

Sid Valley HELP

**Report and Financial Statement
for the year ending 31 March 2023**



Registered Charity Number 1181458

Sid Valley HELP

Year ending 31 March 2023

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Sid Valley HELP

Year ending 31 March 2023

The Trustees are pleased to submit their report together with the financial statements of Sid Valley HELP for the year ending 31 March 2023 which have been prepared in accordance with the charity's governing document and Charities SORP (FRS102).

Reference and Administrative Details

Charity Number: 1181458

Charity Registration: 7 January 2019

Organisation Type: Charitable Incorporated Organisation

Charity Address: Woodpeckers
Knowle Drive
Sidmouth
Devon EX10 8HW

Email: info@sidvalleyhelp.org.uk
Website: sidvalleyhelp.org.uk
Phone: 01395 892 011

Independent Examiner: Robert Underhill
Sidmouth, Devon

Bankers: National Westminster Bank
Honiton (D) Branch, 94 High Street, Honiton EX14 1JL

Charities Aid Foundation Bank
25 Kings Hill Avenue, West Malling, ME19 4TA

Trustees: Diane Fuller, Chair, (re-elected 4 November 2021)
Keith Gillanders (re-elected 10 November 2022)
Andrew Hardy (elected 10 November 2022)
Deirdre Hounsom (re-elected 10 November 2022)
Peter McGauley (re-elected 4 November 2021)
Ronald Peppin (elected 11 September 2019)
Jan Campbell Young (co-opted 1 August 2023)

Sid Valley HELP

Year ending 31 March 2023

Structure, Governance and Management

Governing Document

Sid Valley HELP is registered as a charity with the Charity Commission, number 1181458. It is a Charitable Incorporated Organisation (CIO) and is governed by its Constitution Document.

Appointment of Trustees

All of the founding Trustees were elected by the members at the AGM on the 11 September 2019 and the Chair of the Trustees was elected by the Trustees. At the AGM on 10 November 2022 Deidre Hounsom and Keith Gillanders retired by rotation and were re-elected unanimously by the members and Andrew Hardy was elected as a Trustee.

Charitable Objectives

To relieve sickness and promote and protect the good mental and physical health of persons in the Sid Valley and surrounding areas, in particular but not exclusively by:

1. Signposting to other health and care organisations and services;
2. Befriending those suffering poor health or at risk of poor health; and
3. Building capacity of, and encouraging health and care services and organisations to network to improve the provision of services and fill any gaps in provision.

Report of the Trustees

Sid Valley HELP provides easy access to information for people who need help from health and care organisations and it enables Health and Social Care professionals to identify non-statutory and voluntary sector services in the community to support clients, patients, carers and their families.

We continue to work closely with local councils and other VCSE sector organisations to provide information and offer direct support to the most vulnerable members of our community.

The following paragraphs describe progress under the headings of our charitable objectives:

1 Signposting to other health and care organisations and services:

- We continued to develop and maintain our website and a data base of organisations providing help to those in need of health and wellbeing support and we receive positive feedback about the ease of using our website where people in need can access information and make direct contact with organisations.
- We have provided phone help to those who are not computer literate, so they have access to the information they need. All callers were referred to appropriate organisations or helped directly by Sid Valley Help.
- We provided signposting and referrals on behalf of those unable to do so themselves.
- We have had representation via Microsoft Teams at a weekly NHS Community Health and Social Care team where the support required by the most vulnerable members of the community is discussed.
- We produced and distributed 4000 leaflets providing information on where to get support and advice on the cost of living crisis.
- We produced booklets "Support for Carers" and "What to do when someone dies".

2 Befriending those suffering poor health or at risk of poor health

- All befriending provided by Sid Valley Help is offered face to face with occasional telephone calls as required. The demand for this service has levelled out to between 25 and 30 clients. Many referrals are made from the Community Health and Social Care team.
- Befriending volunteers that visit clients' homes require careful recruitment, training, on-going support and monitoring. To enhance the experience for volunteers we employed a part time volunteer manager during this year.

3 Building Capacity of and encouraging health and care services and organisations to improve the provision of services and fill any gaps in provision.

- We continue to provide a network for partner organisations via Zoom and face to face and met three times to improve understanding about services in the area and to improve collaborative working and building capacity.
- We provided training for our volunteers and partner organisations on safeguarding and avoiding falls and ran a course, called I-Belong for connecting communities to support everyday wellbeing.
- We received funding from the University Hospital Royal Devon & Exeter Trust to deliver Strength and Balance classes for those who have had falls or are at risk of falling.
- We have worked closely with Sidmouth Hospice at Home to support their Information Centre on Sidmouth High Street.
- We represent Sidmouth VCSE groups on the Eastern region Local Care Partnership VCSE reference group.
- Sid Valley Help has continued to provide governance and funding for the WHAT Steering group made up from statutory and voluntary organisations that have a key role in working with or supporting the mental health and wellbeing of children and young people.

