

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 2025

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

Trustees	Mr Vas Selvaratnam (Chairperson) Mr James Pike Ms Brigid Day Ms Samantha Bartlett (Treasurer) Mr Jeremy Laver Dr Feylyn Lewis Ms Celine Thomas
Patrons	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 1a Isetta Square 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

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

	Page
Trustees' report	1-9
Statement of trustees' responsibilities	10
Independent examiner's report	11
Statement of financial activities	12
Balance sheet	13
Cash flow statement	14
Notes to the accounts	15-23

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

FOR THE YEAR ENDED 31 MARCH 2025

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2025.

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 2025 was 31 (2023-24: 30).

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 11th July 2024. The next annual review of these policies is scheduled for 17th July 2025. 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.

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

FOR THE YEAR ENDED 31 MARCH 2025

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 2024-25, the Carers Centre employed a total of 23 staff members (8 full-time and 15 part-time), 11 sessional workers and 95 volunteers (63 during 2023-24). The Chief Executive Officer is accountable to the Board of Trustees (8 trustees in 2024-25) 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. In March 2025, we were delighted to begin delivery of a new Carers Hub contract having been recommissioned by Brighton & Hove City Council and NHS Sussex. Although the contract value was reduced due to statutory pressures in the current financial climate, this nevertheless gives us a great platform to continue to serve the unpaid carers of Brighton & Hove.

The Carers Hub model provides a 'front door' access point to all carers' support services in the city. The Carers Centre manages a dedicated Carers Hub phone line – 01273 977000 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 Adult Social Care, Children's Services, Alzheimer's Society, Crossroads Care and other voluntary sector organisations.

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

FOR THE YEAR ENDED 31 MARCH 2025

(I) Our Services for Adult Carers

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 2024 and March 2025, 1,968 adult carers (1,856 in 2023-24) received information, support and services from the Adult Carers Team. 838 of these were newly referred carers (863 in 2023-24), with 510 of those presenting with a variety of support requirements necessitating a Carers Contact Assessment. These assessments established their eligible needs and formed an intervention plan resulting in onward referrals to both internal and external support projects. In addition, 754 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 22,344 contacts in person and by correspondence providing support, information and advice.

Carers Peer Support

The Carers Centre continued to deliver a regular 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. Furthermore, the Adult Carers Team delivered workshops and activities with such themes as Emotional Freedom Technique, Journaling for Self-Care, Tai Chi/Qi Gong and benefits advice. During the period, 133 group sessions were organised with 155 unique individuals attending for a total of 697 carer attendances.

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, 9 group sessions were organised with 36 carer attendances.
- 2) We also delivered 8 out of office hours peer support sessions for working carers. This provision generated 20 attendances.

Legal Surgeries

With thanks to our partners at Renaissance Legal and Martin Searle Solicitors, free legal surgeries (46 sessions (34 provided in 2023-24)) were held during the year, each with a solicitor offering pro-bono 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.

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 provided one to one support to 40 carers during the period including existing matches and new referrals. In addition, 35 group activities were delivered. These included 2 regular book club groups, our wellbeing walks and a meditation group. 43 unique individual carers made a combined total of 249 attendances at these events.

Unfortunately, the aforementioned reduction in funding under the Carers Hub contract means that the Reablement Project concluded on 28/2/25. However, we will be able to continue delivering the book club and wellbeing walk provisions into the next reporting period.

Forward Together

During this financial year, our provision supporting carers of those with end-of-life conditions was named Forward Together in consultation with carers accessing the service. This is reflective of the project which continues to provide 1:1 support (57 recipients during the period (65 in 2023-24)). 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 CARERS CENTRE FOR BRIGHTON & HOVE LIMITED (LIMITED BY GUARANTEE) TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2025

The Project also provides 13 months of support for bereaved carers. In addition to signposting to specialist bereavement services within the city, a peer support group for bereaved carers met 11 times during the year with a total of 28 individual carers (25 in 2023-24) making a combined 97 attendances. A one-off bereavement and loss workshop was also provided to 11 attendees.

Changes Ahead

Changes Ahead is our specialist project supporting those caring for someone living with a mental health condition. The service offers peer support and one-to-one sessions as well as courses to develop carer confidence.

During the period, 60 carers accessed one-to-one support, 44 carers made 97 attendances at the 13 peer support group meetings and there were 3 other groups provisions – Communication Tools for Carers (8 carers), Peer to Peer Support (5 carers) and a yoga course (11 carers).

