaid.
- Young carers are children and young people aged 17 or under who provide, or intend to provide, care, assistance or support to another family member. They carry out, often on a regular basis, significant or substantial caring tasks and assume a level of responsibility, which would usually be associated with an adult.

OUR AIMS AND VALUES

Putting carers first

Our services will focus on supporting carers; seeing things from their point of view. Many carers need better services for the person they care for. We will therefore take a holistic approach to all our work, considering the needs of carers, and those they care for.

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Empowerment

In all our work we will aim to empower individual carers to take control of their lives, play a full part in the local community and to move on from their role when appropriate. We believe that carers themselves are a powerful force for change, and we aim to give carers a real voice in designing and influencing services.

Involvement

We are committed to providing services which respond to carers' needs and enable carers and former carers to take an active part in our work. We also offer carers safe spaces to provide invaluable peer support for each other.

Equality

We recognise that many groups and communities experience discrimination and firmly assert that this is wrong. We aim to ensure that all our services are accessible, flexible, adaptable and appropriate to all carers in Brighton & Hove.

Service delivery

We will work in partnership with statutory and voluntary agencies, whilst retaining our independence. In doing so, we will use our resources effectively to provide a responsive and high-quality service to carers. Where we have identified needs that are not best met by our organisation, we will work proactively with other organisations to ensure that appropriate and timely services are provided.

Challenging and supportive

We aim to provide a challenging workplace for staff and volunteers, with an open and consultative management style, and to provide the support that staff and volunteers need to do their jobs.

STRATEGIC OUTCOMES

As a result of contact with The Carers Centre for Brighton and Hove:

- carers are more informed, supported and resilient through accessing services appropriate to their needs
- carers' needs are identified and prioritised with carer participation at both individual and service-wide levels
- carers and former carers feel empowered to contribute to policy, research and the development of services both locally and nationally
- stakeholders, decision-makers and the general public have an increased understanding of carers' experiences and recognition of what being an unpaid carer means
- staff and volunteers are valued, supported and part of a sustainable, respected organisation with a positive, inclusive culture

OUR SERVICES

In 2023-24, the Carers Centre employed a total of 23 staff members (9 full-time and 14 part-time), 13 sessional workers and 63 volunteers (72 during 2022-23). The Chief Executive Officer is accountable to the Board of Trustees (9 trustees in 2023-24) and is line-managed by the Chairperson of the Board.

The Carers Centre provides a wide range of services, which are available to any unpaid carers in Brighton and Hove. By the end of the financial year 2023-24, the Carers Centre was 6½ years into delivery of the Carers Hub model which provides a 'front door' access point to all carers' support services in the city. Within the 3-tier system, the Carers Centre holds a dedicated phone line – 01273 977 000 between 9am and 5pm Monday to Friday; and a website – www.carershub.co.uk with online resources and links related to young and adult carers. The Hub is an effective and efficient single-entry point for carers to get information, advice, support and services through agreeing a series of pathways with the Adult Social Care Team, Childrens' Services, the Memory Assessment Service, Alzheimer's Society, Crossroads Care and other voluntary sector organisations.

(I) Our Services for Adult Carers

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Our services for adult carers include the provision of emotional support, information, guidance and peer-support activities to a wide range of carers, including carers of people with mental health conditions, learning disabilities, physical or sensory disabilities and life-limiting illnesses.

Between April 2023 and March 2024, 1,856 adult carers (1,722 in 2022-23) received information, support and services from the Adult Carers Team. 863 of these were newly referred carers (807 in 2022-23), with 732 of those presenting with a variety of support requirements necessitating a carers contact assessment (644 in 2021-22). These assessments established their eligible needs and formed an intervention plan resulting in onward referrals to both internal and external support projects. In addition, 544 anonymous clients were advised on specific matters which either did not require registration or where the client chose not to register.

The Carers Hub service delivery model has strengthened our approach to offer carers advice, information and the aforementioned carers contact assessments over the phone and/or email. During this financial year, Carers Hub has made 25,366 contacts in person and by correspondence providing support, information and advice (24,101 in 2022-23).

Carers Peer Support

The Carers Centre continued to deliver a weekly online peer support provision during this period. We also continued to deliver our in-person coffee mornings in central Brighton, in Hove and in East Brighton. Carers received support to remain emotionally resilient and physically well, both through directed information, and through the impact of shared experience with other carers away from their caring role. During the period, 78 group sessions were organised with 68 individuals attending for a total of 387 carer attendances (370 in 2022-23).

The other two peer support groups not covered under the headings below are:

- 1) our regular group for carers of those with learning disabilities or autistic spectrum disorders. During the period, 11 group sessions were organised with 45 carer attendances.
- 2) We also delivered 10 out of office hours peer support sessions for working carers. This provision generated 23 attendances.

