

Annual Report and Accounts 2020



Index

| Reports | Page |
|-------------------------------|-------|
| Accounts - KingsCare | 29 |
| Accounts - Kerswella | 27 |
| Befriending | 8 |
| Benefits Service | 21 |
| Carers | 11,22 |
| Chair's Report | 2 |
| Charity Details | 28 |
| Dementia Support Services | 18 |
| #DoitforDeaks | 9,16 |
| Fund raising | 9,16 |
| Home from Hospital | 20 |
| Home Shopping | 6 |
| Kerswella Care | 23 |
| Kingscare Chorus | 9 |
| KingsCare Manager's Report | 4 |
| Life with Art | 5 |
| Lunch Club | 7 |
| Mental Health Matters | 15 |
| Minibus trips - Kingsteignton | 7 |
| Minibus trips – Newton Abbot | 12 |
| Newton Abbot Groups | 10 |
| Social Prescribing | 6 |
| Swimming | 8 |
| Table of Attendees | 14 |
| Tai chi | 9 |
| Tea & Chats | 7 |
| The Hub | 6 |
| Transport | 15 |
| Trustee Statement | 3 |
| Walking for Health | 8 |
| Wellbeing Programme | 5 |

Chair's Report

Firstly, a huge thanks to all those who have contributed to a hugely successful year at KingsCare. We have lost several trustees, members of staff and also volunteers who contributed significantly over many years, thank you all for your contributions this year! It is also a pleasure to welcome new trustees, members of staff and volunteers, your contribution moving forward will be vital to our continuing success.

This report highlights that it has been another busy year with growth and change in all of our major activity areas, new challenges have been faced and managed effectively. Please take the time to read and if you have any questions or suggestions please these are welcome.

KingsCare and Kerswella Care are thriving, well integrated into the community and appreciated by all they touches. KingsCare and Kerswella Care are marked by their kindness and compassion, not sympathy or empathy but compassion, what differentiates compassion is action or service. They are filled with kind and compassionate people who get things done. There are hundreds of small acts of kindness that collectively and individually you make annually. Please don't stop next year.

The report details how we managed pre-Covid, unfortunately Covid did impact the end of the year. We will detail fully our Covid response in next year's report but KingsCare has provided strong Community support when it was most needed – help when it really matters.

"The world is a dangerous place, not because of those who do bad things, but because of those who look on and do nothing". — Albert Einstein

We are facing perhaps more danger, certainly more uncertainty than ever. As a Team we should be proud that we are doing our best for our communities, there is always more to be done and always things we can do better but it's nice just once a year to reflect on our efforts. It was another fantastic year, thank you!

Phil Millichap

Trustee Statement

The Trustees have worked to ensure that the activities of KingsCare League of Friends are always governed by the Aim of the charity which is, with the help of volunteers, to improve the quality of life of those in need within the wider community. All trustees give of their time on a voluntary basis and none have claimed any recompense for any action associated with their role of trustee during the year.

The trustees who were re-appointed at the AGM were:

Mr Phil Millichap – Chair

Mr Graham Wickham – Vice-Chair

Mr Rupert Holliday – Treasurer

Mrs Lynne Leaman - Secretary

Mr Ken Dainton

Mr Nicholas Biggs

Mr David Rollason

Mr Martin Hill

Mr James Patrick

Dr William Farrar

Mr Keith Smith

Mr Kingsley Matthews

Mr Martin Hill resigned his position of Trustee in September 2019 and Mr James Patrick in February 2020. Mrs Lynne Leaman resigned her position as Secretary in November 2019.

Mr Peter Stevens joined the Board of Trustees in March 2020.

Under the direction of the trustees we have worked throughout the year to ensure that the Key Activity Indicators are reviewed and updated at regular intervals.

The Manager's Report demonstrates clearly how our activities deliver public benefit and the trustees ensure that we follow all necessary policy guidelines which are updated as required and relevant training is undertaken by trustees, volunteers and employees as appropriate.

Manager's Report

2019-20 was the last full year of our 5 year National Lottery Reaching Communities Grant. It seemed that we set ourselves very ambitious goals in 2015 but the political agenda for change and a great deal of work by the trustees, staff and volunteers at KingsCare have enabled us to meet those goals and much more besides. We entitled the project "Branching Out" because we were keen to see if we could provide opportunities for social activities and general support for people in Newton Abbot who were socially isolated in the way that we had done in Kingsteignton for many years. We were very fortunate in the fact that the Avenue Church which is centrally placed was looking for a partner to use the premises to reach to local residents during the working week. This gave us the opportunity to start some groups there, groups that over the years have grown in number and range. Details of these are described in the ensuing pages.

Our thinking about providing opportunities for social interaction that support individuals to have a better quality of life which, in turn, would help them to improve their health without constant recourse to health professionals was echoed by many subsequent NHS initiatives. The formation of the Wellbeing Partnership during the course of this project enabled us to, through Teignbridge CVS, to contract with the South Devon Health Care Trust to run the Wellbeing Programme, the Hospital Discharge Service and, this year, to add some support for our Dementia Support workers and to help those facing end of life. Latterly we also took on a short term project working in residential care homes.

