

Sid Valley HELP

**Report and Financial Statement
for the year ending 31 March 2022**



Registered Charity Number 1181458

Sid Valley HELP
Year ending 31 March 2022

<u>Contents</u>	<u>Page</u>
Reference and Administrative Details	2
Structure, Governance and Management	3
Report of the Trustees	3
Accounts	6
Independent Examiner's Report	8

Sid Valley HELP

Year ending 31 March 2022

The Trustees are pleased to submit their report together with the financial statements of Sid Valley HELP for the year ending 31 March 2022 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: sidvalleyhelp@gmail.com
Website: sidvalleyhelp.org.uk
Phone: 01395 892 011

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

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 (elected 11 September 2019)
Andrew Hardy (co-opted 18 January 2022)
Deirdre Hounsom (elected 11 September 2019)
Peter McGauley (re-elected 4 November 2021)
Ronald Peppin (elected 11 September 2019)

Sid Valley HELP

Year ending 31 March 2022

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 4 November 2021 Di Fuller and Peter McGauley retired by rotation and were re-elected unanimously by the members. Andrew Hardy was co-opted as a Trustee on 18 January 2022.

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.

From April 2021 the specific support that we provided as a key partner in community support during the Covid-19 pandemic slowed down as individuals re-started their normal activities and volunteers returned to work. We continued to work closely with local councils and other VCSE sector organisations to provide information and to offer direct support to vulnerable members of our community.

Meetings with Trustees and with volunteers have resumed face-to-face. The number of our volunteers are less than during the pandemic peak and have stabilised at about 30. We have ensured that those volunteering with us were checked and trained in line with our policies.

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. There were 2,750 visits to the site this report period, of which 1,950 were unique visitors and 6,560 pages were visited.
- We provided help by phone to those who are not online so they have access to the information they need and over 120 people accessed our phone line asking for information about health and care services. All 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 the Sidmouth weekly NHS Community Health and Social Care team meeting where the support required by vulnerable and unwell members of the community is discussed. Sid Valley Help raised concerns about the wellbeing of 28 patients to the team over the year 2021/2022.
- We have promoted the services we provide through a regular column in the local newspaper, leafleting and by having a community presence.

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

As face-to-face restrictions imposed by the pandemic eased, Sid Valley Help provided more face-to-face support. The legacy of isolation during lockdown increased the demand for our service of befriending. Some clients were those we had supported by phone or with shopping during lockdown and others were new, mostly referred by the Community Health and Social Care team. An average of 30 clients were supported throughout the year by our volunteers who provided weekly face-to-face visits.

3 Building capacity 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 via Zoom and held three sessions to improve understanding about services in the area and to improve collaborative working and build capacity.
- We provided training for our volunteers and partner organisations on safeguarding.
- We have worked closely with organisations to improve services for the elderly, the lonely and those with mental health needs, especially dementia.
- We have worked closely with Sidmouth Hospice at Home to support their Information Centre on Sidmouth High Street.
- Our Chair represents Sidmouth VCSE groups on the Eastern region Local Care Partnership VCSE reference group.
- We have continued to manage the WHAT (Wellbeing and Health Action Team) steering group of statutory and voluntary organisations that have a key

role in working with or supporting the mental health and wellbeing of young people. 'Headlight' is a peer support provision delivered by Action East Devon and funded by Sid Valley Help and it began face-to-face support for young people at Sidmouth College. There was a high demand for one-to-one support and so a school mentoring programme was developed with great success and is supporting 20 young people.

Financial Review

During the year Income was £6,159 none of which was restricted. A total of £2,000 was received by way of grants, and the balance was made up principally of fees, donations and through fund-raising activities.

Expenditure totalled £16,509 and the largest category of expenditure was the WHAT project at £15,000.

Expenditure exceeded income by £10,349 and at the 31 March 2019 the charity had cash reserves of £21,705. 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 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 22 October 2022 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 2022

	12 months ending 31 March 2022			12 months ending 31 March 2021			Notes
	Total	Restricted	Unrestricted	Total	Restricted	Unrestricted	
Income							
Fund raising	0			721.22	689.52	31.70	
Donations	1,471.57		1,471.57	3064.40	150.00	29,14.40	
Representation Fees	2,688.00		2,688.00	2016.00		2,016.00	
Grants	2,000.00		2,000.00	18,000.00	17,500.00	500	2
Miscellaneous	0						
Total Income	6,159.57		6,159.57	23,801.62	18,339.52	5,462.10	
Expenditure							
Rent	0			76.00		76.00	
Co-ordination	0						
Communications	383.92		383.92	215.76		215.76	
Website	0			124.21		124.21	
Stationary & publicity	253.95		253.95	305.00		305.00	
Office and IT equipment	0						3
Insurance	612.08		612.08	593.87		593.87	
Training Groups	37.50		37.50	1,889.44		1,889.44	
WHAT project	15,000.00	15,000.00		5,000.00	5,000.00		
I-Belong project	0			13,724.98	13,724.98		
Volunteers expenses	100.05		100.05	628.79		628.79	
Miscellaneous	121.50		121.50	421.39		421.39	
Total expenditure	16,509.00	15,000.00	1,509.00	22,979.44	18,724.98	4,254.46	
Excess of Income over Expenditure							
	(10,349.43)	(15,000.00)	4,650.57	822.18	(385.46)	1,207.64	
Assets							
Cash at Banks	21,705.18	0	21,705.18	32,054.61	13,564.43	18,490.18	
Petty cash	0	0	0	0	0	0	
Total Assets	21,705.18	0	21,705.18	32,054.61	13,564.43	18,490.18	

Sid Valley HELP

Notes to the accounts for the 12 months ending 31 March 2022

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	£ 1,000
Devon County Council – Locality Budget Payment	£ 1,000

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/
members of** SID VALLEY HELP

**On accounts for the year
ended** 31 March 2022 **Charity no
(if any)** 1181458

Set out on pages 1-6

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2022

**Responsibilities and
basis of report** As the charity trustees of the Trust, 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:** 13/10/2022

Name: Michael John Newman

**Relevant professional
qualification(s) or body
(if any):** Associate Chartered Institute of Bankers

Address: 1 Sid Lane Sidmouth Devon EX10 9AN