Carers Reablement Project

This project matches a skilled volunteer with a carer with a view to the carer learning a new skill or rediscovering an old hobby that had been lost due to their busy caring role. The project also delivers several volunteer-led group activities for carers to enjoy.

We have had 78 referrals over the past year, with 31 in Q4. We have interacted with 112 carers accessing the project during the period, including existing matches, new referrals, new matches and members of the groups we host. In the last year we have matched 14 carers with volunteers on a 1:1 basis plus 15 one off 1:1 meetings with carers to help with their requested skills, invite to a Reablement group or to signpost to other organisations in the city. Furthermore, our reflexology volunteer has seen 28 carers over x4 sessions for a taster.

Over the past year we have hosted x12 in person book club meetings at the Jubilee library, x12 wellbeing walks in different parts of the city, x4 Crafternoon groups, x11 online Meditation groups. 69 individual carers attended 39 sessions for a total of 290 attendances.

End of Life Project

The End of Life project continues to support carers of people with a range of life-limiting illnesses. The Project continues to provide 1:1 support (65 recipients during the period up from 59 in 2022-23). Our monthly outreach at the Macmillan Horizon Centre has proved to be a useful way of identifying new carers and providing face-to-face information and support to carers using the Centre on an ad hoc or appointment basis.

The Project also provides 13 months of support for bereaved carers with the addition of signposting to specialist bereavement services within the City. Furthermore, a peer support group for bereaved carers met 12 times during the year with a total of 25 individual carers making a combined 109 attendances (83 in 2022-23).

Memory Assessment Service (MAS) Link Work

During the period, the Memory Assessment Service Carers Link Worker offered support, information, signposting and help with the assessment process for carers of those living with dementia.

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In addition, the Worker offered support to carers who are caring for someone with a diagnosis of Mild Cognitive Impairment (MCI), ensuring that the caring role for someone with a mild memory problem was still acknowledged and carers assessments accessed.

At the beginning of the period, the funding was unfortunately halved and so the post went from 2 to 1 per week. However, the post still enabled many carers to receive specialist case coordination, access to a broad range of support options and feel more consulted by clinical staff. The MAS Carer Link Worker (with support from colleagues in the Carers Hub Team) provided enhanced support to 185 carers during the period.

Changes Ahead

Changes Ahead supports carers of those living with a mental health condition and has been a part of The Carers Centre's suite of services since December 2019. With a strong history of providing 1:1 and peer support for this group of carers, the successful integration of the Changes Ahead offer has built upon our ability to provide specialist services.

With increasing demands and wait times for statutory mental health services currently, the role of the carer for many has expanded both in levels of care given and the amount of advocacy needed for the person they care for to bridge the gap with services. This has resulted in many experiencing more social isolation and potential burnout, which we have responded to by not limiting the time in which people can access 1:1 support, to give carers more time to focus on their needs and support them to advocate effectively.

We have also seen an increase in referrals for people whose cared-for have both mental health concerns and either/both neurodivergence and/or physical health issues. For these people isolation and difficulty accessing services is often compounded by stigma faced in the community. Once again, these elements result in more pressure being placed on the carers, both regarding the time required, social isolation, and the need to advocate with services on behalf of their cared-for. We are actively seeking enhanced resource for this important provision. 185 carers accessed support from this project during the period (177 in 2022-23).

Carer Inclusion Project

With our Inclusion and Development Worker role having been established in February 2020, their work was sustained with funding from Carers Trust's Making Carers Count project. This funded project is a partnership between The Carers Centre and two other carer support organisations in Sussex and sees each partner receive funding to support carers from ethnic minority backgrounds. The organisation also facilitates a peer support group for carers from the LGBTQ+ community.

During the year:

- Identification and monitoring of registered carers continued to improve. For example, we now have 643 carers from minority ethnic backgrounds registered (567 in March 2023, 449 in March 2022, 299 in March 2021 and 183 in Feb 2020) and 219 carers who identify as LGBTQ+ (122 in March 2022, 71 in March 2021 and 23 in Feb 2020)
- Our LGBTQ+ peer support group welcomed 11 individual carers to 4 sessions for a total of 18 attendances
- 47 carers from minority ethnic backgrounds received targeted, one-to-one support (37 in 2022-23)

Hospital Link Work

Along with partner organisations in East and West Sussex, we were delighted to launch The Sussex Carers Health Project during the period. The project aims to increase carer awareness and make it as simple as possible for primary and secondary care partners to identify carers earlier and provide appropriate health and practical support, in partnership with the Sussex Carers Partnership (SCP) and integrated with the community – referring to and maximising existing resource.

The project forms a Sussex-wide approach seeking to level up carer identification and support across primary and secondary care, scaling up recognised best practice and reducing variability in access and experience for the carer and therefore the person with care needs.

