Caring for Carers since 2001

The Respite Association

Trustees' Annual Report & Accounts

For the period

January 1st 2025 to December 31st 2025

25 YEARS

Registered with FUNDRAISING REGULATOR






All of the banner quotes are genuine quotes received from clients during 2025

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I'm so thankful to have found this organisation and I'm forever gratefull

Charity Information

Patron	Dame Joanna Lumley OBE, FRGS
Trustees (at 31st December 2025)	Hon. Alderman Alex Bentley - Honorary Chair Miss Valerie England - Honorary Co-Treasurer Miss Rosemary England - Honorary Co-Treasurer Mrs Claire Pond Mrs Joanne Clark
Charity Number	1193232
Address	Highfield Barn Lewdown Okehampton Devon EX20 4DS
Contact Email	help@respiteassociation.org
Independent Examiner	Streets Bush Limited Accountants Melrose House Pynes Hill Rydon Lane Exeter EX2 5AZ
Bankers (Main)	CAF Bank Ltd 25 Kings Hill West Malling Kent ME19 4JQ
Bankers (Reserve Accounts)	CAF Bank Ltd 25 Kings Hill West Malling Kent ME19 4JQ Virgin Money Sunderland SR43 4JB
Investments	M&G Charities PO BOX 9038 Chelmsford CM99 2XF

Trustees' Report
for the year ended December 31st 2025

Trustees
The Trustees who served during the period 1st January 2025 to 31st December 2025 were as follows:

Hon. Alderman Alex Bentley - Honorary Chair
Miss Valerie England - Honorary Co-Treasurer
Miss Rosemary England - Honorary Co-Treasurer
Mrs Claire Pond
Mrs Joanne Clark

The Charity is governed by an executive committee of no less than 3 members. The power of appointing new trustees is vested in the surviving or continuing trustees.

Investment Powers
The constitution authorises the trustees to make and hold investments.

Structure, governance and management
The charity was originally established as an unincorporated association by written constitution dated 22nd January 2000 (registration number 1086598). A new Charitable Incorporated Organisation (CIO) was formed (under this new Charity number of 1193232) on 25th January 2021. All assets, staff and trustees transferred to the new charity at the end of February 2021 as reflected in the published accounts of Charity number 1086598 for the period ended 28th February 2021. The old unincorporated charity number 1086598 will remain open for the time being to allow for the continued collection of anonymous and/or recurrent donations and any legacies. A legal transfer document to periodically transfer any funds collected in this way from charity number 1086498 to charity number 1193232 is in place.

The objects of the CIO are:
The relief of sickness and poverty of people with disabilities, long-term physical or mental health conditions or terminal illnesses, and their carers, within the United Kingdom, by (a) offering assistance to enable those in need to secure respite care and (b) providing respite breaks and other support for carers.

The policy of the charity continues to be to seek additional finance and support to run the charity for the benefit of current and future beneficiaries. Throughout the year the trustees delegate the day to day responsibility for managing the charity to the administrator/chief executive Mr John Turner MBE.

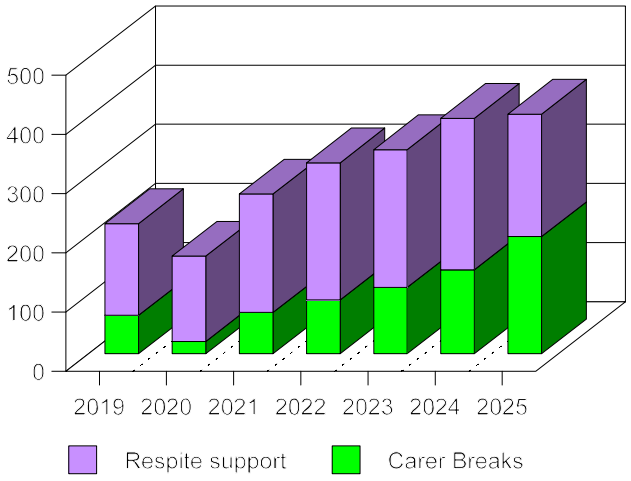
Objectives and Summary of activities in their support
In support of these objectives our main activities during this reporting/accounting period have continued to involve us enabling carers to obtain alternative care, either in the home or via residential provision, for the person or persons (almost always a close family member) for whom they normally provide assistance so that they may take a much-needed break to recharge their batteries. We continue to work closely with a number of other charities, and with statutory authorities, whilst ensuring that our help is in addition to their funding and not a replacement.

the relief of knowing a break was close was immense.

Recruitment and training of Trustees

Trustees are encouraged to attend appropriate external training courses as are staff. Recruitment of Trustees is open to any suitable individual regardless of age, race, religion, sexuality or gender. New Trustees will be required to take part in an induction course organised by the Chair of Trustees and will be issued with a copy of the Charity Commission's 'The Essential Trustee Guide'.

Achievements and performance



✓ Applications for support from desperate carers rose by **1.7% compared to 2024** (to the highest number of carers supported in a year since we were registered in 2001)

✓ Applications for support have **risen by 84.1%** since 2019 (which was itself our busiest year on record)

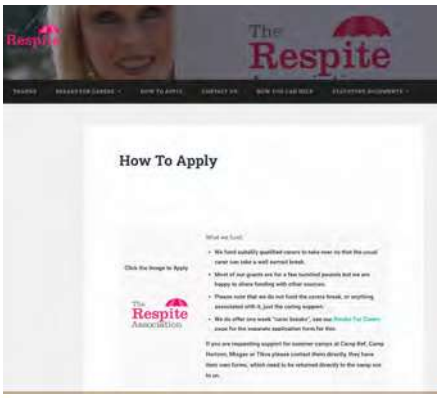
✓ Carers breaks were **oversubscribed by over 200%**

✓ The loss of Revitalise in November 2024 was a major blow to carers. Thanks to the kindness of our funders we have been able to help many who have lost that lifeline.

