



Kingston Carers'
Network



KINGSTON CARERS' NETWORK

Improving the lives of carers in Kingston

Reg. Charity No. 1151456
Company Number 8376060

Report of the Trustees and Examined Financial Statements for the Year Ended 31 March 2024 for Kingston Carers' Network



Supported by...

Kingston Carers' Network, 418 Ewell Road, Surbiton, KT6 7HF, 020 3031 2757 Reg. Charity No. 1151456 Company No. 8376060

Kingston Carers' Network

Reg. Charity No. 1151456 Company Number 8376060

Kingston Carers' Network is a registered charity, established in 1994, providing independent information, support and advocacy to people who care for someone living in the Royal Borough of Kingston upon Thames.

A carer is someone who looks after a family member, friend or partner who could not manage without their support. This might be due to a physical or mental health condition, addiction, or substance misuse. Carers are of all ages, and their caring responsibilities can put them under physical, emotional, and because they are unpaid, financial pressure. In the case of children caring for a parent or sibling, this can have significant negative effects on their lives and future opportunities. It impacts their learning and the social activities that their peers get to experience and enjoy.

At Kingston Carers' Network we aim to:

- Improve the lives of carers of all ages
- Provide information, advice and support to individual carers.
- Ensure carers have a life outside caring
- Ensure that the role and expertise of carers is understood, appreciated, and valued locally.
- Provide input into local service planning and ensure that appropriate services are available to carers.
- Promote carer involvement in service planning, ensuring their voices and opinions are heard and valued.
- Ensure that carers are aware of their rights and entitlements.
- Reduce social isolation and financial disadvantage of carers supporting someone living in the borough.

**Report of the Trustees and Financial Statements for
the Year Ended 2023/24**

Contents

Page:

4	AGM 2034-24 Agenda
4	Current Staff
5	Report of the Trustees
7	Objectives and Activities
8	Achievements and Performance
10	Chairman's Report
13	Independent Examiner's Report
14	Financial Accounts
24	Minutes of AGM 2023

Kingston Carers' Network

Reg. Charity No. 1151456 Company Number 8376060

Annual General Meeting – 11th October 2024: 2:00pm to 4:00pm

Searchlight Community Centre, New Malden KT3 3RX

AGENDA

1. Welcome – Tony Woods, Chairman
2. Apologies for absence
3. Young Carers' Conference: Liz Grimwood, Manager Young Carers Project
4. Adult Carers' Service: Lily Bath, Manager Adult Carers Team
5. Heart of Care - Presentation
6. Report by the Chair/Highlights of the Year: Tony Woods
7. Introduction to new Chief Executive: Rachael Stokes
8. Minutes of the 2023 AGM: Tony Woods
9. Presentation & Adoption of the Annual Accounts for Financial Year 2023-24
10. Appointment of the Independent Examiner
11. Election of Directors of the Board 2024-2025
12. Any Other Business
13. Closing remarks from the Worshipful the Mayor of the Royal Borough of Kingston upon Thames, Cllr Liz Green

The AGM will be followed by a light lunch.

Current Staff

- Tony Bennett – Chief Executive
- Diane White – Interim Chief Executive
- David Still – Deputy Chief Executive
- Diana Alecu – Mental Health Peer Support Lead
- Aisha Antwi – Volunteering Coordinator/YCP Support Worker
- Veronica Attah – Mental Health and Substance Misuse Support Coordinator
- Steph Bader – Development & Innovations Manager
- Lily Bath – Manager Adult Carers' Team
- Layla Brokenbrow – Wellbeing Coordinator
- Helen Brunskill - Counselling Admin Worker
- Jessica Burrows – Mentoring Coordinator
- Jo Cocup – Office Manager/Company Secretary
- Mollie Cooke – Generic Carers' Adviser
- Lyndsey de Valmency-King – Volunteering Coordinator
- Vilma Espinoza – Benefits Adviser/Tribunal Representative
- Katie Glen – Adult Carers' Support Worker
- Liz Grimwood – Young Carers' Team Manager
- Carol Harvey – Targeted Support Worker
- Sam Leggett – Young Carers' Support Worker
- Priya Lewis – Finance Officer
- Jo Maye – Communications Manager
- Klaire Osuji – Young Carers' Team Assistant Manager
- Julie Parker – Targeted Support Worker
- Meera Winder - Adult Carers' Support Worker/Wellbeing Coordinator
- Heidi White – Young Carers' Worker
- Udari Wickremasinghe - Finance Officer

The Trustees (who are also directors of the company limited by guarantee for the purposes of the Companies Act 2006) are pleased to present their annual Trustee Report, together with the examined financial statements for the year ending 31 March 2024, which are also prepared to meet the requirements for a Directors' Report and Accounts for Companies Act purposes.

Structure, Governance and Management

Kingston Carers' Network is a charity registered in England and Wales with the Registered Number 1151456. The charity is a company limited by guarantee and was incorporated on 25 January 2013 and operates in accordance with its written Memorandum and Articles of Association. New Trustees are appointed in accordance with its Articles of Association.

Address 418 Ewell Road, Surbiton, KT6 7HF.

Directors

Directors who served as members of the Management Committee during the year from 1st April 2023 to 31st March 2024, for the full year (unless stated otherwise) were:

- Tony Woods Chairman
- John Mays Deputy Chairman
- Peter Whatnall Treasurer
- Bob Humphries
- Viv Rowlands (Resigned 24/4/24)
- Julia Linney (Resigned 23/4/24)
- Pat Stanley (Resigned 6/10/23)
- Dawn Whitcombe
- Simon Post
- Wydeeswaran Thayalan

Proposal for re-election of Directors

Under Article 23 the following longest serving directors, comprising one-third of the Board, are required to retire but available for re-election:

Simon Post
Peter Whatnall
Wydeeswaran Thayalan

Under Article 24 there were no new directors, appointed by a resolution of the Board since the last AGM.