In Brighton & Hove specifically, we were able to employ 3 new hospital link workers (2.0 FTE) to engage carers and professionals at the Royal Sussex County Hospital. With support from NHS colleagues, we have embedded our work at the Transfer of Care Hub and have seen a 71% increase in referrals to the Carers Centre from secondary care sources during the year.

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Activities and events

Other activities provided include the following:

- Free legal surgeries (34 sessions (41 provided in 2022-23)) were held during the year, each with a solicitor offering appointments to carers. Issues covered in the sessions included wills & trusts, housing, community care and Power of Attorney. From time to time the solicitors also give additional free time to run workshops and information sessions for the Centre.
- The Adult Carers Team also delivered 38 Tai Chi/Qi Gong sessions online. This provision saw 21 individual carers make a total of 240 attendances (18 carers in 2022-23).

(II) Our Services for Young Carers

The Young Carers Team aims to support children and young people who care for a member of their family who has a physical or mental health support need, substance misuse issue or sensory or learning disability. The Team supports children & young people whose social, emotional or educational development is negatively affected by their caring role.

The Team has two main aims: to reduce the actual caring role and / or to reduce the impact of the caring role. The first thing we do is try to improve the support provided to the family in order to reduce the reliance on children as carers. In particular we engage with Education, Children and Families Social Care, Adult Social Care, Health and Housing services. We also provide activities and run groups, to enable young carers to enjoy a break and develop their peer support network. Furthermore, the team provides one-to-one emotional support work to build the internal resilience of young carers when they face times of particular stress or transition.

During the period, the Young Carers Team received 108 new referrals (131 in 2022-23) for young carers aged 6-17, and offered information, advice and activities to a total number of 364 young carers (385 in 2022-23).

The Team supported young carers by offering:

- Casework and support to young carers and their families to improve the caring role and working in partnership with adult and Children & Families Services around the needs of the young carer and their families
- 92 in-person and online group activities for young carers including multi-sports, street dance, cookery, swimming, circus skills, art workshops and bespoke sessions for young sibling carers. 364 different young carers accessed these activities (278 in 2022-23), taking up a total of 934 places (839 in 2022-23)
- 63 young adult carers aged 18-24 received advice and guidance (69 in 2022-23 although that figure included 25-year-olds). 22 young adult carers also attended 6 different targeted events including a mentor programme for young women and an NHS focus group

Schools work

In the academic year of September 2022 – August 2023 the Schools Worker worked with 13 schools and further education colleges, delivering training and running awareness sessions with pupils or teachers, attending schools conferences and cluster events. The Schools Worker's role includes Identifying young carers through partnerships with schools in the city; building knowledge and awareness of young carers issues and needs, and of the support available from the Young Carers Project; clarifying and supporting expectations around in-school support systems for young carers, including the use of policies and protocols; championing young carers in education settings in the city, and directly delivering PSHE (Personal, Social & Health Education) sessions to schools focused on the role of caring.

- 205 attendees at 6 awareness-raising events such as parents' evenings and FE freshers' fairs
- 2325 pupils attended 13 school assemblies delivered by the YCP
- 8 training sessions delivered to 115 teachers and school support staff to improve the identification of young carers
- 129 identified young carers attending 20 new peer support groups established in schools
- 32 new YCP referrals from 16 different schools generated plus 12 from School Nurses

Unfortunately, due to budget challenges at the council, the funding for this service was not renewed. We will be targeting potential new external funding opportunities to seek to resume this work during the next financial year.

(III) Development Work Information

Carers News goes out four times a year to over 2,500 carers and professionals. The Centre continues to encourage carers to receive the electronic version of the newsletter in order to save printing and postage costs. The Carers Centre also produces a series of factsheets free to carers on a range of topics including respite, transport, community

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care, bereavement services and returning to employment. Each of the 11 factsheets is updated annually to provide as much up-to-date information to carers as possible. Carers can also get access to information and advice via the Carers Hub phone line (9-5; Monday to Friday) and via our website – www.thecarerscentre.org, which posts regular updates, news and activities relevant to the city's carers. Different social media channels, such as Facebook and X (formerly Twitter) have been used to stay in touch with and contact more carers in the city.

Employment

The Carers Centre works with employers to support their workers who are also unpaid carers. Raising awareness and offering free online resources are the key focus at the initial stage. Further support is available to those seeking to embed good practice. As part of our work to promote Carers UK's Employers for Carers (EFC) and Digital Resources for Carers (DRC), we now have 24 employers signed up to EFC and 332 carers using the DRC.

During the year, we attended several business expositions in the city with a reach of approximately 300 employers and the Staff Disability Conference at the Royal Sussex County Hospital which led directly to the creation of the Carer Network, supporting staff at the hospital who have an unpaid caring role in their personal lives.