✓ Feedback from carers for our new caravan in Yorkshire has been incredibly positive. The caravan is named Eilene's Retreat in recognition of our first Carers' Breaks Administrator, Eilene Keeling, who retired in 2020 and sadly died in 2025 having lived for some years with Dementia.



✓ Thanks to some incredible support we were able to replace our aging caravan at Rhyl in North Wales with a marvellous caravan on a lovely park just outside Abergele. The new caravan is named Aelwyd Alex in honour of our Chair of Trustees, Hon. Alderman Alex Bentley.



✓ Moving to online applications has proved incredibly popular as 99% of all applications now come via this route. Not only is it much quicker and more reliable than the post, but it also saves on administration time.

✓ Thanks to a generous donation from the National Lottery, we have been able to replace our ageing computer and printers. We have also been funded to engage in essential training.

It felt like a weight had been lifted from us and that we could breathe more calmly.

Partnerships

As a small organisation we have recognised that working together with other organisations allows us to: increase our effectiveness exponentially, reach more of those who desperately need our support and provide more effective support to those who contact us.

✓ Our ongoing partnership with The Victoria Convalescent Trust (VCT) has been incredibly successful and was expanded in 2025. The partnership allows us to signpost carers who require a slightly different service to that we provide. During 2025 VCT have also generously provided support for carers who needed assistance with the travel costs for their free carer breaks across our 3 sites.

✓ 2025 saw us continue our partnerships with organisations providing summer camps for youngsters with a variety of medical conditions and disabilities. We supported more places than in any previous year, and received some incredible feedback. The support not only gives families a well earned break from their caring responsibilities, and allows for some quality time with other family members, but also provides the youngsters attending camp with an amazing life experience.

✓ We have started a partnership with Darlington Action on Disability to support carers to utilise their school holiday play schemes. For parents caring for children with conditions such as Autism the school holidays can be challenging. Having an occasional 'day off' during this period makes an immense difference.

✓ Our work continued with two organisations supporting the Jewish community in North London, allowing us to reach a group of carers who suffer significant deprivation and who might otherwise not be able to apply due to literacy issues. In the case of one of our partners, all of our support is match funded by the organisation too. This allows us to support double the number of carers we could otherwise fund.



We remain incredibly grateful to our Patron, Dame Joanna Lumley, for her amazing support and generosity of spirit.

Joanna's Christmas message to our carers is always heartfelt and is always very well received by our carers.

Planned actions for 2026

★ Our weekly lottery is growing steadily and providing an important income stream for us. We plan to continue promoting the lottery throughout the year.



★ We are planning to continue our legacy giving campaign through several initiatives including the Law Society and training events for solicitors. Whilst this may not bear fruit in the short term we remain convinced that this is an income stream that can provide significant returns in the long run.

★ Having grown our carers breaks availability to 90 weeks, with the purchase of our Yorkshire caravan, we hope to add a further 8 weeks provision for 2026.

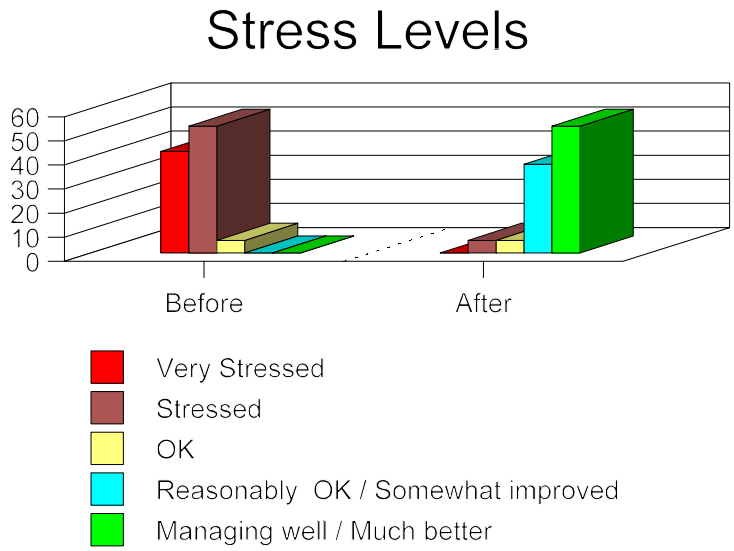
To continue our partnership with The Victoria Convalescent Trust to increase the support available for carers travelling to our holiday facilities.

Being able to spend some precious time with my husband and actually being 'off duty' for a while, undoubtably saved me from a spiralling mental health condition,



Since our creation in 2001 we have always had incredibly positive feedback from the carers we have helped, but in 2023 we decided to see if we could formally quantify our impact. We set up an online survey and asked everyone who received our support to complete the it. The following statistics cover the period 1st January to 31st December 2025 and full, anonymised, breakdowns of the data are available on request.

- ✓ **95%** of carers stated they were ***very stressed or stressed*** before they were helped by The Respite Association, just one responded that they were 'OK'.
- ✓ **89.5%** were **relieved or very relieved** when we offered to help them.
- ✓ **Over 79%** reported that their **mental health had either improved or was <u>much better</u>** after they had received the respite break. Four respondents were 'OK'.



