

# **Sid Valley HELP**

Report and Financial Statements  
For the Year ending 31<sup>st</sup> March 2020



Registered Charity Number: 1181458

# Sid Valley HELP

Year ending 31<sup>st</sup> March 2020

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# Sid Valley HELP

Year ending 31<sup>st</sup> March 2020

The Trustees are pleased to submit their report together with the financial statements of Sid Valley HELP for the year ending 31<sup>st</sup> March 2020 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<sup>th</sup> January 2019

Organisation Type: Charitable Incorporated Organisation

Charity Address: Woodpeckers  
Knowle Drive  
Sidmouth  
Devon EX10 8HW

Email: [sidvalleyHELP@gmail.com](mailto:sidvalleyHELP@gmail.com)  
Website: [sidvalleyhelp.org.uk](http://sidvalleyhelp.org.uk)

Independent Examiner: Michael J Newman  
1 Sid Lane  
Sidmouth  
Devon EX10 9AN

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  
Ronald Peter Graham Peppin

# Sid Valley HELP

Year ending 31<sup>st</sup> March 2020

## 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

All of the Trustees were elected by the members at the AGM on the 11<sup>th</sup> September 2019. 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 further progress in establishing Sid Valley HELP as a significant local charity over the last year. We have extended our range of activities and

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

### **1 Signposting to other health and care organisations and services**

- We have continued to develop and maintain 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. There were 1,708 visits to the site this report period, of which 1,248 were unique visitors.
- We have also provided email, phone and face to face help to those who are not computer literate, so they have access to the information they need.
- We provided signposting and referrals on behalf of those unable to do so themselves.
- We have had representation at a weekly Community Health and Social Care team where required support is discussed for the most vulnerable in the community.
- 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 continued to develop a range of approaches for reducing loneliness in the Sid Valley. This has included: weekly Tea and Chat sessions at a local cafe; monthly coffee mornings at a local hotel; befriending support for the isolated at home; and weekly sessions for new Mums who are feeling isolated.

### **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 have continued to provide a network for partner organisations that have met four times to improve understanding about services in the area and to improve collaborative working and building capacity. This included a ‘Support for Carers’ event in Carers Week attended by 15 carer support groups and organisations and attended by members of the public.
- We provided training for partner organisations on safeguarding and fund raising.

- We have worked closely with a wide range of organisation to bring new services to the Sid Valley and improve services for the elderly, the lonely and those with mental health needs.
- In response to the need identified by the local Health and Care Forum, we established WHAT (Wellbeing and Health Action Team) to deliver local provision for young people with mental health and wellbeing needs. Sid Valley Help manages the WHAT Steering group made up from key statutory and voluntary organisations that have a key role in working with or supporting young people. A community launch in October 2019 attracted over 60 members of the public. A publicity drive raised funding to deliver ‘Headlight’ peer support provision to be delivered by Action East Devon in the next financial year.
- As a member of the East Devon Community Health and Social Care team, Sid Valley Help has secured funding and led a unique project across 5 towns to build capacity through trained community connectors who will support mental health and wellbeing across their communities.

#### **4 Covid-19 Pandemic**

In mid March 2019 we worked closely with Sidmouth Town Council to produce a leaflet ‘Covid-19 Sidmouth Community Resources’. This included information on all points of support, community groups and availability of local food delivery. Over the weekend 19-22 March the leaflet was delivered to every household in the Sidmouth Parish identifying Sid Valley Help as the organisation coordinating volunteers. Sid Valley Help produced an updated booklet of local food delivery services and circulated posters widely. By 31 March our phone lines had received 74 queries requiring referral or signposting, 77 requests for help and applications from nearly 80 volunteers. This accelerated into April 2020.

#### Financial Review

During the year Income amounted to £51,061.35, £25,000 of which was restricted in respect of the Ibelong Project, and £10,300 in respect of the WHAT Project. £36,735 was received by way of grants, and the balance was made up principally of donations and through fund raising activities.