Awareness raising and creation of Carer Champion roles has been ongoing. Having created an online carer-awareness training course, its four modules (including a specific session for employers), have proved popular with over 100 organisations or individuals taking the training.

(IV) Campaigning

Carers Week June 2023

We were able to welcome 68 carers to our Carers Week events in June 2023. We hosted a series of pop-up information stalls this year to provide more of a neighbourhood presence across the city. The stall in Whitehawk for example, was well-received with 15 carers attending who had not engaged in any activity for over a year. Overall, feedback from carers was that they appreciated the outreach but also enjoyed some of the larger, celebratory events that we have hosted in previous years. With that in mind, it is our resolve to deliver one large scale event for Carers Week 2024 alongside smaller, satellite awareness-raising activities.

Carers' Rights Day November 2023

We were delighted to welcome 36 carers to our Carers Rights Day event in November 2023 hosted at the Leonardo Hotel near Brighton Railway Station. The aim of the event was to invite carers to consider how Brighton and Hove City Council might update the 'Carer Friendly City Strategy' to improve the support provided to unpaid carers through the services they use. Specifically, we sought input from carers on potential improvements which could be made to the four 'pillars' of the existing strategy: Carer-Friendly Education, Health, Social Care and Employment.

The overarching themes of flexibility, cooperation and communication highlighted a need for services to take a holistic approach that considers the unique needs and challenges faced by unpaid carers and those they care for. By sharing these recommendations with carers and professionals (including the city council's Commissioner for carers services), The Carers Centre hopes to further establish collaboration between organisations and service users to create a more supportive, transparent and integrated system for carers and their families.

(V) Carers Engagement

Carers are identified who are willing to be consulted as experts as and when required. We have 47 registered members of our Carers Voice group.

We continue to work with the Learning Disability Partnership Board and the Autism Partnership Board during the period. For both boards, this involves attending board meetings and advising on matters relating to carers as well as involvement in working groups and the development of the Council's long-term strategies for both. For the LDPB we have been part of the Information and Advice and the Activities, Work and Learning groups on a regular basis and also a cross party SEND/Adult Learning Disability group.

We completed an engagement report on the experience of carers during the discharge of a person they care for from hospital. This report was completed in partnership with carer support organisations from East and West Sussex and has resulted in a request for us to present the findings to NHS England during a Carers Week 2024 webinar.

Overall, through our various communications channels, approx. 4,500 carers engaged with, plus 563 potential carers or employers via our Linked In page.

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Social Media Engagement

As of 31st March 2024, we had 2,344 followers on Twitter (plus a further 1,671 followers of our Young Carers Project account) and 1,063 followers and 924 likes on Facebook. We also have increased our Linked In followers from 517 to 563.

(VI) Volunteers

The Carers Centre has a committed team of volunteers. 72 volunteers supported our work during the period including the 9 voluntary members of the Board of Trustees. Our office volunteer works with us regularly to undertake office administrative tasks: updating and maintaining our information library, co-ordinating carer events, producing factsheets and updating our website. Our office volunteer received 6 supervision sessions during the year. We had 1 social work student on a 70-day placement with the Young Carers Project. We also had 14 Reablement volunteers in 2023-24.

We have 47 Carers Voice group members who share their experiences and contribute to the aforementioned Carer Engagement work. Through the process, carers gain peer support and knowledge to sustain their caring role. It is also an empowerment mechanism to build carers' confidence and knowledge to challenge and influence policy and decision makers.

(VII) Representation

In 2023-24, The Carers Centre represented carers at the following partnerships and working groups, with Carer Experts also involved in some of these meetings:

- Sussex Carers Partnership (with Care for the Carers East Sussex and Carers Support West Sussex)
- Inclusive Communities Partnership (our role here is carer engagement work, the partnership is led by the Trust for Developing Communities)
- Carers Strategy Working Group
- Young Carers Strategy Group
- National Young Carers Voice Group
- Carers Hub Operational Group
- Learning Disabilities Partnership Board
- Autism Partnership Board
- Brighton Chamber of Commerce
- Triangle of Care Advisory Group – Sussex Partnership Foundation Trust
- NHS Carer Health Forum
- Dementia Action Alliance
- Community Works Voluntary Sector Reps Group
- Our CEO is also Community Works Carers Rep and represents the voluntary sector on the Brighton & Hove Health and Wellbeing Board

FINANCIAL REVIEW

Results

There was a deficit for the year of £84,251 (2022-23: surplus of £39,629). This has been debited from company reserves, leaving a balance of funds carried forward of £959,593 at 1 April 2024 (2023: £1,043,844) of which £124,582 (2023: £104,933) has to be used on restricted projects. Unrestricted free reserves now stand at £619,659 (2023: £683,911).