Officers

Officers are appointed by the Board. There have been no new appointments since the last AGM.

Bankers

The Royal Bank of Scotland plc, Kingston upon Thames branch and Virgin Money, Kingston upon Thames branch, Shawbrook Bank CAF Account

Accountants:

Kamp Accountants, New Malden, Surrey.

Objectives and Activities

Purpose

The purpose of Kingston Carers' Network is to provide information, support, and advice to carers of people living in the Royal Borough of Kingston who could not manage without their support. This might be due to a physical or mental health condition, addiction, or substance misuse. As such, the charity is a public benefit entity, and the trustees have had regard to the Charity Commission's guidance of public benefit.

Target Group – Definition

A carer is someone of any age who provides unpaid support to a family member, friend or partner who could not otherwise manage. This might be due to a physical or mental health condition, addiction, or substance misuse. A carer may also be juggling paid work with their unpaid caring responsibilities at home.

Anyone can become a carer; carers come from all walks of life, all cultures and can be of any age, including children.

The 2021 Census indicated that there are 12,101 adult carers supporting someone in the borough of Kingston.

Activities

The charity provides a comprehensive and holistic range of services, and this has developed in consultation with carers and other stakeholders. We have adopted the five outcomes pledged by the Government in the National Carers' Strategy:

- Not financially disadvantaged
- Mentally and physically well; treated with dignity
- Recognised and supported as an expert partner
- Enjoying a life outside caring
- Children thriving, protected from inappropriate caring roles.

Our current services include:

- Independent information, advice, and advocacy.
- Young Carers' Project.
- Targeted Support Project
- Help with benefits, grants, and allowances.
- Signposting and referral to other services.
- Emotional support.
- Counselling.
- Outings and social activities.
- Programme of health and wellbeing activities.
- Complementary therapies.
- Support groups.
- Carers' Assessments carried out on behalf of Kingston's Adult Social Care.

Achievements and Performance

Adult Carers

This year we have supported over 4,701 carers across all our services. We saw a total of 1,223 adult carer referrals to our Advice Service, which is an increase of 16% on the previous year. A key outcome of our advice service is to reduce the financial hardship of carers. This year we secured an additional £377,632 of new income for Kingston's carers and families.

Other key outcomes for adult carers included:

- 348 Carers' Assessments and Annual Reviews were carried out by the Adult Carers' Advice team on behalf of the Royal Borough of Kingston. This was an increase of 28% on the previous year.
- 2,042 attendances at our carers' social and wellbeing events. These included fitness classes, visiting the Mayor, walk in Kew Gardens.
- Our male carer support group grew and included lunches, zoom groups and bowling trips.

Feedback from carers provides evidence that we are achieving our key objectives. This year:

79% of carers said they had an improved understanding of their rights.

74% of carers are now recognised as expert care partners.

82% of carers are now enjoying a life outside of caring.

84% of carers have improved mental and physical health.

Young Carers

There were 113 young carers referred to our Young Carers' Project, and we provided 2,310 respite breaks for 802 young and carers aged 5-18 at 206 activities.

Some of our key achievements include:

- 2,310 individual respite breaks were provided.
- Two weekly sessions held for young carers aged 5-11.
- Weekly youth group for young carers aged 12-16
- One to one support sessions were held with young carers.
- Mental health and wellbeing support provided.
- Targeted support was provided to young carers and their families with complex needs.
- Young adult carers aged 16+ attended regular support sessions.
- Mentoring project provided one to one support to 19 young carers.
- School lunch clubs provided support in schools.
- Transition group for young carers moving to secondary school.
- Young carers and families were supported in multi-agency meetings.

Volunteering Project

This year, we were supported by 91 volunteers who contributed their time and skills in a variety of roles. Volunteers gave over 3,113 hours of their time, which represents a saving in staff costs of around £40,943.

The valuable contribution made by our volunteers enables us to expand the service we offer carers, and we could not function effectively without them. Highlights from our volunteering project include:

- Our activity volunteers spent 1,093 hours supporting young carers.
- Our adult activity volunteers gave 102 hours support.
- Our admin volunteers provided 626 hours of administrative support.
- Our mentoring volunteers provided 375 hours of support to young carers.
- Our team of student counsellors provided 252 counselling sessions to carers.
- Our telephone befrienders provided 344 hours of one-to-one listening.

Financial Review

As with many charities, KCN faces financial challenges in terms of accessing funding and also increasing costs following recently higher inflation levels. Many funders tell us that the requests they receive far outweigh what funding they have available. Despite these pressures we continue to have good success at maintaining our income and also, importantly, maintaining our levels of service to carers. We are grateful to the many individuals and groups who donate to KCN and offer their financial support through a variety of fundraising activities and regular contributions.

We work closely with our donors to ensure that the needs of carers are met and that the terms of grants made are complied with. During the year we have had generous support from RBK, Achieving for Children, City Bridge, the Henry Smith Charity, Trust for London, and the Community Fund. We have received many grants from The Carers' Trust to direct towards individual carer needs. A particular highlight for us has been receiving significant grants from NHS in the shape of the SW London ICB and also St George's Mental Health Trust in partnership with MIND, and we look forward to developing this relationship over the coming years.

We are conscious of the difficult environment we work in and regularly review our position to ensure the continuing financial health of KCN. We manage our Balance Sheet and Reserves to ensure that KCN are able to continue to deliver services through tougher times.