The Wellbeing Programme continued to be very successful both for the Coordinators working with individuals and as facilitators for the **HOPE**¹ course. Rosemary Newman and Briony Enright also trained to be facilitators for **HOPE**. This programme supports people through group work to develop strategies for coping and planning. Several courses were run supporting 30 people. Topics included managing fatigue, getting more active, feeling good, goal setting, creating a gratitude diary, managing stress and communicating.

It could easily be said that everything KingsCare does is 'Health and Wellbeing' however this section of our report deals, specifically, with our **Wellbeing Service** which, in turn, is provided in partnership between the NHS and the voluntary sector Wellbeing Partnership in South Devon. We have three Wellbeing Coordinators whose job it is to support people (mostly age 50+) with long term medical conditions, to think outside of their illness and work towards small self-set goals that improve their lives.

This person centred programme offers around 12 sessions through guided conversations. Our mantra is always to listen to 'what matters' to the individual and then to help effect positive change.

This year the team supported or signposted around 164 clients, some of these referrals would not have been suitable for the programme and may have been offered other KingsCare support or been referred on to outside agencies.

Life with Art

We were very fortunate to be given the opportunity to offer free creative arts workshop for some of the wellbeing clients through the Bristol based charity, Life with Arts². These were much enjoyed.



We were very sad to say goodbye to 2 of our Coordinators, Jane Bearne in August and Fiona MacCrimmon in October. Jane

¹ HOPE -Helping to Overcome Problems Effectively – a 6 week course

² LifewithArt was established in 2010 with the purpose of helping young and disabled people throughout the UK through education in the arts.

moved to Somerset and Fiona got a job nearer her home in Plymouth. Along with Sharon Venning, they made up our original team and had really shown what could be achieved through their team work. However, we were delighted to welcome Sue Chapman and Trish Taylor in January. Both have backgrounds in care for the elderly and immediately volunteered to take on some extra hours to work in local care homes with individual residents to take the Wellbeing Programme to them. Unfortunately this project has been one of the many casualties of the Covid crisis.

Social Prescribing

During the year the NHS required GP surgeries throughout the country to join together in groups to be called Primary Care Networks. One of the roles of the PCNs is to employ Social Prescribers to work with patients who regularly contact their surgeries to see if they would benefit from a wellbeing approach to their self –care to complement the medical input they receive. We at KingsCare were very keen to supply the service for the Templer PCN³. Wellbeing Link Workers are able to work with all adults whereas Wellbeing Coordinators focus on patients over the age of 50 with 2 or more long term conditions. For the Link workers to be part of our team would enable KingsCare to offer a more complete service. As the year came to an end we were recruiting for 2 such positions, hoping to start the project in April.

Home Shopping

There are only 7 people who regularly received our Home Shopping Service through a visit from a volunteer and a laptop computer. However, this service is an absolute lifeline to them and we're hugely grateful to volunteers Helen and Peter who undertake this regular task.

The Hub

The volunteers at the Hub shop continue to do a fantastic job of recycling the many donations that are brought to the door. The footfall is poor so it doesn't get the number of customers it deserves but it does manage to pay its way.

³ Kingsteignton Medical Practice, Devon Square Surgery, Buckland Surgery and Cricketfield Surgery

This is down to the real and continuing dedication of the small number of volunteers who work very hard to make the most of everything donated.

All charity shops are suffering from the fact that there is too much 'stuff' in circulation and the fact that the companies who take the excess/unwanted goods are falling by the wayside. Ours was no exception this year and there were some worrying times when this happened and the shop was overflowing with unwanted goods. Luckily the situation has been resolved for now.

Tea and Chats

We had 29 different people attend our monthly social afternoon in the Church Hall on Chudleigh Road, Kingsteignton. Phyllis Ramsden had been coming for as long as I can remember but, sadly, passed away at the turn of the year. She left £100 for us to spend on a cream tea at Tea & Chats this summer. Covid – 19 may delay the tea party but we will honour her wish as soon as we can.



Lunch Club

58 different people attended our lunch at the Royal British Legion Hall in Kingsteignton. Although several of our regulars passed away during the year, we were joined by a group from Dunmore Residential Home in Newton Abbot each month from January. It was good to see some new faces and, hopefully, they will return when we are able to resume this monthly get together after Covid. Our thanks, as ever, go to our cook, Nigel, for creating the excellent meals each month and to his helpers, Margaret and John for serving and washing up afterwards.

Minibus trips

Trips out in our minibus have been as popular as ever with garden centres and runs to the seaside and the moor regularly over-subscribed. We are very grateful to Ray Deacon who joined us during the year primarily as a minibus driver and Jim Marker who has been a volunteer



driver for some time but agreed to take on the extra role of minibus courier to support Ray.

Happy as we are to welcome the new team, it is with great sadness that we had to say goodbye to the old team of Alan Wright and Lou Harvey. They had been our regular driver/courier team ever since we won our first minibus in 2003. Although we are hoping that Lou will be able to re-join us at some stage, Alan passed away on 1st April this year. He was the kindest and most generous of men, with a wicked sense of humour who drove for us almost every week for 15 years; the sort of driver who made every passenger feel safe and spoilt them with ice creams every summer.

Befriending

Marilyn Brooks joined us to organise the bus bookings and also was persuaded to take on recruiting befrienders and matching them to the housebound. The number of befrienders has started to grow but we still have a long list of those who would benefit from this service.