Reserves Policy

The Trustees wish to maintain a level of reserves that would ensure the stability of the organisation in the medium term, whilst maximising the use of the charity's resources towards its charitable objects. In addition to the review of the organisation's financial management policy, the Trustees agreed a prudent reserves and legacy policy at the Trustee Board meeting on 11th July 2024. The Trustees have decided that a level of working reserves should be maintained to cover at least 9 months' running costs (this currently equates to £626,791), which are not committed or invested in tangible fixed assets.

Unrestricted free reserves now stand at £619,659 (2023: £683,911) which is in line with the organisation's Reserves Policy outlined above. The Board of Trustees see it is prudent to maintain the current level of reserves alongside the

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designated funds outlined below to ensure the cash flow of the organisation is funded and that the work of the Carers Centre continues into the future. Securing alternative funding and creating sustainability takes time and resources and it is important that these reserve levels are maintained, particularly in an ever-changing climate.

Designated funds are set aside for the following:

- Infrastructure Fund £20,000 (over 1 year from April 2024) set aside to maintain facilities and accommodate IT development costs
- Young Carers Services £85,351 (over 3 years from April 2024). The board has designated these funds due to this area of work being in deficit during the few years. The board feels that these services are important to maintain.
- Fundraising £40,000 (over 1 year from April 2024) in-line with the budget agreed in the organisation's Fundraising Strategy
- Closure Contingency Fund £70,000. In the event that closure contingency is needed, this would fund projected redundancy payments due to employees, terminating service contracts such as office rent and equipment, accountancy, audit and other professional costs

Should unforeseen reductions in funding occur, our reserves will enable us to respond accordingly and maintain the organisation's offer of vital support and services to carers.

Investment Policy

The Trustees have considered the most appropriate policy for investing funds and are continuing to monitor the placement of funds.

Principal Funding Sources

89.6% of income in 2023-24 (93% in 2022-23) came from statutory sources (Brighton & Hove City Council and NHS Sussex). The remaining 10.4% came from charitable trusts and organisations, including Carers Trust, Tesco, the National Lottery, Rampion and Coop, along with interest on investments and donations. It is a long-term intention to reduce our reliance on statutory funders. Through the development of our 5-year fundraising strategy we will move towards our aim of raising a greater proportion of our funds from charitable sources, and we work hard to maintain a close collaborative relationship with all our funders. The Carers Centre's contract as lead provider of the Carers Hub service has been extended until February 2025. Both Alzheimer's Society and Crossroads Care Brighton & Hove are sub-contractors of the Carers Hub contract providing specific support and services to carers.

Fundraising performance

Fundraising priorities are set and an annual plan agreed by the Board of Trustees. In 2023-24, 8 successful funding bids generated £54,078. These bids range from small amounts for one-off events to large ongoing projects. Due to the current financial climate, fundraising remains an ongoing challenge, but The Carers Centre has a good record of securing charitable grants. We also secured £20,000 of Household Support Funds which we distributed to carers in need of financial assistance. We are actively reviewing our fundraising strategy and aim to increase our focus on charitable trusts/foundations, community and corporate fundraising in the future.

Brokerage Grants

The team often applies for financial support for individual carers from charitable trusts. During the financial year 2023-24, we received £8,445.02 from the following:

- Carers Trust - £7,306.05
- Brighton Lions Club - £398.99
- St Bernards Charity - £739.98

The grants have been used for a variety of purposes according to the specific needs of the carers concerned. Examples include funding for a new domestic appliance, alternative therapies, respite opportunities and driving lessons for young adult carers.

Investment performance

We had no investments during the period other than our deposit accounts with CAF Bank, Charity Bank, Shawbrook Bank and Virgin Money which pay standard interest rates on accessible funds (£12,036 in 2023-24, £7,169 in 2022-23).

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PLANS FOR THE FUTURE

The Carers Centre's five-year strategic business plan and fundraising strategy have now been in place for 2 years. These two key documents were produced following extensive consultation with carers, staff, trustees, funders and other stakeholders. The board is committed to continuing to develop services for carers and we are excited by the progress made in the first year of our new Hospital Carer Link Work project. A key target for 2024-25 will be to retain the Brighton & Hove Carers Hub contract as we anticipate the tender process to commence during summer 2024. We also intend to continue to diversify revenue streams through applications to trusts and foundations - our reserve levels are now at a level that will make us eligible for most grant-funding opportunities. Regular consultation events with carers are held and feedback gathered from all events and activities in order to inform our future plans. We also actively participate in national and local consultation and research into the role of unpaid carers in society.