Chairman's Report for the year ended 31 March 2024

Kingston Carers' Network (A company limited by guarantee)

Statement of Trustees' Responsibilities

Kingston Carers' Network (KCN) is a Company Limited by Guarantee and, since its incorporation on 25th January 2013, the charitable company has been administered by its Board of Trustees, who are also Directors of KCN for the purposes of Company Law. As such, they are responsible for preparing the Trustees' Annual Report and the organisation's financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company Law requires the Trustees to prepare annual financial statements that provide a true and fair view of the charitable company's state of affairs, its incoming resources, and the application of those resources, including income and expenditure over the period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on a going-concern basis, unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company, and which enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company, and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The Trustees are responsible for maintaining the integrity of the financial statements.

As stated below, KCN continues to seek additional Trustees, especially those who have relevant experience and skills that would benefit the organisation. Trustees are recruited based on their skills and experience. All new Trustees are taken through an induction procedure to ensure they understand their responsibilities and have sound knowledge of KCN's policies and procedures.

Overview of 23/24

Another year, another period of upheaval. In April 2023, we looked forward with optimism to a new chapter in the history of KCN. We were in the process of identifying a new CEO as Diane White, our previous CEO, took up her new role as the Mayor of the Royal Borough of Kingston upon Thames- a proud achievement for her and also for KCN. We made an appointment in May 2023 and the appointee took up the role in July. However, to be very brief, it soon emerged that the new CEO and the Board had different visions for the organisation, so we agreed to part company just after the Christmas break. It was an uncertain and unsettling period for the staff and volunteers, and I thank them for their patience and resilience. Thus, we began the recruitment process again as we welcomed back Diane White, who agreed to step in once more and keep the organisation on track with help from the trustees- particularly our treasurer Peter Whatnall and Viv Rowlands, whose presence in the office on a daily basis was much appreciated.

Despite the upheaval, we continued our essential work supporting over 4000 adult carers and nearly 800 young carers across the borough. The staff continued to provide our range of services and projects, including independent advice and information, advocacy, and support through various programmes like wellbeing activities, befriending services, and support groups for both adult and young carers. They were also dealing with issues like the rising cost of living and particularly the Carer's Allowance scandal, which brought significant attention to the financial struggles faced by unpaid carers in the UK. Many carers found themselves in debt due to overpayments of Carer's Allowance, which were often triggered by minor infractions, such as earning just a few pounds above the strict earnings limit. This has led to carers having to repay large sums, sometimes amounting to thousands of pounds, despite their income barely increasing. The rigid rules, combined with the very low weekly allowance, have plunged many carers into deep poverty, with 62% of those receiving the benefit living below the poverty line. Advocacy groups and carers have called for urgent reforms, comparing this to other long-standing injustices, and highlighting the need for a system that better supports carers who sacrifice paid employment to care for loved ones. Of course, we echo these calls and fully support the Carers UK in their campaign to right this wrong and thank Sir Ed Davey for raising this issue with the Prime Minister in Parliament. The board is, as ever, in awe of our staff and volunteers who tackle such issue head on and ensure we achieve of mission of helping unpaid carers thrive.

At the board level, we have also experienced recent change. I would like to place on record my and the Board's thanks to Pat Stanley who stood down as a Trustee last autumn. Pat was a highly valued Trustee – her knowledge of the care sector was unrivalled, and she is sorely missed. We extend our very best wishes to Pat and her husband. As 24-25 started, two other trustees stood down; Julia Linney and Viv Rowlands. Again, I would like to extend our thanks to both for their outstanding contributions to KCN and wish them all the best for the future.

And so we look forward to 2024-25 - our 30th anniversary year. We have a new CEO in place, Ms Rachael Stokes and we welcome her most warmly. Of course, we continue to face the familiar challenge of obtaining the funding for our projects and services but 'twas ever thus. So finally, our thanks again to Diane White for stepping into the breach once more in 23-24. I think she can have a rest now!

Dr Tony Woods
Chair, Board of Trustees
17 September 2024
For the financial year 2023-24

**Independent Examiner's Report to the Trustees of
Kingston Carers' Network
(Company limited by guarantee)**

Year ended 31st March 2024

I report on the accounts of the company for the year ended **31st March 2024** which are set out on pages 14 to 23

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- 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 and Companies Act 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts 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 2011 Act; and
 - to prepare accounts which accord with the accounting records, and to comply with the accounting requirements of the 2011 Acthave 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.


Masood Shahid ACA FCCA
KAMP Accountants
Independent Examiner
Chartered Accountant Falcon
House
257 Burlington Road New
Malden
Surrey KT3 4NE

Date 30.09.2024

KINGSTON CARERS' NETWORK

STATEMENT OF FINANCIAL ACTIVITIES

for the YEAR TO 31 MARCH 2024

	Notes	2024		2024	2023
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		£	£	£	£
Income and endowments from:					
Donations and legacies	4	116,036	0	116,036	134,477
Investment Income	4	5,479	0	5,479	1,708
Charitable Activities	4	0	666,644	666,644	604,220
Total		<u>121,515</u>	<u>666,644</u>	<u>788,159</u>	<u>740,405</u>
Expenditure on:					
Charitable Activities	5	207,374	558,879	766,253	698,249
Raising Funds			0	0	28,260
Other Costs	5	12,474	0	12,474	12,503
Total		<u>219,848</u>	<u>558,879</u>	<u>778,727</u>	<u>739,013</u>
Net Resources before transfers		(98,333)	107,765	9,432	1,393
Transfers between Funds	12	105,857	(105,857)	0	0
Net before other gains/losses		<u>7,524</u>	<u>1,909</u>	<u>9,432</u>	<u>1,393</u>
Other gains/losses		0	0	0	0
Net movement in funds		<u>7,524</u>	<u>1,909</u>	<u>9,432</u>	<u>1,393</u>
Reconciliation of Funds					
Total Funds Brought Forward		198,695	41,407	240,102	238,709
Total Funds Carried Forward		<u>206,219</u>	<u>43,316</u>	<u>249,534</u>	<u>240,102</u>

The Balance Sheet continues on the following page.