The change in mental health from **95% very stressed** before our intervention to **0% very stressed** afterwards, is a clear indication of the level of impact we can have and the vital importance of respite breaks to unpaid carers. Some of the comments at the top of the pages of this report are from the survey feedback.

Statement of Public Benefit

The Trustees of the Respite Association have complied with their duty to have due regard to the Charity Commission's public benefit guidance. The work of the Respite Association benefits significant numbers of unpaid carers, these being persons who are caring for someone who has a disability, a long term physical or mental health condition or who is terminally ill. The Charity helps unpaid carers without any bias regarding age, ethnicity, religion, sexuality or gender.

The support provided benefits not only the carer but frequently their whole family. Many carers of young children with disabilities or long term illnesses have other children who are unintentionally given less attention than these parents would prefer due to the needs of the other child. Our respite care breaks allow these parents to spend quality time with their other children. The provision of a respite break for a carer also has a beneficial effect for the person who they usually care for, who may otherwise become distressed at the level of physical, mental or financial stress that their carer may be experiencing.

Beneficiary quotes have been utilised throughout this report and a feedback (kind words) page is also provided on page 11 by way of demonstration of the public benefit and individual impact of our work.

Honestly we felt more like ourselves after we had some time away together. We felt more rested and much calmer.

Our Carers' Breaks Scheme

We received 205 applications for the 90 available weeks in 2025.

2025 saw us replacing our caravan in North Wales, the new caravan (named Aelwyd Alex in honour of our chair), is on a park at Llanddulas and is just a short walk from the sea. The park itself is beautiful having won Wales in Bloom previously.

We are incredibly grateful to Joe and the team at The Beach and to all at Thornley Leisure Parks for making us so welcome.

Aelwyd is Welsh for hearth or home.

Can I just say that this caravan has a real calming effect on me. As soon as I arrived late yesterday evening and unpacked, I instantly felt relaxed. I absolutely love being here...it's just me and my youngest daughter which is lovely as I rarely get the chance to have that 1-1 with her, especially for extended periods. Thank you, once again, for this marvellous opportunity, I will enjoy every moment of it.



Eilene's Retreat in Bridlington has proved a hugely popular destination for our carers, especially those in the North East Corner, with comments like "the caravan was immaculate". The welcome from Sue, Kate and the team is always described as warm and the support we have been given by the whole team has been incredible.

As a family, we were able to strengthen our bonds, we visited unfamiliar places and created memories and, most importantly for the children, they were able to enjoy later bedtimes. This time together has truly revitalised us.

Gillian and Chris who own 'Shed your blues' a quirky cottage in Herefordshire have kindly offered discounted stays for our carers. Again a valuable and much appreciated addition to our offering.



Joanna's Cottage in Cornwall is ever popular, situated on Kenegie Manor near Penzance, the park has a real family feel to it, with staff who are dedicated to going the extra mile to ensure our carers get the break they deserve. We say this every year but Ed, Chris and the team at Kenegie really are incredible and we are so grateful for their amazing support.



We were delighted to receive the offer of 13 two night breaks at The Lansdowne, a boutique B&B in the marvellous Bourton-on-the-Water in The Cotswolds.



Bourton is known as the Venice of the Cotswolds and The Lansdowne is in the perfect spot to enjoy the area. This is brilliant for us as it adds something extra to our normal offering and our carers are over the moon.

A huge thank you to Gemma and the team both for the generous offer and for the warm welcome our carers are receiving.

We are incredibly grateful for the anonymous donation of £119,418.52. This one off donation will have a tremendous and positive impact on the lives of so many carers.

Knowing we could have some time to ourselves really is a tonic

DONATIONS RECEIVED DURING THE 12 MONTHS ENDING DECEMBER 31ST 2025

Our sincere thanks go to the following organisations for their much appreciated financial support during 2025. We also send our thanks to those organisations that asked not to be named publicly.