Swimming

Kingsteignton Town Council again supported our weekly swimming session at the outdoor pool in the town throughout the summer. 25 different people were able to enjoy this private session followed by home-made cakes and coffee.

Since joining the Kingscare swimming sessions my health has vastly improved as, being a full time wheelchair user swimming is my only real exercise. Also the friendship and social side is also great.

Walking for Health

Volunteers Graham and Judy Warren have continued to lead local group walks every week. This year 60 of these walks were enjoyed by 36 individual walkers.

Tai chi

June 2019 saw the 10th anniversary of the Tai chi classes that we have been running in Kingsteignton under the tutelage of Tai chi master, Nick Taylor. The numbers attending grew so much that the seated session was enjoyed by 39 different people with 28 attending the standing class. The classes have become so popular that we opened a new beginner's class on a Monday in January.

KingsCare Chorus

The closure of a choir in Newton Abbot led to an increase in numbers for our ever popular Monday afternoon singing session with 25 regularly attending. Our thanks go to Nicky Smith, our choir mistress and Ros Parkes who plays the piano each week.

Fund raising



Although we were secure for our basic costs throughout the year with our National Lottery grants and contracts through the Wellbeing Partnership, extra funds are always needed so that we can maintain unfunded activities and develop new projects. It is particularly heart- warming when outside organisations and individuals decide to raise funds for us. This year there was an amazing fund raising effort from the friends and supporters of our suicide prevention project **#DoitforDeaks**. The sponsored events included a SkyDive, a walk up a mountain, a walk across England, many football events and a grand community draw that took place at the Community Mental Health Roadshow in



November⁴ and raised over £2,700 in one afternoon. Particular thanks go to all those involved and to the Mayor, Councillor David Rollason, who chose the project as his charity of the year.

Another enormous bout of thanks must go to Dave Pinkham who set himself the task of walking 100 miles of the SW coast path

⁴ See page 18

between May and November to raise funds for KingsCare and the SW Coastpath Association.

One Saturday evening in June Torbay Symphony Orchestra performed a fantastic classical concert in Coombeshead School which was greatly enjoyed by all. The funds raised were split between KingsCare and the orchestra.



In September we were invited to Abbots Park Bowling Club to enjoy their end of season day. They had chosen KingsCare as their charity of the year and presented us with a cheque for £1,000.

We had a brilliant evening out with a

large number of **Beavers**⁵ delivering Christmas hampers to 5 delighted people. Some of our number were also invited to a Christmas party with the **Rainbow**⁶ group for the first time.



Newton Abbot

Most of our Newton Abbot activities continued to be based at the Avenue Church and this venue has provided an excellent space for our many and varied groups.

Drop in games sessions – Monday and Thursday

Both these sessions were very popular offering good company and a chance to meet over coffee and biscuit. A variety of games was provided with table tennis and dominoes being dominant. Across the year we catered for 50

⁵ Introduction to scouting for 6-8year olds

⁶ A fun, exciting programme for girls aged 5-7

different participants on Monday and 40 on Thursday. Average attendance =18 on Monday, 12 on Thursday.

Exercise

David Jenkin once again led this group averaging 8 (20 different participants) through their tailored fitness routines. The group enjoyed David's personalised approach to each session and gained fitness and wellbeing from their attendance.

Tuesday Craft and games group

This group changed its purpose a bit through the year providing a setting for more games as well as its traditional crafting nature. Knitting, sewing and adult colouring were dominant as well as chatting, of course. There were a close knit group of avid domino players

During the year we also catered for a group of individuals with learning disabilities who were made to feel welcome by everyone; they clearly enjoyed the colouring and crafting opportunities on offer. 52 separate individuals attended the group with average numbers at 15.

Coffee, Cake and Conversation.

This group is our traditional coffee morning, often attended by visiting speakers and always a great chance to meet and chat.

We had visits from the Independent Living Centre, Energy Wise, South West Water, Newton Abbot Library, Fiona Patterson seated Exercise, David Chard Sing song, Physiotherapy and Newton Abbot Community Transport.

We also held a fabulous Christmas Buffet which was catered for by Nigel Shearer and attended by around 100 people. Lovely to see so many people from our many KingsCare Newton Abbot groups in attendance, we played some party games and held a Christmas raffle as well.

Carers group for Carers supporting Mental Health – New Group

A new monthly group for those caring for loved ones struggling with their Mental Health was set up during the last 12 months. The group size averaged 7

carers and they received both peer support and input from our Mental Health worker Briony.

Peer Support Group Mental Health

This group was run by volunteers for mutual support and was held on a monthly basis and much appreciated by the 5 or 6 regular attenders, some of whom also enjoyed our outings.

Writing Group

The creative arts were well represented by a dedicated group of people led by tutor Sarah Hopkins. During the year the group worked on their own compositions of poetry and prose. They presented them to two audiences along the way. They also produced a booklet containing their work. Some great efforts were achieved.



Mini Bus outings.

Our Newton Abbot Mini Bus trip schedule grew again during the year. We often used both of our minibuses enabling more people to attend including those with mobility scooters or large 4 wheeled walkers. Some of the destinations included Plymouth Aquarium, Tavistock, Slapton fish and chips, Bickleigh Mill, Princess



Theatre to see *Joseph*, Dartmoor, Dingles Heritage Fairground, Mystery tour (South Hams), Tamar View and Trago Mills. During the year 52 individuals made use of these trips.