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.

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. The worker enabled many carers to receive specialist case coordination, access to a broad range of support options and feel more consulted by clinical staff. Carers Centre staff supported 378 carers of people living with dementia or other memory-related condition during the period.

Hospital Link Work

Along with partner organisations in East and West Sussex, we continued to deliver 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, our 3 Hospital Link Workers (2.0 FTE) engage with 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 generated 122 Brighton & Hove carer referrals and 125 previously known carers have re-engaged due to contact with our hospital staff.

(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 99 new referrals (108 in 2023-24) for young carers aged 6-17, and offered information, advice and activities to a total number of 393 young carers (364 in 2023-24).

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

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

FOR THE YEAR ENDED 31 MARCH 2025

- 98 in-person and online group activities for young carers (92 in 2023-24) including a first aid course, ice skating, multi-sports, a tennis coaching course, workshops for neuro-diverse young carers and circus skills. 147 unique young carers accessed these activities, taking up a total of 907 places (934 in 2023-24)
- 33 young adult carers aged 18-24 received advice and guidance. 22 young adult carers also attended 6 different targeted events including a mentor programme for young women

(III) Development Work Information

Carers News goes out four times a year to over 3,000 carers and professionals (up from around 2,500 in 2023-24). 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 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 Instagram for young carers 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.

During the year, we engaged with 143 employers ranging from large scale organisations such as Legal & General, Amex and the NHS to small, local businesses. We continued to support the development of the Staff Carer Network at the Royal Sussex County Hospital.

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 and a fifth module for secondary care staff to launch soon), have proved popular with 87 organisations or individuals taking the training during the year (93 in 2023-24).

Primary Care Link Work

As part of our Carers Hub contract, we aim to engage with at least 50% of the city's GP surgeries each year. We are able to offer each practice the chance to self-audit their carer-friendly services and provide awareness raising opportunities for both staff and patients. 26 surgeries were engaged during the period which equates to 84%. Other providers such as pharmacies, social prescribers and primary care networks were also provided with information.

(IV) Campaigning

Carers Week June 2024

A huge thank you to all the carers and professionals that joined us for a successful Carers Festival event at Brighton's Open Market on Wednesday 12th June 2024. We were delighted to welcome so many people throughout the day and it was encouraging to see all the networking and celebrating that went on.

Much appreciation to the Carers Centre staff that led on the planning and delivery of the event. We also had our Health Link Workers at the Royal Sussex County Hospital and at Warmdene Surgery during what was a busy Carers Week in the city.

We took on board carer feedback from previous years that the best balance is one large celebratory event, supplemented by smaller, pop-up events raising awareness of the incredibly important role that carers take on each day.

Carers' Rights Day November 2024

We held our main event for Carers Rights Day this year at The Friends Meeting House on Thursday 21 November. This year's theme was "Recognising your rights". More than 30 carers attended and we had a highly informative and engaging event.

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

FOR THE YEAR ENDED 31 MARCH 2025

We were also at the Royal Sussex County Hospital's Carers Rights Day event on 22 November which again had over 30 delegates.

At our main event, we had a number of speakers with the aim of covering as many rights and benefits as we could in 3 hours:

1. The Carer's Commissioner from Brighton and Hove City Council gave an update to the Carer Friendly City strategy and how this is progressing into 2025 including the renewal of the Carers Hub contract with The Carers Centre as the lead partner.
2. Carers UK spoke about general carers rights, working carers rights and a campaign to have caring designated as a protected characteristic.
3. Brighton and Hove Energy Services Co-op gave a talk about free ways they can help people to save money on energy usage, tariffs and some practical tips around your home as well as offering free support to individuals.
4. The Department for Work and Pensions spoke about Universal Credit, Pension Credit and carer elements of these.
5. Possibility People talked about Personal Independence Payments and Attendance Allowance and the support they offer.

Finally, we wrapped up with a wonderful and easily repeated meditation session by one of our fantastic volunteers.

Young Carers' Action Day March 2025

We also cannot forget the incredible Young Carers Action Day 2025 event that we held at Komedia. We were able to come together with young carers and their families to host a private film screening, preceded by an insightful film involving local young carers, followed by a speech about the importance of Young Carers Action Day, before we watched the movie. It was a great mix of young carers, their families and professionals from the local community – everyone came together to support and empower young carers under the theme of 'Give Me A Break'.