KINGSTON CARERS' NETWORK

BALANCE SHEET

31 MARCH 2024

	Notes	£	2024 £	£	2023 £
Fixed assets					
Tangible Fixed Assets	6	30,148		40,361	
			<u>30,148</u>	<u>40,361</u>	40,361
Current Assets					
Debtors	7	28,853		12,125	
Cash at Bank and in Hand		383,782		324,238	
			<u>412,635</u>	<u>324,238</u>	336,363
Liabilities					
Creditors: amounts due within one year	8		193,249		136,622
Net Assets			<u>249,534</u>	<u>240,102</u>	240,102
Reserves and Funds of the Charity					
Unrestricted Income Reserves	13	176,071		158,334	
Designated Reserves	13	30,148		40,361	
			<u>206,219</u>	<u>198,695</u>	198,695
Restricted Income Funds	12		43,316		41,407
Total Funds			<u>249,534</u>	<u>240,102</u>	240,102

On Behalf of the Management Committee

Signed (Peter Whatnall, Treasurer)

Peter Whatnall

Dated

30.09.2024

Notes 1 to 15 on the following pages form part of these accounts

Balance sheet (continued)

Trustee's statements required by the Companies Act 2006 for the year ended 31 March 2024

In approving these financial statements as Trustees of the company we hereby confirm:

- (a) that for the year stated above the company was entitled to the exemption conferred by section 477 of the Companies Act 2006;
- (b) that no notice has been deposited at the registered office of the company pursuant to section 476 of the Companies Act 2006 requesting that an audit be conducted for the year ended 31 March 2024.
- (c) that we acknowledge our responsibilities for:
 - (1) ensuring that the company keeps proper accounting records which comply with section 386 of the Companies Act 2006, and
 - (2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of sections 394 and 395, and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These financial statements are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the board on 18th September 2024 and signed on its behalf by



Dr Anthony Woods
Chairman

KINGSTON CARERS' NETWORK

NOTES TO THE ACCOUNTS FOR THE YEAR TO 31 MARCH 2024

1 Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

2 Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- Preparation of a cash flow statement

3 Accounting Policies

a) Income

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the statement of financial activities when receivable. Grants where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income received prior to the period the funding covers is deferred until the period starts.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included.

Gifts donated for resale are included as incoming resources within activities for generating funds when they are sold.

Grants, including grants for the purchase of fixed assets, are recognised in full in the statement of financial activities in the year in which they are receivable.

Income from investments is included in the year in which it is receivable.

b) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management. They are split using the number of staff hours spent on the main projects.

c) Expenditure of a capital nature of less than £1,000 is not capitalised but treated as expended in the year

Tangible fixed assets are stated at their historical cost less accumulated depreciation. Improvements to the buildings are capitalised. Depreciation is provided over the expected useful lives and the term of the leases, as applicable, under the straight-line method. Depreciation is provided from the date an asset comes into use.

d) The charity is exempt for tax purposes.

KINGSTON CARERS' NETWORK

Notes to the Accounts Continued

3 Accounting Policies (continued)

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

f) Debtors are measured at transaction value less any impairment. At each balance sheet date, debtors are assessed for objective evidence of impairment. If an asset is impaired, the impairment loss is measured as the difference between the carrying amount and the amount expected to be received.

g) Creditors are measured at transaction value.

4 Analysis of Income	2024	2023
	£	£
Donations and legacies		
Royal Borough of Kingston upon Thames	85,000	101,031
Edward Gosling Foundation		25,000
Donations	<u>31,036</u>	<u>8,446</u>
	<u>116,036</u>	<u>134,477</u>
Investment Income		
Bank Interest	<u>5,479</u>	<u>1,708</u>
Incoming Resources re Charitable Activities		
R.B. Kingston	179,800	154,880
Achieving for Children	40,000	40,000
Discretionary Payments - Carers grants	40,000	-
Male Carers Group	10,132	6,455
Carers Trust - Carers Activities	14,013	9,443
Wellbeing & Inclusion Donations	892	1,932
City Bridge	57,539	60,500
GLA Young Londoner		7,500
Young Carers' Activities	7,990	7,655
Awards for All (Youth Group)	9,577	2,500
Jack Petchey Foundation	5,300	10,900
Wellcome Curiosity	-	35,194
St George's MHT	21,218	-
The Henry Smith Charity	85,290	78,350
Trust for London	33,336	48,300
Inspiring Change YACs	250	1,448
SWL NHS	39,045	-
Big Lottery Community Fund	98,776	85,451
Trust for London Adults	-	8,167
Garfield Weston		18,750
Fitness and Wellbeing	9,995	9,276
YC Conference	1,870	11,570
Other Restricted Donations	<u>11,621</u>	<u>5,950</u>
	<u>666,644</u>	<u>604,220</u>