Once again **Bank Holiday opening** has been hugely appreciated by the participants and attendance was high on each occasion.

MANY CLIENTS I HAVE MET SAY THEY DON'T KNOW WHAT THEY WOULD DO WITHOUT KINGSCARE.

IT GIVES THEM OTHER PEOPLE TO TALK TO AND SAY "WHAT A LOVELY MORNING" THEY HAVE HAD.

LOVELY & SHY PEOPLE SEEM TO COME OUT OF THEIR SHELLS & JOIN IN WITH OTHERS.

NO ONE IS JUDGED, WE TREAT EVERYONE AS EQUAL.

7

In conclusion

Up until the Covid-19 pandemic struck we had a truly exceptional year, with growth in all areas that engendered a real confidence about our future direction. Our activities both in Kingsteignton and in Newton Abbot were thriving but we had to close down nearly all of them just at the end of the financial year to which this report relates.

We have an excellent and dedicated board of trustees and range of staff whose hard work is much appreciated. A particular bout of thanks must go, especially, to the volunteers who are quite exceptional. It is their help, dedication and support that has enabled KingsCare to help so many people over the year.

Thank you all

Maggie Bonnell – Manager

David Clifford – Assistant Manager

⁷ A volunteer view

KingsCare League of Friends Annual Report | 2020

Table showing number of sessions and attendances April 1st 2019- March 31st 2020

| <u>Activity</u> | <u>Sessions</u> | <u>Clients</u> | <u>Unique Clients</u> | <u>Duration of activity</u> | <u>Volunteer attendances</u> | <u>Volunteer Hours</u> |
|-------------------------------------|---------------------|----------------|-----------------------|-----------------------------|------------------------------|------------------------|
| <u>Monday drop in</u> | <u>46</u> | <u>822</u> | <u>53</u> | <u>92 hours</u> | <u>356</u> | <u>32,752</u> |
| <u>Craft and Coffee</u> | <u>36</u> | <u>541</u> | <u>52</u> | <u>72 hours</u> | <u>223</u> | <u>16,056</u> |
| <u>Coffee Cake and Conversation</u> | <u>11</u> | <u>194</u> | <u>50</u> | <u>16.5 hours</u> | <u>70</u> | <u>1,141</u> |
| <u>Thursday Drop in</u> | <u>42</u> | <u>493</u> | <u>40</u> | <u>84 hours</u> | <u>225</u> | <u>18,900</u> |
| <u>Exercise</u> | <u>37</u> | <u>328</u> | <u>20</u> | <u>40 hours</u> | <u>0</u> | |
| <u>Memory Cafe</u> | <u>11</u> | <u>203</u> | <u>72</u> | <u>19.5</u> | <u>38</u> | <u>741</u> |
| <u>Time for You Carer Support</u> | <u>14</u> | <u>113</u> | <u>39</u> | <u>27.30</u> | <u>46</u> | <u>1,255.8</u> |
| <u>Writing Group</u> | <u>20</u> | <u>121</u> | <u>11</u> | <u>40</u> | <u>0</u> | |
| <u>Total</u> | <u>217 sessions</u> | <u>2621</u> | <u>337</u> | <u>391.3 hours</u> | <u>958</u> | <u>70,845.8</u> |

Groups were suspended on March 17th due to Covid 19 Lockdown

Transport

Yet again for another year we have continued to supply a valued service to all our clients/patients in Kingsteignton and the surrounding area. Demand for transport involving trips to hospitals/clinics/social outings continues to average at some 7,000 passenger movements for the year. This service continues to be supported by our wonderful volunteers using their own cars and is supplemented by the 3 KingsCare vehicles – 1 minibus, 1 people carrier and 1 Fiat Doblo. All are wheelchair accessible. It is noteworthy that our volunteer drivers gave some 3,783 unpaid hours of their own time in transporting patients. Patients/clients donated some £16,700 to support this service which we greatly appreciate.

"If it wasn't for KingsCare and their volunteers, life would be more difficult in getting to appointments to the medical centre or hospital appointments as we are without transport"

After such a positive year it was so disappointing to have to withdraw all transport services in the last weeks of March owing the Pandemic.

Mental Health Matters

It's certainly been a busy year for the mental health service at KingsCare! Referrals have increased for 1:1 mental health support and, as a result, a waiting list for the service had started to build up. To remedy this, in January, we welcomed a new Mental Health Worker, Maggie Cleverly to the team!

"Thanks for the coffee and chat. It makes such a difference to me to see an issue in a different light"

Maggie has years of experience working in Mental Health and brings new skills to the role. We're really happy to have her on board!

Our Mental Health Carers group is still running, with a small group of up to 10 attending each month. Feedback from the group has been really positive and those that attend feel they really benefit from the peer support.

Alongside other team members at KingsCare, we now run regular HOPE courses. The HOPE course runs for 6 weeks and focuses on teaching self-management tools for people living with long term conditions. We have found that the groups generally continue to keep in touch following the end of the course and this helps to reduce social isolation and increase support networks.