ON BEHALF OF THE BOARD:

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Mr. Vasam Selvaratnam – Chairperson

Date: 17 October 2024

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)
STATEMENT OF TRUSTEES' RESPONSIBILITIES**

FOR THE YEAR ENDED 31 MARCH 2024

The trustees, who are also the directors of The Carers Centre for Brighton & Hove Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard Applicable in the UK and Republic of Ireland'

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these accounts, the trustees are required to:

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

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

THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED (LIMITED BY GUARANTEE) INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 31 March 2024 which are set out on pages 12 to 23.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Mr Mark Cummins FCCA FCIE



TC Group
The Courtyard
Shoreham Road
Upper Beeding Steyning
West Sussex
BN44 3TN

Dated: 31 October 2024.

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)**

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds £	Restricted funds £	Designated funds £	Total 2024 £	Total 2023 £
Income from:						
Donations, grants and gifts	3	2,808	53,909	-	56,717	64,218
Charitable activities	4	682,598	-	-	682,598	704,817
Other income	5	119	-	-	119	4,868
Investment income - Interest received		<u>12,036</u>	<u>-</u>	<u>-</u>	<u>12,036</u>	<u>7,169</u>
Total income		<u>697,561</u>	<u>53,909</u>	<u>-</u>	<u>751,470</u>	<u>781,072</u>
Expenditure on:						
Charitable activities						
Activities undertaken directly	6	642,331	34,260	97,000	773,591	681,673
Other costs		<u>60,598</u>	<u>-</u>	<u>1,532</u>	<u>62,130</u>	<u>59,770</u>
Total expenditure		<u>702,929</u>	<u>34,260</u>	<u>98,532</u>	<u>835,721</u>	<u>741,443</u>
Net income/(expenditure)		(5,368)	19,649	(98,532)	(84,251)	39,629
Transfer between funds	17, 18	<u>(58,884)</u>	<u>-</u>	<u>58,884</u>	<u>-</u>	<u>-</u>
Net movement in funds		(64,252)	19,649	(39,648)	(84,251)	39,629
Fund balances at 1 April 2023		<u>683,911</u>	<u>104,933</u>	<u>255,000</u>	<u>1,043,844</u>	<u>1,004,215</u>
Fund balances at 31 March 2024		<u>619,659</u>	<u>124,582</u>	<u>215,352</u>	<u>959,593</u>	<u>1,043,844</u>

All activities are classed as continuing. There are no recognised gains or losses other than those reported on the Statement of Financial Activities.

The notes of pages 15 to 23 form a part of these accounts.

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)
BALANCE SHEET**

AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets	12		9,244		413
Current assets					
Debtors	13	9,157		87,158	
Cash at bank and in hand		988,941		1,020,498	
		998,098		1,107,656	
Creditors: amounts falling due within one year	14	(47,749)		(64,225)	
Net current assets			959,593		1,043,431
Total assets less current liabilities			959,593		1,043,844
Income funds					
Restricted funds	17		124,582		104,933
Unrestricted funds	18		619,659		683,911
Designated funds	18		215,352		255,000
			959,593		1,043,844

These accounts have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

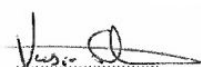
For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the Board on 17 October 2024.



Mr V Selvaratnam

Trustee

Company Registration No. 02758481

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)
CASH FLOW STATEMENT**

FOR THE YEAR ENDED 31 MARCH 2024

	£	2024 £	£	2023 £
Net cash used in operating activities				
Net income/(expenditure)	(84,251)		39,629	
Depreciation	4,971		3,794	
Increase/(decrease) in creditors	(16,476)		35,363	
(Increase)/decrease in debtors	<u>78,001</u>		<u>(69,235)</u>	
		(17,755)		9,551
Cash flows from investing activities				
Purchase of tangible fixed assets	<u>(13,802)</u>		-	
		(13,802)		-
Increase/(decrease) in cash		(31,557)		9,551
Cash and cash equivalents at the beginning of the year		1,020,498		1,010,947
Cash and cash equivalents at the end of the year		<u>988,941</u>		<u>1,020,498</u>

Analysis of net cash:

	1 April 2023 £	Cash flow £	31 March 2024 £
Cash at bank and in hand	<u>1,020,498</u>	<u>(31,557)</u>	<u>988,941</u>

THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED (LIMITED BY GUARANTEE) NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Statutory information

The Carers Centre for Brighton & Hove Limited is a charitable company, limited by guaranteed, registered in England and Wales. The charitable company's registered number and registered office address can be found on the Legal and Administrative Information page.

2 Accounting policies

2.1 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 (FRS102) (effective 1 January 2015) – Charities SORP (FRS102) and the Companies Act 2006.

The Carers Centre for Brighton & Hove Limited meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). The financial statements are prepared in Sterling which is the functional currency of the charity and rounded to the nearest £1.

There are no material uncertainties about The Carers Centre for Brighton & Hove Limited's ability as a going concern.