(V) Carers Engagement

Carers are identified who are willing to be consulted as experts as and when required. We have 62 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 also completed an updated engagement report on the experience of carers during the discharge of a person they care for from hospital.

Overall, through our various communications channels, approx. 3,100 carers engaged with, plus 600 potential carers or employers via our Linked In page.

Social Media and Website Engagement

As of 31st March 2025, we had 6,036 followers across social media channels, 324 mailing list sign-ups for the year and 13,500 unique website visitors during the period

(VI) Volunteers

The Carers Centre has a committed team of volunteers. 95 volunteers supported our work during the period including the 8 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 also had 22 Reablement volunteers in 2024-25 and 2 volunteer solicitors providing free legal surgeries.

We have 62 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.

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

FOR THE YEAR ENDED 31 MARCH 2025

(VII) Representation

In 2024-25, 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)
- Brighton & Hove Lead Providers Collaborative (with Southdown, Citizens Advice B&H, Together Co and Impact Initiatives)
- 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 £135,320 (2023-24: £84,251). This has been debited from company reserves, leaving a balance of funds carried forward of £824,273 at 1 April 2025 (2024: £959,593) of which £114,929 (2024: £124,582) has to be used on restricted projects.

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 17th July 2025. The Trustees have decided that a level of working reserves should be maintained to cover at least 6 months' running costs (this currently equates to £401,486), which are not committed or invested in tangible fixed assets.

Unrestricted free reserves now stand at £515,844 (2024: £619,659) 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 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. 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.

Designated funds are set aside for the following:

- Infrastructure Fund £20,000 set aside to maintain facilities and accommodate IT development costs
- Young Carers Services £70,000. The board has designated these funds due to this area of work being in deficit during the past few years. The board feels that these services are important to maintain.
- Fundraising £3,500 in-line with the budget agreed for 2025-26
- Services for carers of people living with dementia £5,000. As a result of a reduction in funding in this area within the Carers Hub contract, the Board have agreed to this investment to ensure the continuation of quality support to this group of carers in our city
- Closure Contingency Fund £95,000. 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

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

FOR THE YEAR ENDED 31 MARCH 2025

Fundraising performance

Fundraising priorities are set and an annual plan agreed by the Board of Trustees. In 2024-25, we successfully retained the Carers Hub contract which has a value of over £430,000 per annum. However, this is a significant reduction in value compared to the value of the previous contract and is due to difficult decisions made by statutory funders. Further to the Carers Hub contract, 13 successful funding bids totalled £21,000. 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.

Brokerage Grants

The team often applies for financial support for individual carers from charitable trusts. During the financial year 2024-25, we received £14,421 from the following:

- Carers Trust - £14,003
- Independence at Home Group - £320
- St Bernards Charity - £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, support with energy bills, respite opportunities and training/tuition costs. In addition to this, we also worked with Brighton & Hove City Council to distribute £17,000 of Household Support Fund grants during the period to carers in need of support with household costs.

Investment performance

We had no investments during the period other than our deposit accounts with CAF Bank, Charity Bank, Shawbrook Bank, United Trust Bank and Virgin Money which pay standard interest rates on a range of fixed-term accounts and accessible funds.

PLANS FOR THE FUTURE

The Carers Centre's five-year strategic business plan and fundraising strategy have now been in place for three 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 fundraising targets for 2025-26 include increasing our resources to support young adult carers and carers of those living with a mental health condition. We 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:



Mr. Vasan Selvaratnam – Chairperson

Date: 2nd Oct 2025

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

FOR THE YEAR ENDED 31 MARCH 2025

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 2025 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
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Shoreham Road
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Steyning
West Sussex
BN44 3TN

Dated: 14/10/2025.