The **#DoltForDeaks** project has grown incredibly quickly since it started at the end of 2018. For those that are not aware of the project, #Doitfordeaks is a suicide prevention project facilitated by KingsCare. It started following the tragic death of a young man in our community, Kyle Deakin. His death had a profound impact on many people and his friends and family raised some money in his memory. Rather than donate the money to a larger mental health charity, his family wanted the money to go back into the local community and approached KingsCare. They donated £1,800 and the #doitfordeaks project began!

We now have a fantastic group of volunteers, including members of Kyle's family. Our fundamental aim is that no one in our community feels that taking their own life is their only option, and the following is a summary of what we have achieved during 2019/20.

Fundraising - We have been extremely blessed to have had great support from local residents and businesses that have raised funds for us⁸. As most fundraising is online now it reaches many and helps to raise awareness around suicide and mental health. Thanks to individuals, organisations and Kingsteignton Town Council, we have donations of over £13,000, WOW!

Campaign - We organised a 'Don't Bottle it Up' campaign in Newton Abbot and Kingsteignton. We were trying to reach out to young men and invited local pubs to participate in some free Mental Health Awareness training. We have posters and cards in most pubs in our local area with details of our website.

Aaron Clarke from Mental Health Muscle has been incredibly helpful, working to raise funds and awareness through Charity Football Matches.



⁸ See page 9

We have also funded and encouraged members of our community and our volunteers to attend SafeTalk and ASIST courses which help people understand suicide, give them the confidence to ask the question 'are you thinking about suicide', and advice on what to do next.



We organised for Kyle's family to come together and make a mosaic using the #doitfordeaks logo. We hoped this would be therapeutic for them and plan to have it installed somewhere in the local area, encouraging those who are struggling to reach out and accept support.

Although the NHS do a great job of supporting people with their mental health, their service can sometimes be limited due to lack of funding and waiting lists are long. At KingsCare we receive referrals from GPs who have patients that would benefit from regular 1:1 support.



KingsCare as a whole run many social groups but we intend to start more once lockdown has ended. Examples are a 'Dog Walk and Talk' group, MH Football sessions, a walking group on Dartmoor and a Suicide Bereavement group.

Thanks to the Rotary Club of Newton Abbot, we also have access to funding so we can refer people for private counselling at DCCP⁹ if appropriate. This entitles people to 6 free sessions of counselling, and continues on a 'pay what you can afford' basis following this. We also have a fantastic volunteer who will be providing counselling for us during her student placement. We now offer signposting sessions to anyone struggling with their mental health who doesn't know where to turn. This involves giving people the time to talk through how they're feeling before considering what service might be right for them, referring to different agencies as necessary.

⁹ The Dartmoor Centre for Counselling & Psychotherapy

We have had great support from Kingsteignton Town Council and were delighted to be made 'Mayor's charity of the year'. We've found Mayor Dave Rollason to be very concerned about mental health issues in our community, and particularly the impact it is having on our young adults. We organised, alongside Kingsteignton Town Council, a Mental Health Roadshow. This involved inviting many local organisations to have a stand that people could approach and learn about their services, and some speakers to talk about the subject of mental health and their work in this area. This was a fantastic success and was really well attended. We have really appreciated the proactive support from the council and would like to thank Michelle Lewis-Clarke and Carol Lakin for all their hard work to make the Roadshow a success.



We have also organised regular 'networking meetings' for those working in this area. This has helped us to strengthen our working relationships and support network, and enabled us to really keep 'up to date' with what is happening in our community.

With great help from Tom de Young, we have developed a signposting website, www.doitfordeaks.com, which we hope will help local residents find relevant mental health support and information from the comfort of their own home. This is something we would like to continue to improve as we especially want to reach those that would find it difficult to 'reach out' or pick up the phone. Huge thanks go to Tom for giving up his own time to work on this.

We've achieved an enormous amount this year, but it wouldn't have happened without a considerable amount of support from our community. A heartfelt thank you to each and every person who has helped us along the way!

Briony Enright – Mental Health Support Worker

Our roles as **Dementia Support** staff have given us a very busy year undertaking one to one wellbeing interventions with people with dementia

and/or their carers as well as providing signposting to other support services. They have also been facilitating monthly groups that include a Memory Cafe, Dementia Carers Support Group and Dementia Activity Group helped by a small team of dedicated KingsCare volunteers.

Jackie and David took over the running of the **Memory Cafe** during 2019. Numbers attending saw a steady increase during the year with an average of 19 attendees. A total of 72 different individuals were



helped along the way. Once again a wide range of activities were presented including singing, quizzes and puzzles, planting seeds and bulbs, arts and crafts focused sessions and guest speakers including a local historian and the demonstration of an interactive projector system. Lots of fun and conversation always was on hand. The group were often visited by a four legged friend!

As the Cafe was becoming so popular, plans were also afoot to set up a sister Memory Cafe within Newton Abbot.

The **Dementia Carers Support Group** and **Dementia Activity Group** that runs alongside it has also gone from strength to strength over the year with between 10 and 14 carers and people with dementia attending these groups each month. Guest speakers have included, amongst others, the Fire Brigade, the Daily Living Centre, Health Watch and a tasting session by Wiltshire Farm Foods.

At the end of March David was due to lead a fortnightly Dementia Walking group in Kingsteignton but this has been put on hold due to the Covid19 restrictions.