Alan Edward Higgs Charity
Andor Charitable Trust
Bartlett Taylor Charitable Trust
Benham Charitable Settlement
Blair Foundation
Calisen Impact Charitable Trust
Chrimes Family Charitable Trustt
Docker Bakery
Dorothy Mary Twiggins Charitable Trust
Edgar Lee Foundation
Edward Vinson 1957 Charity Settlementt
Eleanor Hamilton Educational Trust
Enid Slater Charitable Settlement
Forest Hill Charitable Trust
Geoff Payne Charitable Settlement
Harford Charitable Trust
Helen Roll Charity
Henhurst Charitable Trust
John and Susan Bowers Fund
Lillie Johnson Charitable Trust
MacAskill Family Trust
Marsh Charitable Trust
Marshall & Viggars Charitable Trust
Mildred Duveen Charitable Trust
Mills & Reeve Charitable Trust
Miss Pannett Charitable Trust
Murphy-Neumann Charity Company Ltd
Oakdale Trust
Rachel Charitable Trust
Saloman Foundation CIO
SC and ME Morland's Charitable Trust
Shenaz Begum Khokhar Charitable Foundation
Sir Robert Gooch Trust
Sir Harry & Lady Judith Solomon Charitable Foundation
Sir John and Lady Amory's Charitable Trust
The Angela Gallagher Memorial Fund
The Arthur Stevens Charitable Trust
The Bergne-Coupland Charity
The Carriejo Charitable Trust
The Charles Wolfson Charitable Trust Charitable Trust
The Charlotte Bonham-Carter Charitable Trust
The CHEQS Charitable Trust
The Culra Charitable Trust
The Dalby Charitable Trust
The David Dutton Foundation
The De Vere Hunt Charitable Trust
The Dorcas Trust
The Doris Edwina Mackley Memorial Trust
The Douglas Heath Eves Charitable Trust
The Dr James and Dr Bozena Bain Memorial Trust Fund
The Dr & Mrs A Darlington Charitable Trust
The E Alec Colman Charitable Fund
The Epigoni Trust
The Eva Reckitt Trust Fund
The Eveson Trust
The Fitton Trust
The G D Herbert Charitable Trust
The Helen Jean Cope Charity
The James Wise Charitable Trust
The John Cowan Foundation
The Kaye Charitable Trust
The L & R Gilley Charitable Trust
The LAPA Charitable Trust
The Mrs H R Greene Charitable Settlement
The Mulberry Trust
The Ogilvie Charities
The Paget Trust
The Patrick Rowland Foundation
The Paul Bassham Charitable Trust
The Phillips Family Charitable Trust
The Pilkington Charitable Trust
The Richard Lawes Foundation
The Rothley Trust
The Serendipity Foundation Limited
The Sir James Roll Charitable Trust
The Sunset Charitable Trust
The Tony and Chrisa Cook Charitable Trust
The W L Pratt Charitable Foundation
The William & Christine Eynon Charity
The William Allen Young Charitable Trust
The William and Sarah Newsom Charitable Trust
The WO Street Charitable Foundation
The Worshipful Company of Launderers
The WR Charitable Trust
The Pat Newman Memorial Trust
William Arthur Rudd Memorial Trust
Winifred Eileen Kemp Trust

The Respite Association

Kind Words

Extracts from genuine letters and emails recently received.

We enjoyed 24 hours time together over the weekend safe in the knowledge that our daughter, who has complex needs, was being cared for so well by our chosen trusted carer.
We truly are so grateful for this opportunity to have a break from being burnt out parent carers and we feel revitalised ready to continue this week.
We look forward to using the remaining hours to go out for the day together or a couple of evening meals in the future.

It has come at such a fantastic time for my husband and I as our daughter is having major spinal surgery so it will allow us chance to recharge so we can fully support her when the time comes.

Thank you SO much for our lovely holiday in Bridlington it was so nice, the caravan was beautiful and the park so quiet, quite my favourite break ever!! Really peaceful and restful. Thank you so much.

I would like to say thank you for such an amazing opportunity provided by you and Respite Association. We had the most wonderful time thanks to you....everything was a spot on clean. Really, really thankful, and I can't imagine a better time away just for the two of us.

Thank you so very much from the bottom of our hearts.
We really are so very grateful to you.

Oh thank you SO very much.
I have had a rather 'stressful' morning with mum and this news has made me want to cry!
Very best wishes and thank you again,

I'd like to say thank you I had a most relaxing time at my daughters and spent time with my grandchildren and I'm now feeling very refreshed and looking forward.

Thank you again, wholeheartedly, to you and all at The Respite Association for making this respite possible for me and my family.
It has made all the difference.

It is such a weight off my mind having something sorted because I really panicked when revitalise closed down.
I have taken my daughter to visit the centre and she really likes it. They have animals and do a lot of arts and crafts.
We are very grateful to you, thank you

This is amazing news for the whole family!

Being awarded this support is a huge blessing indeed & I am deeply grateful. I am beyond excited for this opportunity to get some much needed rest, and cannot thank you all enough for this wonderful gift.

We had an amazing time thanks to you and all the other lovely people who made it happen.

We got home at 12.30 today and are now eagerly awaiting my son's return from school.
Very tired but a different tired from when we left.

Oh my goodness!!! I'm SO beyond grateful... good tears here... This Truly is the most wonderful blessing. Please pass on my deepest thanks to the Trustees of The Respite Association, even just reading this amazing news is doing my heart & mental health much good!

You've just lifted an intense weight off my shoulders !!!!

It enabled me to have a good rest and spend some time with my brother and go out on my own

Risk Assessment
The Board receives a report from the Administrator/Chief Executive each year. The current report does not identify any serious risks to the charity either financial or physical, save for the ongoing challenges of the financial crisis which is having a detrimental effect on the voluntary sector as a whole.

Investments
In 2021 the Charity invested £120,000 with M&G Charities due to the very poor interest rate available from any mainstream banking facility. We were supported in doing this by the Roger and Jean Jefcoate Trust who generously donated £10,000 in 2021 to us to act as an investment buffer, recognising that investment values can go down as well as up (indeed the market value of our original £120,000 in investments at 31st December 2024 had decreased to £111,847). Given this volatility in the markets, we remain enormously grateful for the original donation, together with a further donation of £10,000 in 2024, as this has helped us to reduce our investment risks while earning valued dividend income towards the important services we provide. As has been mentioned elsewhere in this report, during this financial year, we received an anonymous one-off donation of £119,419. Given the increasing demands on our services which is almost certainly due to carers facing increasing inflationary pressures, the Trustees took the decision to invest a further £100,000 of this money while a decision was taken on how it may best be spent. At the end of the year, the market value of the investments had risen to £238,635, providing an unrealised gain of £26,788. The investments are all held in M&G's Charifund Account following the closure of Charibond during the financial year. M&G remains our investment provider of choice due to our ability to recall the investment within three working days if needed.

