

Sid Valley HELP

Report and Financial Statements
For the Period ending 31st March 2019



Registered Charity Number: 1181458

Draft 30 April 2019

Sid Valley HELP

Period ending 31st March 2019

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Sid Valley HELP

Period ending 31st March 2019

The Trustees are pleased to submit their report together with the financial statements of Sid Valley HELP for the period ending 31st March 2019 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 th January 2019
Organisation Type:	Charitable Incorporated Organisation
Charity Address:	Woodpeckers Knowle Drive Sidmouth Devon EX10 8HW
	Email: sidvalleyHELP@gmail.com Website: sidvalleyhelp.org.uk
Independent Examiner:	Michael J Newman 1 Sid Lane Sidmouth Devon EX10 XXX
Bankers:	National Westminster Bank Honiton (D) Branch 94 High Street Honiton Devon EX14 1JL
Trustees:	Diane Mary Fuller (Chair) Keith Wilson Gillanders Deirdre Anne Hounsom Peter Joseph McGauley

Sid Valley HELP

Period ending 31st March 2019

Structure, Governance and Management

Governing Document

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

Appointment of Trustees

Trustees were appointed in accordance with the Constitution and in due course will be elected by the members. The Chair of the Trustees was elected by the Trustees.

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.

Achievements

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 services in the community to support clients, patients, carers and their families.

We have made significant progress in establishing Sid Valley HELP since April 2018 and registered as a charity in January 2019. We have received grants and

donations from a variety of sources including Devon County Council, East Devon District Council, Sidmouth Town Council, and other local grant making organisations. Ten volunteers and four Trustees have been recruited and trained. The following paragraphs describe progress under the headings of our charitable objectives:

1 Signposting to other health and care organisations and services:

- We have established a data base of organisations providing help to those in need of health and wellbeing support and built a website where people in need can access the information they need and make direct contact with organisations. There were 1,065 visits to the site this year.
- We have provided email, phone and face to face help to those who are not computer literate, or not in a mind to search the internet, so they have access to the information they need. 118 individuals have used this opportunity.
- We provided signposting and referrals on behalf of those unable to do so themselves.
- We have promoted the service through the local press, leafleting and having a community presence.

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

We have spent time this past year developing a strategy and building capacity for reducing loneliness in the Sid Valley through working with partner organisations to increase their services and identify the gaps for future development of a befriending service which will focus on the under 60 age groups. This will start early in the 2019/20 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.

- In June 2018 we held a public ‘Support for Carers’ event in Carers Week attended by 12 carer support groups and organisations and attended by members of the public.
- We have established a network for partner organisations that currently meets four times a year in order to improve understanding about services in the area and to improve collaborative working and building capacity.
- We have provided free training for partner organisations on GDPR requirements, on basic first aid and safeguarding, as many small organisations identified access to training as an inhibitor for their development.

- We have worked closely with Independent Age and Age Concern Exmouth to bring new services to the Sid Valley and improve services for the elderly and the lonely.
- We have established strong links to the Ways2Wellbeing (Social Prescribing) service that has recently been started by the GP's Practice.

Financial Review

During the period Income amounted to £12,598 made up principally of donations, grants and fund raising. Income exceeded expenditure by £4,941 and at the 31st March 2019 the charity had cash reserves of £4,941.

The Trustees believe 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 actively pursuing further grants and fund raising activities with a view to expanding the activities of the charity.

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 the xx of xxx 2019 and signed on their behalf by:

Diane M Fuller

Chair of the Board of Trustees

Sid Valley HELP

Accounts for the period ending 31st March 2019

			Notes
Income	Fund Raising	937.31	
	Donations	1,270.52	
	Grants	<u>10,390.00</u>	2
		12,597.83	
Expenditure	Rent	1,321.40	
	Coordination	3,745.00	
	Communications	73.04	
	Website	192.81	
	Stationary	18.97	
	Publicity Material	844.90	
	Office and Computer Equipment	597.77	3
	Insurance	263.78	
	Training	337.50	
	Miscellaneous	<u>261.18</u>	
	7,656.35		
Excess of Income over Expenditure		4,941.48	
Assets	Cash at Bank	4,906.19	
	Petty Cash	<u>35.29</u>	
	Total Assets	4,941.48	

Sid Valley HELP

Notes to the accounts for the period ending 31st March 2019

Note 1

The accounts have been prepared on a receipts and payments basis

Note 2

The Charity received the following grants during the period under review:

Devon County Council Councillor's Grant (Stuart Hughes)	£ 500
Sidmouth Town Council Parishes Together <i>(this was part of a total grant of £7,155 with the balance being payable during the next financial year)</i>	£ 3,500
The Norman Family NFCT	£ 500
Devon County Council VCS Grant	£ 5,890

Note 3

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