David also provided support and advice to Mapleton, a local dementia rest home, on how to improve their activity programme. Recommendations made include identifying a member of staff responsible for activity provision on each shift and an audit of the life history information available for each client. The home was also supported in setting up personalised music for some of the

residents and has engaged family members in considering the positive aspect music can have in supporting wellbeing and providing individualised care.

At the end of 2019 Sarah Hopkins, our Creative Writing Group tutor, led a **Social Reading Group for Dementia**. The project involved 8 x 2 hour sessions for 2 couples and one individual living independently accompanied by helpers and a carer with 4 residents at Mapleton (plus one wife). There was a wide range of severity and other conditions e.g. Parkinsons.

Prose extracts from *Cider with Rosie* by Laurie Lee plus thematically related poems as relevant to the group's personal experiences as possible were read each week by Sarah and the participants.

Attendance was strong providing 78 individual shared reading experiences, 44 reading aloud experiences, 7 reading together and 5 singing together opportunities.

The beneficial aims were to:

- a) *activate interest, cognition, communication and socialisation.*
- b) *test social reading as a positive distraction from pain, depression and anxiety.*
- c) *provide an enjoyable shared interest which people could use beyond the group.*

Activation was shown by enthusiastic arrival, eye contact and greetings, with a real focus on copies of text, quiet reading along, reading aloud, visible listening to others, spontaneous non-verbal arousal, vocal and take-up of carry-home materials. The Carers noticed people become attentive and alert; more presence; increased enjoyment, quality and volume of reading aloud with pride in doing so.

"He just took to it straight away."

"We definitely want to come again. It brings back all the memories, doesn't it?"

"Lovely, just lovely."

Positive distraction was evidenced by the level of attention, frequency of laughter and the surprising quality of listening to reading and discussion with people contributing personal memories and previous experiences of literature.

"It's something different to do with others".

Sometimes people looked through their file of poems and re-read them during the break. People felt able to read spontaneously and the group hushed to hear them.

Altogether it proved to be a great experience for all and we are hoping to repeat the project at a later date.

David Garland - Dementia Support Activities Coordinator

Jackie Milan – Dementia Carers Support Worker

The weekly sessions at the Coach Road **Allotment Space** on Thursday afternoons supported participants with memory problems to grow fruits and vegetables which they have been able to take home for the table. Although small in terms of beneficiaries, the volunteers are very dedicated and some marvellous produce was grown and sold in aid of KingsCare. A huge vote of thanks goes to Steve and Wendy Burt who run this group each year, happily sharing their expertise with the participants.

Benefits Advice, Carers and Hospital Discharge

This year's report highlights the busyness of KingsCare and all of the services related to those in need. Without our wonderful skilled volunteers, we would not be able to support the numbers of clients that we have done this year. On-going training and support for volunteers is imperative in order to continue delivering the high standard of service we are accustomed to delivering.

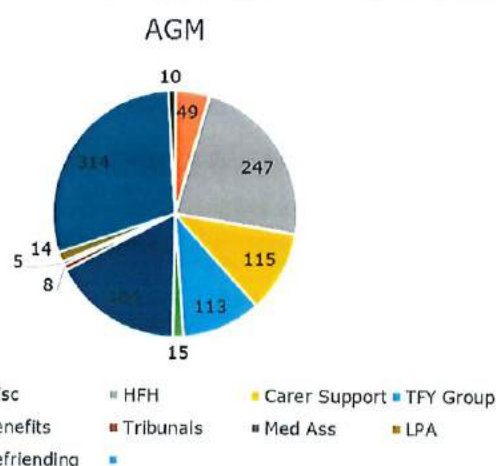
The wards at Newton Abbot Hospital have been very busy and I have been very privileged to work alongside the medical and therapy sides on the wards. The social care team are accessible to answer any concerns about discharges and for them to refer to me to support patients on discharge. We have also

received referrals from Torbay and peripheral hospitals. Collaborative working with partner organisations and hospital teams help to ensure the patient has a safe discharge home.

The other services in particular, the **benefits service**, is very busy at all times. Our team of 9 volunteers visit clients in their own homes to complete relevant benefit forms. We have 2 volunteers and myself who are trained to represent clients at tribunals and medical assessments. 3 volunteers support with completing LPAs¹⁰.

The **Time for You Carer** support group is well attended and we have welcomed some new carers to the group this year. During the year 39 individuals were supported with an average attendance of 8. The sessions consisted of a mixture of mutual support and guided sessions with visitors including holistic therapists, legal advice, Devon Carers, KingsCare Chorus, Physiotherapy and Advanced Care Planners.

The meeting that took place during Carers Week in June was an open day for carers. 52 different carers attended and enjoyed the 22 activities and stalls. There were opportunities for pampering with Reflexology, Reiki, a massage and a nail bar, all proved popular.



Carers of hospital patients were also supported either on the ward or post client discharge.

The **HOPE** programmes are very popular and I co-facilitated 2

¹⁰ Lasting Power of Attorney

courses this year as well as taking part in Training and Assessing Facilitator Training as there is a need for more facilitators.

We were able to offer support to clients who were having difficulty using their laptops/ipads/mobile phones through the good auspices of our volunteer "techie".

We are often the "go to" organisation for advice and information. We receive daily phone calls from other organisations and clients looking for guidance. Our services are wide ranging but they are not all encompassing. We, therefore, are happy to make enquiries on behalf of clients to other voluntary groups who may be better suited to support the particular situation.