KINGSTON CARERS' NETWORK

Notes to the Accounts Continued

5 Analysis of Expenditure	2024	2023
	£	£
Charitable Activities - Unrestricted Funds		
Salaries including NI contributions & pensions	168,243	138,705
Recruitment, Training & Expenses	5,708	4,715
Premises and Office Costs	21,559	26,385
Events & Activities	8,500	2,638
Legal & Professional Fees	3,362	116
	<u>207,374</u>	<u>172,559</u>
Charitable Activities - Restricted Funds		
Supporting Adult carers	146,927	142,709
Supporting Male Carers	6,295	1,250
Supporting Achieving for Children	33,924	41,708
Supporting Lloyds	0	1,761
Supporting Carers Trust Carers' Activities	6,793	6,302
Supporting City Bridge Adult Carers	51,680	49,764
Supporting GLA Young Carers	-	3,914
Supporting Young Carers' Activities	19,528	8,003
Supporting Awards for All (Youth Group)	8,562	2,127
Supporting Jack Petchey Foundation	3,836	11,931
Supporting Wellcome Curiosity		25,297
Supporting Inspiring Change YACs	300	1,012
Supporting St George's MHT	17,328	
Supporting The Henry Smith Charity	94,611	65,720
Supporting Trust for London	30,094	24,192
Supporting Trust for London Young Carers	-	8,000
Supporting Garfield Weston	-	18,015
Supporting Big Lottery Community Fund	68,015	84,761
Supporting RBK Carers	36,000	-
Supporting Fitness and Wellbeing	6,619	14,288
Supporting YC Conference	909	6,570
Supporting SWL Health	20,434	4,183
Supporting Other Small Projects	7,023	4,186
	<u>558,879</u>	<u>525,691</u>
Other Costs (unrestricted)		
Depreciation	10,213	10,213
Governance costs:		
Independent Examiner's Fee	1,068	1,068
AGM Costs	160	134
Data Protection Registration	35	35
DBS checks	998	1,053
	<u>12,474</u>	<u>12,503</u>

KINGSTON CARERS' NETWORK

Notes to the Accounts Continued

5 Analysis of Expenditure (continued)

Support costs included in Expenditure	Support Costs £
Unrestricted Funds	28,118
Supporting Adult carers	15,481
Supporting Achieving for Children	4,449
Supporting City Bridge Adult Carers	8,747
Supporting Young Carers	5,481
Supporting St George's MHT	2,014
Supporting Trust for London	3,072
Supporting SWL NHS	8,500
Supporting The Henry Smith Charity	5,324
Supporting Big Lottery Community Fund	7,999
Total	<u>89,185</u>

Support costs are split using the number of staff hours spent on the main projects.

6 Fixed Assets

The movements in tangible fixed assets are comprised as follows:

	Leasehold improvements
Carrying value	
Balance as at 1 April 2023	96,338
Additions in the year	-
Balance as at 31 March 2024	<u>96,338</u>
Depreciation as at 1 April 2023	(55,977)
Depreciation in the year	(10,213)
Accumulated depreciation as at 31 March 2024	<u>(66,190)</u>
Net book value at 31 March 2024	<u>30,148</u>

7 Debtors & Prepayments

Amounts falling due within one year

	2024	2023
	£	£
Other Debtors	5,875	5,875
Accrued Income	11,350	
Prepayments	11,628	6,250
	<u>28,853</u>	<u>12,125</u>

8 Creditors & Accruals

Amounts falling due within one year

	2024	2023
	£	£
Deferred Income	153,020	94,964
Trade creditors	-	10,845
Payroll liabilities	15,133	20,369
Accrued Expenditure	25,165	10,445
	<u>193,249</u>	<u>136,622</u>

Deferred income is income received in the current financial year for services to be provided in the next financial year.

Hence, grants received from funders where the services will be provided to them in the next financial year have been

recorded as deferred income, and are analysed as follows:

	£
Balance brought forward at 1 April 2023	94,964
Released in year	(94,964)
Income received in year deferred to following year	153,020
Balance carried forward at 31 March 2024	<u>153,020</u>

KINGSTON CARERS' NETWORK

Notes to the Accounts Continued

9	Fee for Independent Examination of the Accounts	2024	2023
		£	£
	Kamp Accountants	<u>1,068</u>	<u>1,068</u>
10	Staff Costs	2024	2023
		£	£
	Gross Salaries	493,181	449,675
	Employer's NI contributions	41,997	35,439
	Pension contributions	<u>17,011</u>	<u>24,520</u>
		<u>552,189</u>	<u>509,634</u>

The average monthly numbers of employees during the year calculated on the basis of full time equivalents was as follows:

Charitable Activities	13
Administration	4

There were no employees who received employee benefits (excluding employer pension costs) of more than £60,000 during the year.

Termination payments totalling £9214 are included in year end creditor balances.

10.1 Trustees' emoluments

No remuneration was paid to any trustee

11 Related Party Transactions

No loans made to or received from any trustee.

No trustees' expenses were reimbursed.

Payments totalling £9675 were made to Carole Whatnall, the wife of Peter Whatnall, in respect of sessional work supporting the Adults Carers team.