2.2 Income

All income is recognised in the Statement of Financial Activities once the charity has gained entitlement to the income and the amounts can be quantified with sufficient reliability. The following specific policies are applied to particular categories of income:

Donations, grants and gifts are included in full in the Statement of Financial Activities once receivable.

Contract income is recognised as the charity becomes entitled to the contract income (i.e. over the term of the contract).

Investment income is recognised in the financial statements when receivable.

2.3 Expenditure

Expenditure is recognised on an accruals basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is included within the item of expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in pursuit of its charitable objectives. It includes both direct costs and support costs relating to such activities. Support costs, including salaries, are apportioned on the basis of the time involved on the activity.

Governance costs include those costs associated with meeting the statutory requirements of the charity and include its audit fees and costs linked to strategic management of the charity. These costs are included in support costs under the Charities SORP (FRS 102).

THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED (LIMITED BY GUARANTEE) NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

2 Accounting policies (continued)

2.4 Fixed assets

Fixed assets are recognised at historic cost less accumulated depreciation. Depreciation rates are as follows:

Fixtures and fittings	33% on cost
Computer equipment	33% on cost

2.5 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.

2.6 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments. The Trustees seek to use short and medium term deposits where possible to maximise the return on monies held at the bank and to manage cash flow.

2.7 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.

2.8 Leasing and hire purchase commitments

Rentals payable under operating leases are charged against income on a straight line basis over the period of the lease.

2.9 Pensions

Retirement benefits to employees of the entity are provided by a defined contribution scheme. The assets of the scheme are held separately from those of the entity.

The contributions made in relation to the defined contribution scheme are charged in the accounts as they become payable in accordance with the rules of the scheme.

2.10 Fund accounting

Restricted funds are subject to specific conditions by funders as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

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

Designated funds are available for use at the discretion of the trustees for the specific purposes as set out by the trustees.

2.11 Taxation

The company is a registered charity (number: 1015728). All of the charity's income falls within the exemptions set out in part 11 of the Corporation Tax Act 2010.

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)
NOTES TO THE ACCOUNTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

3 Donations, grants and gifts

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Donations	2,718	9,756	12,474	7,421
Grants	90	44,153	44,243	56,797
	<u>2,808</u>	<u>53,909</u>	<u>56,717</u>	<u>64,218</u>

4 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Contract income	<u>682,598</u>	<u>-</u>	<u>682,598</u>	<u>704,817</u>

5 Other income

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Other income	<u>119</u>	<u>-</u>	<u>119</u>	<u>4,868</u>

6 Total expenditure

	Staff costs £	Other costs £	Total 2024 £	Total 2023 £
Charitable activities				
Activities undertaken directly	452,734	320,857	773,591	681,673
Other costs (note 7)	49,719	12,411	62,130	59,770
Total	<u>502,453</u>	<u>333,268</u>	<u>835,721</u>	<u>741,443</u>

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)
NOTES TO THE ACCOUNTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

7 Other costs

	Total	Total
	2024	2023
	£	£
Staff costs	49,719	46,607
Governance costs (Note 8)	12,411	13,163
	62,130	59,770

8 Governance costs

	Total	Total
	2024	2023
	£	£
Independent examiners' fee	3,000	4,320
Accountancy	9,205	8,745
AGM	183	85
Companies House filing fees	13	13
Trustees expenses	10	-
	12,411	13,163

9 Trustees

During the year, £10 was reimbursed to one trustee (2023: £nil to no trustees).

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)
NOTES TO THE ACCOUNTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

10 Statement of financial activities comparative funds – year ended 31 March 2023

	Unrestricted funds £	Restricted funds £	Designated funds £	Total 2023 £
Donations, grants and gifts	1,918	62,300	-	64,218
Charitable activities	703,417	1,400	-	704,817
Other Income	4,868	-	-	4,868
Investment income - Interest received	7,169	-	-	7,169
Total income	<u>717,372</u>	<u>63,700</u>	<u>-</u>	<u>781,072</u>
Expenditure on:				
Charitable activities				
Activities undertaken directly	507,618	74,719	99,336	681,673
Other costs	53,355	471	5,944	59,770
Total expenditure	<u>560,973</u>	<u>75,190</u>	<u>105,280</u>	<u>741,443</u>
Net income/(expenditure)	156,399	(11,490)	(105,280)	39,629
Transfer between funds	(57,398)	4,208	53,190	-
Net movement in funds	99,001	(7,282)	(52,090)	39,629
Fund balances at 1 April 2022	<u>584,910</u>	<u>112,215</u>	<u>307,090</u>	<u>1,004,215</u>
Fund balances at 31 March 2023	<u>683,911</u>	<u>104,933</u>	<u>255,000</u>	<u>1,043,844</u>

11 Employees

Number of employees

The average number of employees during the year was 24 (2023: 21).