Rosemary Newman – Hospital Discharge Worker and Carers Support Lead



Kerswella Care

Statement for the Annual Report of KingsCare League of Friends for 2019/20

1. The organisation:

Kerswella Care is a voluntary patient support group based at the Kingskerswell Health Centre and responsible to it for providing a range of well-being and support services to socially isolated, vulnerable and elderly residents. The group covers the Kingskerswell, Abbotskerswell, Ipplepen & Coffinswell communities through the Kingskerswell & Ipplepen Medical Practice.

Kerswella Care is mainly funded through the National Lottery 'Building Communities Fund' (BCF) via KingsCare League of Friends to whom it is reportable and accountable. Local fundraising is also important and activities are managed through a local Co-ordinator and supported by a group of volunteers in a Committee and a link trustee to KingsCare. The Co-ordinator and her Assistant work alongside existing groups to develop relationships with local communities.

The BCF grant runs until April 2021. Until then KingsCare continues to be responsible for the employment of Kerswella staff, insurances for Kerswella activities and for the range of policies and procedures governing Kerswella's work. At the year end the COVID-19 pandemic and its local effects were being discussed with the Lottery in respect of funding and governance.

2. Kerswella Care aims:

- To improve the quality of life of those in need by providing services that include home support, befriending, carer support, shopping, transport to medical/social activities and prescription delivery,
- To increase the accessibility to local activities that will enhance residents' well-being, social inclusion and social connections. **A significant aim is to reduce loneliness within a population that includes 30% who are over 60 with 35% of those living alone.**
- To identify any other unmet need there might be within the communities and whether Kerswella can fit into plans to meet this.

3. How these aims will be achieved:

Kerswella has access to and has set up a wide range of support services and activities all aimed at improving the



quality of life of those in need within our community. To this end, Kerswella works hard at encouraging people in need to take stock of their lives and introduce them to the appropriate social connections to prevent or reduce their feelings of loneliness. We work across local agencies and volunteer groups to access expertise and help as needed - Kerswella Care is also able to access the services and work alongside the Newton Abbot Locality Wellbeing Co-ordinators who are employed in that area by KingsCare.

In 2019/20 a new post of Social Prescriber was appointed to the Kingskerswell Medical Practice and will be working closely with Kerswella to further enhance the well-being of local residents.

4. Projects and activities in 2019/20:

Kerswella Care became operational in the autumn 2017 following the appointment of Gill Gould as Co-ordinator. In April 2019 we welcomed Fiona Sykes who was appointed as Gill's assistant to look after the many and varied administration tasks for Kerswella.



During the year the Memory Cafe held every 3rd Wednesday continued to flourish with some 30 to 40 residents in regular attendance. From September 2019 Kerswella were asked and were pleased to take on the arrangements for the monthly Lunch Club. A chef was engaged to prepare and serve a traditional meal held every 2nd Thursday.

Some 50 to 60 residents attend. Special events were held at Christmas 2019 for both the Memory Café and Lunch Club. The wheelchair accessible vehicle (WAV) continued to be used across a range of activities from hospital appointments to trips and visits (Buckfastleigh WW2 day in July and



Babbacombe Theatre for a Christmas show in December) as well as the Memory Café and Lunch Club.

Our team of volunteers have been drawn together to assist with patient transport needs (working alongside the existing Share/Care volunteers), home visits/befriending, carer support and assistance with shopping etc. At the year end we had 31 volunteers an increase of 6. On a daily basis they complement the work of Gill, Fiona and social care professionals.

5. Governance:

- a) **Trustees** - Kingsley Matthews has continued in his role as the Link Trustee link between Kerswella Care and its Committee and KingsCare. The KingsCare Trustees generally meet monthly and it is the role of the Link Trustee to report on activities undertaken by Kerswella and seek approval to those where KingsCare have the responsibility particularly in respect of services and activities funded from the BCF Lottery grant. This also includes budget setting and monitoring.
- b) **Committee** - The Kerswella Committee oversees local operations including fundraising. There are 10 members including the following officers: Chair – Gordon England, Treasurer – Gillian Wright, Secretary – Kingsley Matthews. During the year the Committee met 4 times. The separate Management Committee set up to guide Kerswella towards independent charity status has not met during 2019/20.
- c) **Annual Accounts 2019/20** – these were approved by the Kerswella Committee at their meeting on 13th May 2020 and are attached. The statements were noted by the KingsCare trustees at their meeting on 14th May 2020. Turnover was again deemed insufficient for Kerswella to appoint its own independent auditors.

Grant income excludes Lottery funding paid to KingsCare as this forms part of KingsCare's accounts.