KINGSTON CARERS' NETWORK

Notes to the Accounts continued

12 Restricted Funds Held

Grants to support:

a Royal Borough of Kingston upon Thames	Support to Adult carers
b Achieving for Children	Young carers
c Discretionary Payments	Support grants to adult carers
d Inspiring Change YACs	Young adult carers peer support
e Carers Trust	Carers activities
f Male Carers Group	Adult male carers
g The Henry Smith Charity	Young carers 5-18
h Trust for London	Adult carers benefits and tribunals
i Big Lottery Community Fund	Young carers 5-18 and volunteer support
j Young Carers conference	Young carers 5-18
k SWL Health	Adult carers resilience support
l St George's MHT	Mental Health support
m City Bridge Trust	Carers over 65
n Young Carers Activities	Peer support activities
o Awards for All (Youth Group)	Young carers
p Children in Need Fitness and Wellbeing	Young carers 5-18
q Jack Petchey Foundation	Young carers

Restricted Fund Values and Movements

	Balance brought forward	Incoming Resources	Transfers	Outgoing Resources	Balance carried forward
	£	£	£	£	£
a Royal Borough of Kingston upon Thames	(8,139)	179,800	(24,598)	(146,927)	136
b Achieving for Children	(13,825)	40,000	6,909	(33,924)	(840)
c RBK Discretionary Payments		40,000		(36,000)	4,000
d Inspiring Change YACs	2,672	250	(2,622)	(300)	0
e Carers Trust	14,134	14,013	(10,993)	(6,793)	10,360
f Male Carers Group	5,206	10,132	(1,253)	(6,295)	7,790
g The Henry Smith Charity	14,337	85,290	(6,954)	(94,611)	(1,939)
h Trust for London	8,225	33,336	(2,848)	(30,094)	8,619
i Big Lottery Community Fund	(13,147)	98,776	(15,500)	(68,015)	2,113
j Young Carers Conf	5,000	1,870		(909)	5,961
k SWL Health	(4,183)	39,045	(12,500)	(20,434)	1,928
l St George's MHT		21,218	(2,256)	(17,328)	1,635
m City Bridge Trust	20,778	57,539	(8,000)	(51,680)	18,637
n Young Carers Activities	(17,177)	7,990	0	(19,528)	(28,715)
o Awards for All (Youth Group)	12,079	9,577	(7,846)	(8,562)	5,248
p Children in Need Fitness and Wellbeing	(10,774)	9,995	7,397	(6,619)	(0)
q Jack Petchey Foundation	1,428	5,300	0	(3,836)	2,892
Other funds	24,793	12,514	(24,793)	(7,023)	5,490
	41,407	666,644	(105,857)	(558,879)	43,316

KINGSTON CARERS' NETWORK

Notes to the Accounts continued

13 Unrestricted Reserves Movement

	At 1 April 2023	Incoming resources	Transfers	Outgoing resources	At 31 March 2024
	£	£	£	£	£
General Reserves	158,334	121,515	105,857	(209,635)	176,071
Designated Reserves	40,361	-		(10,213)	30,148
	<u>198,695</u>	<u>121,515</u>	<u>105,857</u>	<u>(219,848)</u>	<u>206,219</u>

The General Reserve is utilized for the ongoing Core activities of the charity rather than the charitable activities. In accordance with the Reserves Policy of the Charity the General Reserves are intended to meet all necessary costs in the event of the Charity being forced to be wound up. Transfers between Unrestricted and Restricted Funds represent the charge of management supervision time to each project.

14 Analysis of Net Assets between Funds

	Fixed Assets	Current Assets	Current Liabilities	Total
	£	£	£	£
Unrestricted Reserves	30,148	331,165	155,094	206,219
Restricted Funds	-	81,470	38,155	43,315
	<u>30,148</u>	<u>412,635</u>	<u>193,249</u>	<u>249,534</u>

15 Company limited by guarantee

Kingston Carers' Network was incorporated on 25 January 2013 and the assets and liabilities were transferred as of 1 April 2013 for "Nil" Consideration.

Every member of the company undertakes to contribute such amount as may be required not exceeding £10 to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.

KINGSTON CARERS' NETWORK

Minutes of the 32nd Annual General Meeting held at 1.00pm on Friday 6th October 2023 at Searchlight Community Centre, Kingston Road, New Malden KT3 3RX.

Present

Members

Tony Woods	Chair	Rita Ferro	Volunteer
Peter Whatnall	Treasurer	Ramon Selvakumaran	Volunteer
Jo Cocup	Company Secretary	Georgette Bellino	Carer
Bob Humphries	Trustee	Susanna Bellino	Carer
Julia Linney	Trustee	Carole Blackman	Carer
Simon Post	Trustee	Driskoll	
Pat Stanley	Trustee	Adelaide Boakye-Yiadom	Carer
Viv Rowlands	Trustee	Fatima Channa	Carer
Thay Thayalan	Trustee	Martina Howley	Carer
Dawn Whitcombe	Trustee	Ann Mason	Carer
Tony Bennett	CEO	Prabha Shetty	Carer
Joanne Maye	Staff Member	Nicola Tyler	Carer

Invited

Sir Ed Davey MP	Guest Speaker	Susan Adie	Volunteer
Mayor Diane White	Guest Speaker	Wendy Blake	Volunteer
Aisha Wazir	Speaker/Carer	Emily Forey	Volunteer
Anna Whitcombe	Speaker/YC	Caroline Tidman	Volunteer
Liz Grimwood	Speaker/Staff	Marilynne Epstein	Carer
Lily Bath	Staff Member	Gloria Lewis	Carer
Klaire Osuji	Staff Member	Brian Maskell	Carer
David Still	Staff Member	Patricia Maskell	Carer
Carole Whatnall	Staff Member	Ishverlal Modi	Carer
Meera Winder	Staff Member	Puhpa Modi	Carer
Steph Bader	Sessional Work	David Stanley	Carer

Apologies:

John Mays	Vice Chair	Kathryn Ingham	Carer
Sushila Abraham	Former Trustee	Ava Mintz	Carer
Thom Braun	Former Trustee	Howard Mintz	Carer
Mike Wilkinson	Former Trustee	Margaret Walsh	Carer
Marilyn Fry	Carer	Maureen Wright	Carer
Christine Goddard	Carer	Charles Yule	Carer

Welcome and AGM Introduction

Tony Woods, Chair of Kingston Carers' Network introduced himself and welcomed everyone to the AGM. Particular welcome was given to The Worshipful the Mayor of the Royal Borough of Kingston Upon Thames, Councillor Diane White.