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 2025

		Unrestricted funds £	Restricted funds £	Designated funds £	Total 2025 £	Total 2024 £
Income from:						
Donations, grants and gifts	3	3,679	31,985	-	35,664	56,717
Charitable activities	4	620,677	-	-	620,677	682,598
Other income	5	700	-	-	700	119
Investment income - Interest received		<u>10,610</u>	-	-	<u>10,610</u>	<u>12,036</u>
Total income		<u>635,666</u>	<u>31,985</u>	-	<u>667,651</u>	<u>751,470</u>
Expenditure on:						
Charitable activities	6					
Activities undertaken directly		610,002	41,638	88,448	740,088	773,591
Other costs		<u>56,299</u>	-	<u>6,584</u>	<u>62,883</u>	<u>62,130</u>
Total expenditure		<u>666,301</u>	<u>41,638</u>	<u>95,032</u>	<u>802,971</u>	<u>835,721</u>
Net income/(expenditure)		(30,635)	(9,653)	(95,032)	(135,320)	(84,251)
Transfer between funds	18	<u>(73,180)</u>	-	<u>73,180</u>	-	-
Net movement in funds		(103,185)	(9,653)	(21,852)	(135,320)	(84,251)
Fund balances at 1 April 2024		<u>619,659</u>	<u>124,582</u>	<u>215,352</u>	<u>959,593</u>	<u>1,043,844</u>
Fund balances at 31 March 2025		<u>515,844</u>	<u>114,929</u>	<u>193,500</u>	<u>824,273</u>	<u>959,593</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 2025

	Notes	2025		2024	
		£	£	£	£
Fixed assets	12		6,193		9,244
Current assets					
Debtors	13	15,237		9,157	
Cash at bank and in hand		841,604		988,941	
		<u>856,841</u>		<u>998,098</u>	
Creditors: amounts falling due within one year	14	(38,761)		(47,749)	
Net current assets			818,080		959,593
Total assets			824,273		959,593
Income funds					
Restricted funds	17		114,929		124,582
Unrestricted funds	19		515,844		619,659
Designated funds	18		193,500		215,352
Total funds			824,273		959,593

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 2/10/25



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 2025

		2025		2024
	£	£	£	£
Net cash used in operating activities				
Net expenditure		(135,320)	(84,251)	
Depreciation	12	3,051	4,971	
Investment income		(10,610)	(12,036)	
Decrease in creditors	14	(8,988)	(16,476)	
Increase in debtors	13	(6,080)	78,001	
		<u>(157,947)</u>		(29,791)
Cash flows from investing activities				
Purchase of tangible fixed assets		-	(13,802)	
Interest receivable		10,610	12,036	
		<u>10,610</u>		(1,766)
Decrease in cash		(147,337)		(31,557)
Cash and cash equivalents at the beginning of the year		988,941		1,020,498
Cash and cash equivalents at the end of the year		841,604		988,941

Analysis of net cash:

	1 April 2024	Cash flow	31 March 2025
	£	£	£
Cash at bank and in hand	<u>988,941</u>	<u>(147,337)</u>	<u>841,604</u>

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

FOR THE YEAR ENDED 31 MARCH 2025

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 2019) – 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 2025

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 2025

3 Donations, grants and gifts

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Donations	3,679	2,370	6,049	12,474
Grants	-	29,615	29,615	44,243
	<u>3,679</u>	<u>31,985</u>	<u>35,664</u>	<u>56,717</u>

4 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Contract income	<u>620,677</u>	<u>-</u>	<u>620,677</u>	<u>682,598</u>

5 Other income

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Other income	<u>700</u>	<u>-</u>	<u>700</u>	<u>119</u>

6 Total expenditure

	Staff costs £	Other costs £	Total 2025 £	Total 2024 £
Charitable activities				
Activities undertaken directly	457,995	282,093	740,088	773,591
Other costs (note 7)	<u>50,912</u>	<u>11,971</u>	<u>62,883</u>	<u>62,130</u>
Total	<u>508,907</u>	<u>294,064</u>	<u>802,971</u>	<u>835,721</u>

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

FOR THE YEAR ENDED 31 MARCH 2025

7 Other costs

	Total	Total
	2025	2024
	£	£
Staff costs	50,912	49,719
Governance costs (Note 8)	11,971	12,411
	<u>62,883</u>	<u>62,130</u>

8 Governance costs

	Total	Total
	2025	2024
	£	£
Independent examiners' fee	3,600	3,300
Accountancy	8,042	8,905
AGM	195	183
Companies House filing fees	34	13
Trustees expenses	100	10
	<u>11,971</u>	<u>12,411</u>

9 Trustees

During the year, £76 was reimbursed to one trustee (2024: £10 to one trustees).

No trustees received any remuneration in the current or prior year.