Financial Review & Reserves Policy
During the period under review, the Charity made an unrestricted surplus, after the year end adjustments had been made, of £162,349. This is largely thanks to the one off anonymous donation of £119,419 from a Charitable Trust that was in the process of winding up and will therefore not be repeated. A further £26,788 of this figure is represented by an unrealised gain on the investments at year end as noted above. Without these figures, the unrestricted surplus for the year would have been a more modest £16,142. At the end of the year the Charity carried forward unrestricted funds totalling £380,300. Whilst all expenditure is carefully planned, the Trustees remain mindful of the precarious nature of income generation as a result of the current financial crisis and have created a reserve policy to reflect this, holding an estimated nine months' running costs of £96,000 in operating reserves should a sudden drop in income occur to ensure continuity of service. Further designations totalling £100,500 were made at year end to ensure the continuity of the carers' breaks scheme including sinking funds to repair and replace the caravans in recognition of their limited usable lifespan (£30,000). The renovation of the holiday bungalows (£50,000) and funding to cover Partnership Grants in the process of agreement (£20,500). This left an unrestricted undesignated balance of £183,800 of which £45,994 was current assets and £137,806 was fixed assets belonging to the Charity.

Policies
The Charity's formal Fundraising Policies, along with all other policies, were reviewed by the Trustee Board in November 2025. Trustee and Staff Expenses Policy was reviewed and amended in May 2025.

- Disciplinary Code
- Conflict of Interest Policy
- Grievance Procedure/Policy
- General complaints
- Fundraising Complaints
- Grant making & respite break policy
- EDI policy
- Volunteer policy
- Safeguarding policy
- Fundraising Charter
- Data Protection Policy
- Trustee and Staff Expenses Policy

It gave me the chance for a bit of me time and meeting friends and I am so grateful that there is an association who can help us carers to have a well deserved break.

Serious Incidents
There were no serious incidents to report during the period covered by this Trustees' Report.

Statement of trustees' responsibilities

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

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, 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;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the CIO. 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 Trustees approved this report on 29th October 2026 and it is signed on their behalf by:



Hon. Alderman Alex Bentley
Trustee & Hon. Chairman

THE RESPITE ASSOCIATION
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 DECEMBER 2025

	Note	2025 Unrestricted Fund	2025 Restricted Fund	2025 Total	2024 Unrestricted Fund	2024 Restated Restricted Fund	2024 Total
		£	£	£	£	£	£
INCOME FROM							
Donations and legacies	6.2	248,487	111,225	359,712	113,416	89,100	202,516
Investments		13,208	-	13,208	8,817	-	8,817
TOTAL INCOME AND ENDOWMENTS		261,695	111,225	372,920	122,233	89,100	211,333
EXPENDITURE ON	**6.7**						
Charitable Activities		130,998	40,842	171,840	159,983	49,233	209,216
TOTAL EXPENDITURE		130,998	40,842	171,840	159,983	49,233	209,216
NET GAINS/(LOSSES) ON INVESTMENTS		26,788	-	26,788	1,588	-	1,588
NET INCOME/(EXPENDITURE)		157,485	70,383	227,868	(36,162)	39,867	3,705
TRANSFERS BETWEEN FUNDS	12	4,864	(4,864)	-	53,985	(53,985)	-
NET MOVEMENT IN FUNDS	**12**	162,349	65,519	227,868	17,823	(14,118)	3,705
TOTAL FUNDS BROUGHT FORWARD		217,951	96,390	314,341	200,128	110,508	310,636
TOTAL FUNDS CARRIED FORWARD		380,300	161,909	542,209	217,951	96,390	314,341

THE RESPITE ASSOCIATION
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 DECEMBER 2025

	Note	2025 Unrestricted Fund	2025 Restricted Fund	2025 Total	2024 Unrestricted Fund	2024 Restated Restricted Fund	2024 Total
		£	£	£	£	£	£
INCOME FROM							
Donations and legacies	6.2						
Trusts and corporate donors		241,238	99,500	340,738	109,462	87,650	197,112
Donations from individuals		6,739	725	7,464	3,450	1,450	4,900
National lottery grant		-	11,000	11,000	-	-	-
Society lottery income	1	510	-	510	416	-	416
In memoriam donations					88	-	88
TOTAL		248,487	111,225	359,712	113,416	89,100	202,516
EXPENDITURE ON							
Charitable Activities							
Charitable support costs	2	71,999	38,878	110,877	111,939	49,233	161,172
Other expenditure	6.6						
Training and travel costs		1,874	861	2,735	-	-	-
Software and office sundries		535	1,103	1,638	537	-	537
Fundraising		20,139	-	20,139	12,557	-	12,557
Utilities and rent		3,032	-	3,032	3,161	-	3,161
Governance		4,038	-	4,038	4,177	-	4,177
Independent Examination		3,866	-	3,866	1,159	-	1,159
Depreciation		20,632	-	20,632	25,075	-	25,075
Profit/loss on disposal of fixed assets		3,963	-	3,963	-	-	-
Loan interest		920	-	920	1,378	-	1,378
TOTAL		130,998	40,842	171,840	159,983	49,233	209,216

THE RESPITE ASSOCIATION
BALANCE SHEET
AS AT 31 DECEMBER 2025

	Note		2025		2024 Restated
		£	£	£	£
FIXED ASSETS	7				
Tangible Fixed Assets			137,806		121,316
Investments	8		238,635		111,847
			376,441		233,163
CURRENT ASSETS					
Debtors	9	4,580		14,300	
Cash in bank and in hand		186,771		119,565	
		191,351		133,865	
CREDITORS: Due within one year	10	23,614		43,884	
NET CURRENT ASSETS			167,737		89,981
CREDITORS: Due after more than one year	11		1,969		8,803
NET ASSETS			542,209		314,341
INCOME FUNDS					
Restricted funds	12.4	161,909		96,390	
Unrestricted funds - General		183,800		105,951	
Designated funds	12.3	196,500		112,000	
Total Unrestricted funds		380,300		217,951	
TOTAL FUNDS			542,209		314,341

The financial statements were approved by the board of trustees on 29th September 2026 and were signed by:



...