- Action East Devon part funded by Sid Valley Help, began one to one mentoring for young people in Sidmouth College. This provision has been a great success and supports 20 young people at any one time.
- A gap in provision was identified for parents and carers struggling to support children with mental health issues. Sid Valley Help has part funded Parental Minds to provide a parent support hub in the Sid Valley.

Financial Review

During the year Income was £35,969 of which £22,102 was restricted. A total of £23,602 was received by way of grants, and the balance was made up principally of fees, donations and through fund-raising activities.

Expenditure totalled £28,218 the largest category of expenditure was the WHAT project at £21,068.

Income exceeded expenditure by £7,751 and at the 31 March 2023 the charity had cash reserves of £29,457. A financial statement is appended to this Report.

The Trustees consider that the existing financial resources, together with anticipated grants are sufficient to continue the current level of activities for the next twelve months. They are however pursuing further grants and fund raising activities with a view to continuing the activities of the charity in 2023-24.

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the annual report and financial statement in accordance with applicable law and UK generally accepted accounting practice.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. 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.

This report was approved by the Trustees on 24 October 2023 and signed on their behalf by:



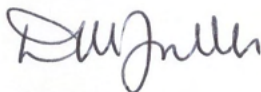
Diane M Fuller

Chair of the Board of Trustees

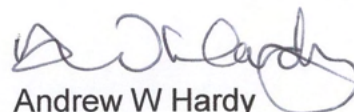
Sid Valley Help
Accounts for the year ending 31 March 2023

	12 months ending 31 March 2023			12 months ending 31 March 2022			Notes
	Total	Restricted	Unrestricted	Total	Restricted	Unrestricted	
Income							
Fund raising							
Donations	6,582.88		6,582.88	1,471.57		1,471.57	
Representation Fees	3,413.76		3,413.76	2,688.00		2,688.00	
Grants	23,602.64	22,102.64	1,500.00	2,000.00		2,000.00	2
Miscellaneous	2,370.70		2,370.70				
Total Income	35,969.98	22,102.64	13,867.34	6,159.57		6,159.57	
Expenditure							
Rent							
Co-ordination							
Communications	74.28		74.28	383.92		383.92	
Stationary & publicity	2,204.00	2,184.00	20.00	253.95		253.95	3
Office and IT equip't	184.05		184.05				3
Insurance	612.08		612.08	612.08		612.08	
Training	1,084.45	1,084.45		37.50		37.50	
WHAT	21,068.18	13,068.18	8,000.00	15,000.00	15,000.00		
Volunteers expenses	30.00		30.00	100.05		100.05	
Miscellaneous	2,961.05	2,888.30	72.75	121.50		121.50	
Total expenditure	28,218.09	19,224.93	8,993.16	16,509.00	15,000.00	1,509.00	
Excess of Income over Expenditure	7,751.89	2,877.71	4,874.18	(10,349.43)	(15,000.00)	4,650.57	
Assets							
Cash at Banks	29,457.07	2,877.71	26,579.36	21,705.18	0	21,705.18	
Petty cash	0	0	0	0	0	0	
Total Assets	29,457.07	2,877.71	26,579.36	21,705.18	0	21,705.18	

These financial statements were approved by the trustees on 24 October 2023 and signed on behalf of the trustees by:



Diane M Fuller
Chair



Andrew W Hardy
Treasurer

Sid Valley HELP

Notes to the accounts for the 12 months ending 31 March 2023

Note 1

The accounts have been prepared on a receipts and payments basis.

Note 2

The Charity received the following grants during the financial year:

- Sidmouth Town Council £ 1,500
- RD&E NHS Trust - VCSE Supporting Discharge Pathway £22,102.64

Note 3

Office & IT Equipment and Stationary & Publicity Material are written off in the year during which they are acquired.



Section A Independent Examiner's Report

Report to the trustees Charity Name SIS VALLEY HELP

On accounts for the year ended 31 MARCH 2023 Charity no (if any) 1181458

Set out on pages 1 - 7 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD/MM/YYYY.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
• the accounts did not accord with the accounting records; or
• the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature] Date: 05.10.2023

Name: ROBERT UNDERHILL

Relevant professional qualification(s) or body

ASSOCIATE OF THE INSTITUTE OF BANKERS

(if any):

Address: FARTHINGS
LOTTINGTON MEAD
SIDMOUTH, DEVON, EX10 8HB

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.