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

FOR THE YEAR ENDED 31 MARCH 2025

10 Statement of financial activities comparative funds – year ended 31 March 2024

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

11 Employees

Number of employees

The average number of employees during the year was 25 (2024: 24).

Employment costs	2025 £	2024 £
Wages and salaries	466,442	459,528
Social security costs	33,379	32,326
Other pension costs	9,086	10,599
	508,907	502,453

Total employee benefits for key management personnel of the charity in the year amounted to £50,912 (2024: £49,719).

There were no employees with emoluments above £60,000 during the year (2024: none).

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

FOR THE YEAR ENDED 31 MARCH 2025

12	Fixed Assets	Fixtures and Fittings	Computer Equipment	Total
	Cost			
	Cost b/fwd and c/fwd	5,119	67,064	72,183
	Depreciation			
	At 1 April 2024	5,119	57,820	62,939
	Depreciation charge in the year	-	3,051	3,051
	At 31 March 2025	5,119	60,871	65,990
	Net Book Value			
	At 31 March 2025	-	6,193	6,193
	At 31 March 2024	-	9,244	9,244
13	Debtors		2025	2024
			£	£
	Trade debtors		5,598	1,866
	Other debtors		2,454	2,454
	Prepayments and accrued income		7,185	4,837
			15,237	9,157
14	Creditors: amounts falling due within one year		2025	2024
			£	£
	Trade creditors		25,521	29,422
	Taxes and social security costs		7,545	9,038
	Accruals and deferred income		5,695	9,289
			38,761	47,749
15	Pension and other post-retirement benefit commitments			
	At the balance sheet date £Nil (2024: £Nil) was owed in respect of contributions to schemes.			
			2025	2024
			£	£
	Contributions payable by the charity for the year		7,539	9,038

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

FOR THE YEAR ENDED 31 MARCH 2025

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 31 March 2025
	Balance at 1 April 2024	Incoming resources	Resources expended	Transfers	
	£	£	£	£	£
Young Carers	19,649	14,985	(24,638)	-	9,996
Development Work	21,231	-	-	-	21,231
Adult Carers	83,702	17,000	(17,000)	-	83,702
	<u>124,582</u>	<u>31,985</u>	<u>(41,638)</u>	<u>-</u>	<u>114,929</u>

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 2025

18 Designated funds

	Movement in funds				Balance at 31 March 2025 £
	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	
Designated fund – Infrastructure	20,000	-	(22,081)	22,081	20,000
Designated fund – Young Carers Services	85,352	-	(68,450)	53,098	70,000
Designated fund – Closure contingency	70,000	-	-	25,000	95,000
Designated fund – Fundraising	40,000	-	(4,084)	(32,416)	3,500
Alzheimers Society	-	-	(417)	5,417	5,000
	<u>215,352</u>	<u>-</u>	<u>(95,032)</u>	<u>73,180</u>	<u>193,500</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 is to provide resources to run group sessions and activities for young carers between 6 and 17 years old.

The designated funds for Alzheimers Society provides resources to support carers looking after Alzheimers patients.

The designated funds for Closure contingency is in case the charitable company is forced to close. This amount would fund projected redundancy payments due to it's employees and terminating service contracts such as: office rent and equipment, accountancy, audit and other professional costs.

19 Analysis of net assets between funds

	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2025 £
Fund balances at 31 March 2025 are represented by:				
Fixed Assets	-	6,193	-	6,193
Current assets	554,605	187,307	114,929	856,841
Creditors: amounts falling due within one	(38,761)	-	-	(38,761)
	<u>515,844</u>	<u>193,500</u>	<u>114,929</u>	<u>824,273</u>
	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	(47,749)	-	-	(47,749)
	<u>619,659</u>	<u>215,352</u>	<u>124,582</u>	<u>959,593</u>

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

FOR THE YEAR ENDED 31 MARCH 2025

20 Commitments under operating leases

At 31 March 2025 the company had total commitments under non-cancellable operating leases as follows:

	Land and buildings	
	2025	2024
	£	£
Expiry date:		
Within one year	25,178	25,178
1-5 years	50,357	75,535
	<u>75,535</u>	<u>100,713</u>
	Other	
	2025	2024
	£	£
Expiry date:		
Within one year	1,073	2,146
1-5 years	-	1,073
	<u>1,073</u>	<u>3,219</u>

Included within the Statement of Financial Activities are operating lease payments of £31,513 (2024: £30,969).

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