Hon. Alderman Alex Bentley
Trustee & Hon. Chairman

1. SOCIETY LOTTERY

We launched our Society Lottery (with Sterling Lotteries) in December 2022. As noted in our plans for 2026, we will continue to attempt to build our supporter base for the Lottery as part of our wider plans to diversify our income streams for the future. The fundraising costs during the financial period further reflects our ongoing work in this area and includes investment in a nationwide legacy campaign, any results from which are likely to take a number of years to come to fruition.

2. CHARITABLE SUPPORT COSTS

Our charitable support costs remain at post pandemic levels but are slightly below 2024 due to a very high number of grants held from previous years coming to fruition during that year. However, charitable support costs and grants carried forward have averaged £147,838 over the past five years, a level which appears to be our 'new normal'. In order to demonstrate how the demands placed on our limited resources have increased since 2021, we have included figures for 2019 and 2020 from our previous Charity Number of 1085598 by way of comparison.

	Charitable Support Costs	**Grants carried forward**	**Total**
2019	£77,221	£28,656	£105,577
2020	£81,544	£34,708	£116,252
2021	£90,875	£56,296	£147,171
2022	£113,762	£30,972	£144,734
2023	£118,534	£12,721	£131,255
2024	£138,340	£31,283	£169,623
2025	£134,017	£12,391	£146,408

3. RENT

Rent relates to the cost of a small storage unit as The Respite Association does not (by choice) have a formal office space, with the two part time staff members working from home. Our staff will continue to work from home for the foreseeable future. However the Trustees are mindful that, given the surging price of utilities, our staff should not be financially disadvantaged when working in this manner. Consequently, a policy to enable staff members to claim a proportion of their utility and other working from home costs was formally agreed and adopted during 2023 and reviewed and re-adopted during 2025.

4. GOVERNANCE COSTS

Governance costs are those costs that enable the proper legal running and oversight of the Charity. These include a proportion of staff and administrative costs allocated to Trustee meetings, the cost of holding a bank account with the Charities Aid Foundation, insurance costs and the cost of the independent examination of the accounts.

5. RESPITE BREAKS/TRANSFERS OF FUNDS

The respite break costs are paid for from the general unrestricted funds. Transfers between funds at year end related to the cost of respite breaks for carers residing in areas supported by trusts who wished to restrict their grant making to beneficiaries from specific geographical locations. The respite break transfers were completed at year end to ensure that we had an accurate figure for the cost of each caravan per week provided.

6. ACCOUNTING POLICIES

6.1 General

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, the Financial Reporting Standard 102 (FRS 102) applicable in the UK and Republic of Ireland, and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice" effective 1 January 2019.

The charity meets the definition of a public benefit entity under FRS 102.

The charity has taken advantage of the provisions of the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have been prepared under the historical cost convention. The principle accounting polices adopted are set out below.

The financial statements have been prepared on a going concern basis as there are no material uncertainties about the charity's ability to continue operating.

The charity was previously eligible to prepare the financial statements under the Receipts & Payments basis however, due to one-off donations in 2025, income has gone over the relevant threshold. The accounts have therefore, been prepared under the accruals basis with the 2024 comparatives also restated. Funds have been updated to account for fixed assets, investments, debtors and creditors.

The charity intends to revert back to the Receipts and Payments basis for the year ended 31 December 2026.

6.2 Income

Income and donations are accounted for as received. No permanent endowments have been received in the period.

6.3 Value Added Tax

Value added tax is not recoverable by the Charity, and as such is included in the relevant costs in the Accounts.

6.4 Trustees' Remuneration and Expenses

During the period no Trustee received any remuneration for the time they gave to the Charity. The Trustees' insurance included Trustee indemnity insurance. There were no related party transactions and no donations were received from Trustees during the period.

6.5 Restricted Income

Restricted Income is income that is to be strictly used (at the donor's request) for the benefit of carers who reside within specific geographical locations or sometimes in cases involving people within certain age categories e.g. elderly persons or children. Occasionally donors may sponsor a piece of equipment, part of the cost of our carers break facilities and their running costs or perhaps the printing of one of our information leaflets. In all such cases the monies are used solely for the purpose(s) the donor has specified.

6.6 Direct Charitable Expenditure breakdown

	2025	2024
Employee costs	51,792	45,960
Direct respite care provision	123,081	142,248
Website and updating of online application forms	501	759
Utilities	2,651	2,617
Postage & stationery	3,460	1,518
	181,485	**193,102**
Employee Costs		
Total staff costs	**58,614**	**52,227**
Staff in 2025 (1 x 30* hours, 1 x 18 hours)	2 p/t	2 p/t

The 30 hour per week post increased from 24 hours per week in 2024.

6.7 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probably that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

6.8 Gains and Losses on Investments

Realised gains or losses are recognised when investments are sold.

Unrealised gains or losses are accounted for on revaluation of investments at 31 December.