The Chair thanked the Royal Borough of Kingston Upon Thames for their continued support over the last year.

Guest speaker Rt Hon Sir Ed Davey MP will arrive at 1:30pm as he has a prior engagement and is unable to attend the entire meeting.

The Chair introduced KCN's new CEO Tony Bennett, who will be saying a few words later.

The business of the AGM will be carried out towards the end of the meeting.

Housekeeping – Searchlight is a shared space with several other organisations, so would everyone kindly walk around to the front of the building to use the toilets there to avoid disturbing other service users.

Apologies for Absence

Apologies were tendered by the Trustees and KCN members listed as above.

The Chair introduced Liz Grimwood, Manager of the Young Carers' Project.

The Young Carers' Conference – Liz Grimwood, YCP Manager

In February 2023, YCP held their first ever Young Carers Inspiring Change Party Conference. It was attended by over 200 guests at the Safari Hotel in Chessington. Young carers were able to enjoy meeting the animals, a balloonist, a magician, and many other activities. Young carers wrote their life aspirations onto leaves, and the trees have been planted all around the borough for all to see and be inspired.

It was a very successful first event, and Liz gave thanks to all the staff, volunteers, and sessional workers that worked hard to make it happen.

YCP has big plans for next year's event as it will be KCN's 30th birthday.

Liz read the following poem written by a young carer, who won an Xbox 360 in the poetry competition:

*My Daddy cannot see
So he can easily be stung by a bee
I like to help him do small things,
like stopping the bus and reading him the book Fing.
Even though being blind is not fair,
it makes me happy to show him that I care.
(Cayden Age 5)*

Liz introduced Anna, a young carer.

A Young Carer's view by Anna

Anna is a young carer who has been with the Young Carers' Project for around 10 years. Anna has been greatly supported over the years by YCP on many activities and through her mentor. Anna spoke about all the amazing experiences she has had with YCP, but her greatest memory is of the trip to Disneyland Paris. Anna recently did some work experience with YCP in the office, and said she was blown away with how hard everyone works to plan activities – the staff never stop working.

Anna gave her huge thanks to Liz and all in the Young Carers' Project and at KCN.

An Adult Carer's Experience by Aisha Wazir

Before joining KCN, Aisha had walked past the office so many times, not even realising what KCN offer. She first heard about KCN at the Warm Spaces Hub at the Guildhall Kingston. Aisha was amazed at how many things KCN provided for carers. Nobody ever

thinks about what happens once their parents get old, and how much it affects you, and that you are in fact a carer. Aisha said that KCN has changed her life and given her an opportunity to take a break from caring. Aisha was grateful for all that KCN do and would love to volunteer to give something back. Aisha encouraged all carers to go to KCN for advice, support, and a cup of tea.

Report by the Chair – Tony Woods

This item was moved forward in the agenda due to timing.

The Chair invited everyone to read at leisure the full Chairman's Report printed on page 10 of the Annual Report

Last year was very focussed on recommissioning the contract with the Royal Borough of Kingston Upon Thames, and KCN are forever grateful to them for the funding they have provided. This was enabled by a large team lead by Diane White the CEO, successfully allowing KCN to continue to operate.

However, KCN always needs more money to enable it to fully support carers in the borough. There are over 12,000 unpaid carers in RBK, and KCN currently have over 4,000 registered with them. Over 800 of those are young carers aged between 5 and 18. Last year, over 2,500 respite opportunities were provided for young carers. Adult carers attended over 1,700 social and wellbeing events. The highlight of the year was the first Young Carers' Party Conference, which was a huge success.

The Chair gave thanks to all the staff who have been tremendous, and to over 80 volunteers, without whom we would not have been able to do so much. Special mention was given to the Board of Trustees, particularly Viv Rowlands for his expertise in policies and procedures. Thanks was also given to Jo Cocup for organising the AGM and annual report.

The Chair introduced Tony Bennett, current CEO of KCN.

Highlights of the Year by Chief Executive Tony Bennett

Tony thanked Diane White, previous CEO of KCN, who was present in her capacity as Mayor.

Tony has been in the post for three months and has had some time to settle in and assess the organisation. KCN is in enormously good state. You can feel the care in the office when you walk into the organisation. Tony gave huge congratulations to Diane for the amazing work she has done with KCN.

Tony has worked in both the commercial and the charity sector over the years. Carers are very different from other types of people that need help. People become carers gradually, there is often no one event that leads to it. People do not see themselves as a carer, they just see themselves as family, and the change is massive. We need to encourage more people to reach out for support and recognise that they are carers.

KCN has seen a significant increase in demand for its services. There are also more challenges out there due to the current economic situation.

Diane contributed to the development of the Kingston Carers Strategy, which recognised a huge number of actions that are required. The Carers Board is co-chaired by RBK and Tony Bennett as the CEO of KCN. There are five action groups looking at how we can help carers more than we currently do. KCN has been working more closely with the

hospital to identify carers, and this has led to a significant increase in referrals. This puts huge pressure on KCN as an organisation. There are challenges due to this surge in demand combined with the difficulty in getting funding for it. We have been reaching out to other organisations such as the Henry Smith Charity, but only one in twenty organisations are successful in their funding bids.

There is great demand, it is very challenging to get funding, but KCN will continue to do all it can to support carers in the borough.

Tony introduced Sir Ed Davey MP.

Guest Speaker – Rt Hon Sir Ed Davey

Sir Ed Davey MP is the member of parliament for the Royal Borough of Kingston and leader of the Liberal Democrat party.