Employment costs	2024	2023
	£	£
Wages and salaries	459,528	345,050
Social security costs	32,326	22,366
Other pension costs	10,599	7,947
	<u>502,453</u>	<u>375,362</u>

Total employee benefits for key management personnel of the charity in the year amounted to £49,719 (2023: £46,607).

There were no employees with emoluments above £60,000 during the year (2023: none).

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)
NOTES TO THE ACCOUNTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

12	Fixed Assets	Fixtures and Fittings	Computer Equipment	Total
	Cost			
	At 1 April 2023	5,119	59,256	64,375
	Additions in the year	-	13,802	13,802
	Disposals in the year	-	(5,994)	(5,994)
	At 31 March 2024	<u>5,119</u>	<u>67,064</u>	<u>72,183</u>
	Depreciation			
	At 1 April 2023	5,119	58,843	63,962
	Depreciation charge in the year	-	4,971	4,971
	Depreciation eliminated on disposal	-	(5,994)	(5,994)
	At 31 March 2024	<u>5,119</u>	<u>57,820</u>	<u>62,939</u>
	Net Book Value			
	At 31 March 2024	<u>-</u>	<u>9,244</u>	<u>9,244</u>
	At 31 March 2023	<u>-</u>	<u>413</u>	<u>413</u>
13	Debtors		2024	2023
			£	£
	Trade debtors		1,866	74,206
	Other debtors		2,454	5,126
	Prepayments and accrued income		4,837	7,826
			<u>9,157</u>	<u>87,158</u>
14	Creditors: amounts falling due within one year		2024	2023
			£	£
	Trade creditors		29,422	40,402
	Taxes and social security costs		9,038	6,339
	Accruals and deferred income		9,289	17,484
			<u>47,749</u>	<u>64,225</u>

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)
NOTES TO THE ACCOUNTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

15 Pension and other post-retirement benefit commitments

At the balance sheet date £Nil (2023: £Nil) was owed in respect of contributions to schemes.

	2024	2023
	£	£
Contributions payable by the charity for the year	9,038	7,947

16 Share capital & control

The Carers Centre for Brighton & Hove Limited is a company limited by guarantee and has no share capital. The liability of the members is limited to a sum not exceeding £1. The charity is controlled by its trustees. No one member has overall control of the charity.

17 Restricted funds

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

	Movement in funds				
	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	Balance at 31 March 2024
	£	£	£	£	£
Young Carers	-	33,909	(14,260)	-	19,649
Development Work	21,231	-	-	-	21,231
Adult Carers	83,702	20,000	(20,000)	-	83,702
	104,933	53,909	(34,260)	-	124,582

Young Carers – This fund provides resources to run group work sessions and activities for Young Carers aged between 6 and 17 years old.

Development Work – This fund provides resources for future development work to support unpaid Carers.

Adult Carers – This fund provides resources to run services for Adult Carers aged 18 years old or above.

**THE CARERS CENTRE FOR BRIGHTON & HOVE LIMITED
(LIMITED BY GUARANTEE)
NOTES TO THE ACCOUNTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

18 Designated

	Movement in funds				
	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	Balance at 31 March 2024
	£	£	£	£	£
Designated fund – Infrastructure	40,000	-	(29,767)	9,767	20,000
Designated fund – Young Carers Services	105,000	-	(27,760)	8,112	85,351
Designated fund – Closure contingency	70,000	-	-	-	70,000
Designated fund – Fundraising	40,000	-	(41,005)	41,005	40,000
	<u>255,000</u>	<u>-</u>	<u>(98,532)</u>	<u>58,884</u>	<u>215,351</u>

The designated funds for infrastructure and repairs were established enable the charity to fund such expenditure in the future.

The designated funds for Young carer's services and closure contingency were all established during the prior year.

19 Analysis of net assets between funds

	Unrestricted funds	Designated funds	Restricted funds	Total 2024
	£	£	£	£
Fund balances at 31 March 2024 are represented by:				
Fixed Assets	-	9,244	-	9,244
Current assets	667,408	206,108	124,582	998,098
Creditors: amounts falling due within one year	(47,749)	-	-	(47,749)
	<u>619,659</u>	<u>215,352</u>	<u>124,582</u>	<u>959,593</u>

	Unrestricted funds	Designated funds	Restricted funds	Total 2023
	£	£	£	£
Fund balances at 31 March 2023 are represented by:				
Fixed Assets	-	413	-	413
Current assets	748,136	254,587	104,933	1,107,683
Creditors: amounts falling due within one year	(64,225)	-	-	(64,225)
	<u>683,911</u>	<u>255,000</u>	<u>104,933</u>	<u>1,043,844</u>

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