Income exceeded expenditure by £26,291 and at the 31 March 2019 the charity had cash reserves of £31,232.43, of which £13,877 were restricted, £3,677 in respect of the Ibelong Project, and £10,200 in respect of the WHAT Project.

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 1st of September 2020 and signed on their behalf by:



Diane M Fuller

*Chair of the Board of Trustees*

# Sid Valley Help

## Accounts for the Year ending 31st March 2020

		Year ending 31st March 2020			Period ending 31st March 2019	Notes
		Total	Restricted	Unrestricted		
<b>Income</b>	Fund Raising	555.55	-	555.55	937.31	
	Donations	9,284.80	8,799.89	484.91	1,270.52	
	Representation Fees	2,016.00	-	2,016.00	-	
	Grants	36,735.00	24,250.00	12,485.00	10,390.00	2 & 3
	Miscellaneous	220.00	-	220.00	-	
		<b><u>48,811.35</u></b>	<b><u>33,049.89</u></b>	<b><u>15,761.46</u></b>	<b><u>12,597.83</u></b>	
<b>Expenditure</b>	Rent	498.40	-	498.40	1,321.40	
	Co-ordination	350.00	-	350.00	3,745.00	
	Communications	98.72	-	98.72	73.04	
	Website	111.75	-	111.75	192.81	
	Stationary	-	-	-	18.97	
	Publicity Material	909.45	-	909.45	844.90	
	Office & Computer Equip.	41.21	-	41.21	597.77	4
	Insurance	690.98	-	690.98	263.78	
	Training	105.00	-	105.00	337.50	
	Groups	513.80	-	513.80	-	
	WHAT Project Exp.	100.00	100.00	-	-	
	Ibelong Project Exp.	19,072.50	19,000.00	72.50	-	
	Miscellaneous	28.59	-	28.59	261.18	
		<b><u>22,520.40</u></b>	<b><u>19,100.00</u></b>	<b><u>3,420.40</u></b>	<b><u>7,656.35</u></b>	
<b>Excess of Income over Expenditure</b>		<b>26,290.95</b>	<b>13,949.89</b>	<b>12,341.06</b>	<b>4,941.48</b>	
<b>Assets</b>	Cash at Bank	31,197.14	13,949.89	17,247.25	4,906.19	
	Petty Cash	35.29	-	35.29	35.29	
	<b>Total Assets</b>	<b>31,232.43</b>	<b>13,949.89</b>	<b>17,282.54</b>	<b>4,941.48</b>	5



# Sid Valley HELP

## Notes to the accounts for the Year ending 31<sup>st</sup> March 2020

### Note 1

The accounts have been prepared on a receipts and payments basis

### Note 2

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

Sidmouth Town Council Parishes Together	£ 3,655
Sidmouth Town Council	£ 690
Devon County Council VCS Grant	£ 5,890
Devon County Council Councillor's Grant (Stuart Hughes) in respect of the WHAT Project	£ 500
The Norman Family NFCT in respect of the WHAT project	£ 1,000
NHS Devon CCG in respect of the Ibelong Project	£25,000

### Note 3

The grant of £25,000 received from NHS Devon CCG in respect of the Ibelong project included an amount of £2,250 to cover Project Management and local expenses for delivering the project in Sidmouth which has been treated as non-restricted income.

### Note 4

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

### Note 5

£10,200 of the restricted assets relates to the WHAT project and the balance of £3,750 relates to the Ibelong project.

## Independent examiner's report on the accounts

### Section A Independent Examiner's Report

**Report to the trustees/  
members of**

Sid Valley HELP

**On accounts for the  
period ended**

31<sup>st</sup> March 2020

**Charity no  
(if any)**

1181458

**Set out on pages**

**Responsibilities and  
basis of report**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

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.*

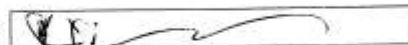
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- 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:**



**Date:**

17 6 20

**Name:**

MICHAEL JOHN NEWTON

**Relevant professional  
qualification(s) or body**

ASSOCIATE CHARITABLE INSTITUTE OF ACCOUNTANTS