6.9 Tangible Fixed Assets

The Charity owns a purpose built holiday cottage in Cornwall (Joanna's Cottage), a caravan in North Wales (Aelwyd Alex), a caravan in Yorkshire (Eilene's Retreat), a desktop computer, three printers, five reconditioned laptops (the laptops were gifted to us during the financial year from a partnership between Lenovo and Big Issue Invest), a tablet and some additional office equipment.

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold Property – 2% Straight Line
Caravans - 20% Straight Line
Office Equipment – 30% Reducing Balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

6.10 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

6.11 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

7 TANGIBLE FIXED ASSETS

	Leasehold Property	Caravans	Office Equipment	Total
	£	£	£	£
COST				
At 1 January 2025	75,000	76,495	4,432	155,927
Additions	-	39,995	3,591	43,586
Disposals	-	(28,995)	(1,676)	(30,671)
At 31 December 2025	75,000	87,495	6,347	168,842
DEPRECIATION				
At 1 January 2025	-	32,696	1,915	34,611
Charge for the Year	1,500	17,499	1,633	20,632
Eliminated on disposal	-	(23,196)	(1,011)	(24,207)
At 31 December 2025	-	26,999	2,537	31,036
NET BOOK VALUE				
As at 31 December 2025	73,500	60,496	3,810	137,806
As at 31 December 2024	75,000	43,799	2,517	121,316

8 INVESTMENTS

	Market Value At 31.12.24	Additions/ (Disposals)	Gain/(Loss) on on Revaluation	Market Value At 31.12.25
	£ Restated	£	£	£
M&G Charifund	91,592	120,458	26,585	238,635
M&G Charibond	20,255	(20,458)	203	-
TOTALS	111,847	100,000	26,788	238,635

9 DEBTORS

	2025	2024 Restated
	£	£
Accrued income	4,580	14,300
	4,580	14,300

10 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024 Restated
	£	£
Other Creditors	12,941	33,803
Accruals	3,840	3,739
Other Loans	6,833	6,342
	23,614	43,884

11 CREDITORS: AMOUNTS FALLING DUE AFTER ONE YEAR

	2025	2024 Restated
	£	£
Other Loans	1,969	8,803
	1,969	8,803

12 MOVEMENT IN FUNDS

12.1 Current year

	Balance at 1 Jan 2025	Income	Expenditure	Gains/(Losses)	Transfers	Balance at 31 Dec 2025
UNRESTRICTED						
General	105,951	261,695	(130,998)	26,788	(79,636)	183,800
Designated						
2026 London Camp grants	17,000	-	-	-	3,500	20,500
Aelwyd Alex replacement	-	-	-	-	10,000	10,000
Wales caravan replacement	35,000	-	-	-	(35,000)	-
Cornwall holiday facilities	-	-	-	-	50,000	50,000
Eilene's Retreat replacement	-	-	-	-	20,000	20,000
Reserves	60,000	-	-	-	36,000	96,000
Total	217,951	261,695	(130,998)	26,788	4,864	380,300
RESTRICTED						
Diagnosis or health condition fund	3,999	10,000	(772)	-	-	13,227
Geographical care fund	74,268	53,000	(26,926)	-	(1,567)	98,775
Carer specific fund	16,946	12,500	(5,355)	-	-	24,091
Carers' break facilities renovation fund	800	20,000	(800)	-	-	20,000
Carers' break facilities runnings costs fund	300	4,725	(5,025)	-	-	-
National Lottery fund	77	11,000	(1,964)	-	(3,297)	5,817
	96,390	111,225	(40,842)	-	(4,864)	161,909
TOTAL FUNDS	**314,341**	**372,920**	**(171,840)**	**26,788**	-	**542,209**

MOVEMENT IN FUNDS (Continued)

12.2 Prior year

	Balance at 1 Jan 2024	Income	Expenditure	Gains/(Losses)	Transfers	Balance at 31 Dec 2024
UNRESTRICTED						
General	109,360	122,233	(152,721)	1,588	25,491	105,951
Designated						-
2025 London grants	-	-	-	-	17,000	17,000
Wales caravan replacement	-	-	-	-	35,000	35,000
Reserves	90,768	-	(7,262)	-	(23,506)	60,000
Total	200,128	122,233	(159,983)	1,588	53,985	217,951
RESTRICTED						
Diagnosis or health condition fund	3,999	-	-	-	-	3,999
Geographical care fund	53,929	52,850	(28,380)	-	(4,132)	74,268
Carer specific fund	11,069	17,450	(11,573)	-	-	16,946
Carers' break facilities renovation fund	37,870	15,350	(3,900)	-	(48,520)	800
Carers' break facilities runnings costs fund	3,563	3,450	(5,380)	-	(1,333)	300
National Lottery fund	77	-	-	-	-	77
	110,508	89,100	(49,233)	-	(53,985)	96,390
TOTAL FUNDS	**310,636**	**211,333**	**(209,216)**	**1,588**	-	**314,341**

MOVEMENT IN FUNDS (Continued)

12.3 Designated Funds

a) Approved Alternative Care Grants

Funds designated by the Trustees to meet the cost of grants approved and communicated to recipients but not yet paid at the 2025 financial year-end, including grants to Darlington Action on Disability and the London Summer Camps providers.

b) Carers' Break Facilities – Repair and Replacement Funds

Funds designated by the Trustees to provide for the future maintenance, repair and replacement of the Charity's Carers' Break facilities relating to Aelwyd Alex and in Cornwall. This sinking fund supports the long-term sustainability of the facilities, including the planned replacement of Eileen's Retreat.

c) **Operating Reserves**

In accordance with guidance from the Charity Commission this is funds specifically set aside by the Trustees to provide financial resilience and maintain essential charitable activities during periods of reduced income or financial uncertainty. The designated amount now represents approximately nine months of operating expenditure, increased from six months during 2025 in response to growing uncertainty in the fundraising and wider financial environment.