Sir Ed thanked Tony Woods for his introduction and said that he very much looked forward to working with Tony Bennett, KCN's new CEO.

Sir Ed thanked KCN for doing such a fantastic job supporting thousands of carers in the borough. He also thanked all the carers for what they do – they are the reason that KCN exists. Sir Ed has been to several AGMs now, and gave special mention to last year, where Debbie Hustings gave a great talk about carers, the NHS, and Integrated Care Systems.

Supporting carers is the right thing to do morally, but it also makes overwhelming sense financially. There is a need to compile even more evidence to further support the case.

1. Supporting patients and their families/carers has a direct benefit in terms of better health outcomes.
2. There is evidence that the health of carers tends to be worse than the average population. The mental health of a carer is twice as poor as the average person.
3. Carers save the NHS a huge amount of money, through:
 - a. Fewer admissions to hospital
 - b. Fewer re-admissions
 - c. Saves money in terms of discharge – if a patient has suitable care at home, they can leave hospital more quickly.
 - d. Less spending on residential care homes.

Spending money on carers actually saves the NHS money for the above reasons. Carers need more support – financially, with carers breaks, with training, practically, and emotionally.

At a local level, the carers strategy has involved working with the hospitals, and is a test case for the whole country. With the Carers Clinical Liaison Partnership, carers are recognised as important people regarding the patients care, and they are involved in discharge plans right from the start. The patient's package of care is built around the needs of the carer, not just the patient. How can we further build on that? This can be rolled out toward secondary and primary care too. If we can make this work at KCN, we can show the benefits of supporting carers across the UK. Sir Ed welcomed any feedback from KCN staff, volunteers, and carers.

Sir Ed gave huge thanks to KCN for all they do. Sir Ed has also benefitted by “poaching” Heidi from KCN for his staff, and through his daughter attending YCP events, who has a wonderful time.

AGM Business

The Chair Tony Woods presented the business of the AGM.

Minutes of the 2022 AGM

The minutes of the 2022 AGM were agreed as a true record.

Adoption of the Annual Accounts for 2022/23

The annual accounts were not formally presented at this meeting. The Chair invited everyone to read the full record of the Annual Accounts in the Annual Report, and to address any questions to the Treasurer, Peter Whatnall. The Chair thanked the Finance Team and the auditors for the tremendous amount of work put into producing the annual accounts.

Adoption of the accounts was proposed by Peter Whatnall and seconded by Bob Humphries.

The accounts were agreed and adopted by the Board.

Appointment of Independent Examiner

KAMP Accountants are the new Independent Examiners for the coming financial year. (Our previous accountants, Nasir Mahmoud FCA, have entered into a merger with another partnership, and will henceforth be operating under the title of KAMP Accountants.)

Proposed by Tony Woods and seconded by Viv Rowlands.

Agreed by all.

Election of Directors to the Board of Trustees and Officers of the Board 2022/23

The following candidates, under Article 23, being the three longest serving directors of the Board were proposed for re-election as Directors:

- Tony Woods
- Bob Humphries
- John Mays

Proposed by Dawn Whitcombe

Seconded by Thay Thayalan

Agreed by all.

Pat Stanley will not be standing for re-election and has decided to step down as a director of KCN.

Pat has been a Trustee for many years, and previously had a staff role. The Chair thanked Pat for her long service and for all her valuable input to KCN and invited her to keep in touch.

Under Article 24 there was one new director appointed by a resolution of the Board since the last AGM – Thay Thayalan

Proposed by Jo Cocup
Seconded by Joanne Maye
Agreed by all.

Officers are appointed by the Board. There have been no new appointments since the last AGM.

Any Other Business

There was no other business.

The chair introduced the Mayor Diane White.

Closing remarks from the Worshipful the Mayor of the Royal Borough of Kingston upon Thames, Councillor Diane White

The Mayor welcomed everyone and thanked KCN for being invited to the AGM.

The Mayor gave thanks to all carers. Carers are not ordinary, they are amazing, special people. They are kind and patient and should be recognised and celebrated. Carers in RBK provide £336 million worth of unpaid care per year, and the system could not cope without them. The Mayor thanked Sir Ed for raising awareness of carers across the UK. The Mayor gave thanks to Aisha and to Anna for coming today and speaking at the AGM.

There have been two main points for the past year:

1. The experience of the RBK tender has been a major one – but it is now over. The Health and Care Act 2022 led to the setting up of Integrated Care Systems, obliging the health sector to work collaboratively with carers. The voice of carers is now louder than ever before. Meera Winder and Joanne Maye have been working closely with Kingston Hospital, and David Still has been working with GPs in the borough. Health services have been in contact with Tony Bennett and relationships are being built across services.
2. The All-Age Kingston Carers Strategy was launched. So much work has been going into it to ensure it is carried out. It has been designed by and for carers concerned about their own health and wellbeing and to enable them to have a life outside caring.

The Mayor welcomed Tony Benett to KCN and to doing a wonderful, incredible job. The Mayor thanked all carers, volunteers, trustees and the KCN team. The staff and team at KCN are the absolute best in the entire world.

The Chair thanked the Mayor, and said he was incredibly proud of her and of KCN. He also gave thanks to her and to Sir Ed Davey - KCN are very lucky to have them championing our cause.

This brings to a close the 2023 AGM.
The AGM will be followed by a light lunch.



Kingston Carers' Network
418 Ewell Road
Surbiton
KT6 7HF

Contact:
Enquiries 020 3031 2757
www.kingstoncarers.org.uk

24 HOUR ANSWERPHONE

Registered Charity No. 1151456
Company Limited by Guarantee No. 8376060