The total in designated funds carried forward is £196,500.

12.4 Restricted Funds

The funds are established for the following purposes:

a) Diagnosis or Health Condition-Specific Restricted Funds

Funds donated specifically to support unpaid carers of individuals living with particular diagnoses or health conditions, such as Alzheimer's disease.

b) Geographically Restricted Funds

Funds donated specifically to support unpaid carers living in designated geographical areas, which may include individual villages, towns, counties or regions.

c) Carer-Specific Restricted Funds

Funds donated specifically to support particular groups of unpaid carers, including carers of specified ages (such as young or older carers) or those from particular religious or cultural backgrounds.

d) Carers' Break Facilities – Renovation

Funds donated specifically to support improvements, refurbishment or renovation of the Charity's Carers' Break facilities, including the refurbishment of Joanna's Cottage in Cornwall during 2026–2027.

MOVEMENT IN FUNDS (Continued)

Restricted Funds (Continued)

e) Carers' Break Facilities – Running Costs

Funds donated specifically to support the operational costs of the Charity's Carers' Break Scheme, including donations restricted to the running costs of individual facilities or locations.

f) Training, IT and Consumables

Funds awarded by the National Lottery specifically to support Trustee and staff training, new printers and associated consumables, in accordance with the terms of the grant.

12.5 ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year	Unrestricted £	Restricted £	Total £
Fixed assets			
Tangible fixed assets	137,806	-	137,306
Investments	238,635	-	238,635
Net current assets	5,828	161,909	167,737
Long term creditors	(1,969)	-	(1,969)
	380,300	161,909	542,209

Prior year restated	Unrestricted £	Restricted £	Total £
Fixed assets			
Tangible fixed assets	121,316	-	121,316
Investments	101,847	10,000	111,847
Net current assets	3,591	86,390	89,981
Long term creditors	(8,803)	-	(8,803)
	217,951	96,390	314,341

13. Post Balance Sheet Events/Going Concern

In November 2025, the charity met with Mr Phil Keogh, Chair of Philanthropy Trust. Following discussions about the importance of respite breaks for unpaid carers, and in response to the continued oversubscription of our three existing respite break facilities, Philanthropy Trust generously offered to fund the outright purchase of a fourth respite break facility for the charity.

Following a site visit to Kenegie Manor in Cornwall in December 2025, and with the valued legal support of Bev Sheehan at Chilcotts Law, the purchase of a second bungalow on the Kenegie Manor site was completed in February 2026 at a cost of £75,000. We extend our sincere thanks to Mr Keogh and the Trustees of Philanthropy Trust for their exceptional generosity in making this purchase possible.

The newly renamed "Phil's Place" is expected to accommodate carers currently on our waiting list during the 2026 season. Both Phil's Place and Joanna's Cottage are scheduled for refurbishment during Autumn/Winter 2026, bringing the properties to a consistent standard and enabling the charity to offer a unified Cornwall respite break provision in future years.

Although the charity ended the year in a healthy financial position, largely due to the anonymous unrestricted donation of £119,000, we remain mindful that this was a one off, exceptional gift that will not be repeated. We expect to return to a planned deficit position at the end of 2026 given the continuing inflationary pressures and increased demand for our services. The Trustees therefore remain cautious but optimistic and intend to allocate part of the exceptional donation towards a sinking fund for the refurbishment and future upkeep of both Cornwall properties, while also strengthening our reserves to help meet the rising costs and continued demand for our services in the financial year ahead.

This report is all about our charity, but our charity is all about the unpaid carers that we support, so the final words we leave to them:

"The time we were able to take for ourselves as husband and wife was amazing! It was like we had found each other again! Our daughter absolutely loved spending time with our trusted carer which was paid for by the Respite Association, so it was like she had a break too! We feel incredibly lucky to have been supported for the right care which enabled us to fully relax knowing our daughter was so well cared for. Thank you to the Respite Association - this would not have been possible if it wasn't for your help".

"It felt like a life line, my special needs twins literally take everything from me, leaving me very little time to spend with my older son, I've been given x3 days in the holidays to help me spend quality time with him, which we both need as we both struggle with our mental health".

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE RESPITE ASSOCIATION

This report on the financial statements of the Respite Association for the year ended 31 December 2025, which are set out on pages 13 to 25, is in respect of an examination carried out in accordance with Section 145 of the Charities Act 2011 ("the Act").

Respective Responsibilities of Trustees and Examiner
As trustees of the charity you are responsible for the preparation of the financial statements. You consider that the audit requirement of the Regulations and section 145 of the Act do not apply and that an independent examination is needed. It is my responsibility to:-

- examine the accounts under Section 145 of the Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Act; and
- to state whether particular matters have come to my attention.

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

Independent Examiner's Statement
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 130 of the Act; and
- to prepare accounts which accord with the accounting records and comply with the requirements of the Act and the Charities (Accounts and Reports) Regulations 2008 have not been met, or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: S. Truran

Mrs S Truran FCCA FCA
Streets Bush Limited
Chartered Accountants
Melore House
Pynes Hill
Rydon Lane
Exeter
EX2 5AZ

Dated: 29.10.2026