Kingsley Matthews – Trustee

Gill Gould - Coordinator

Kerswellia Care

Balance Sheet - year ending 31/03/20

| | |
|----------------------------------|-------------------|
| 1 Assets: | |
| a - Debtors - BCF to Kerswellia | £18.64 |
| b - Prepaid expenses | £0.00 |
| c - Bank | £21,315.15 |
| d - Cash in hand | £54.00 |
| Total | £21,387.79 |
| 2 Liabilities: | |
| a - Creditors & accruals | £0.00 |
| b - Deferred income | £0.00 |
| Total | £0.00 |
| 3 Net assets | £21,387.79 |
| 4 Represented by: | |
| a - Reserves b/f | £8,647.57 |
| b - In year reserves | £12,740.22 |
| Reserves to c/f | £21,387.79 |
| 5 Reserves allocated for: | |
| a - Projects | £8,450.00 |
| b - General use | £12,937.79 |
| Total | £21,387.79 |

General notes:

i) Grants are defined as those received from external funders, eg Devon County/Teignbridge Council & their local Members, charitable trusts etc, and usually identified for specific activities. The £10,781 received in 2019/20 comprises - £1,200 for trips & visits, £4,200 for the Lunch Club, £4,181 from the Co-op Community Fund & £1,280 from Abbots. Any other significant amounts not identified for specific activities are in donations.

ii) Local fundraising events (including the Co-op and Abbots grants) amounted to £7,822.11 in 2019/20 and are within other activities line 4a. Grants for the Lunch Club and trips & visits are within their activity headings.

iii) In income/expenditure, activities income (line 1c) has increased by over £4,000 this year. £2,520 relates to the Lunch Club and £1,455 to transport, trips & visits. Line 2d is new and relates to the Lunch Club from September 2019.

iv) In income/expenditure, supplies & materials expenses (line 2f) is for specific activities, eg Memory Café, Lunch Club and trips & visits. Of the increase of over £1,000 from last year, some £550 relates to the Lunch Club, £200 to Abbotskerswell groups & the remainder to support to vulnerable residents (with any income repaid to line 1e).

Balance sheet notes:

| | |
|-----------------------|------------------|
| 5a | Amount |
| Memory Café | £2,400.00 |
| Trips & visits | £2,850.00 |
| Lunch Club | £3,200.00 |
| Projects total | £8,450.00 |

| | |
|-----------|-------------------|
| 5b | £12,937.79 |
|-----------|-------------------|

This reserve is almost matches the 2019/20 surplus of income over expenditure. This indicates that the cost of activities is met from fundraising.
General reserves are usually allocated in the following year provided they are not time limited. The aim is to maintain general reserves at around £20,000 to cover a year's running costs should grants cease.

28/04/20

Kerswellia Care

Income & Expenditure - year ending 31/03/20

| | |
|---|-------------------|
| 1 Income: | |
| a - Grants | £10,781.17 |
| b - Donations | £2,533.44 |
| c - Activities | £6,120.42 |
| d - Investments | £0.00 |
| e - Other | £465.25 |
| Total | £19,900.28 |
| 2 Expenditure: | |
| a - Vehicle & transport costs | £761.00 |
| b - Training & personnel costs | £0.00 |
| c - Venue costs | £537.60 |
| d - Catering & refreshment costs | £3,066.00 |
| e - Advertising & publicity | £130.00 |
| f - Supplies & materials for activities | £1,899.08 |
| g - General equipment & resources | £766.38 |
| Total | £7,160.06 |
| 3 BCF: | |
| a - Local incurred expenses | £2,077.04 |
| b - Reimbursements | £2,058.40 |
| Reimbursement due at year end | £18.64 |
| Surplus of income | £12,740.22 |

Kerswellia Care

Activities - year ending 31/03/20

| | |
|---------------------------------|-------------------|
| 1 Memory Café: | |
| a - Income | £861.77 |
| b - Expenditure | £1,224.31 |
| Net | £362.54 |
| 2 Transport & trips: | |
| a - Income | £3,584.56 |
| b - Expenditure | £761.00 |
| Net | £2,823.56 |
| 3 Lunch Club: | |
| a - Income | £6,720.55 |
| b - Expenditure | £3,519.68 |
| Net | £3,200.87 |
| 4 Other Activities: | |
| a - Income | £8,268.15 |
| b - Expenditure | £467.93 |
| Net | £7,800.22 |
| 5 Local Operations: | |
| a - Income | £465.25 |
| b - Expenditure | £1,187.14 |
| Net | £721.89 |
| Surplus of income | £12,740.22 |

Activities notes:

1 The balance is a deduction from earmarked reserves b/f.

2 The balance includes unspent grant income received in both 2018/9 and 2019/20.

3 The balance represents unspent grant income that was awarded for the period to August 2021.

4 This balance plus £5,138 b/f represents the total of the general reserves to c/f to 2020/21, ie £12,937.79. See also note 5b.

5 This includes £475.08 for COVID-19 costs - also in line 2g. Refunds and any support grants will be in 2020/21.

Report produced by:

KingsCare League of Friends
Kingsteignton Medical Practice
Whiteway Road
Kingsteignton
NEWTON ABBOT
Devon
TQ12 3HN

Telephone: 01626 357090

Website: www.kingscare.co.uk
office@kingscare.co.uk

Registered CIO number 1174450

Patron: The Rt Hon Viscount Exmouth



Charity Registration No. 1174450

**KINGSCARE LEAGUE OF FRIENDS
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020**

KINGSCARE LEAGUE OF FRIENDS

ACCOUNTS CONTENTS

| | Page |
|-----------------------------------|-------------|
| Trustees report | 1 - 2 |
| Independent examiner's report | 3 |
| Statement of financial activities | 4 |
| Balance sheet | 5 |
| Notes to the accounts | 6 - 20 |

KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2020

The trustees present their report and financial statements for the year ended 31 March 2020.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

The charity's objects are to promote any charitable purpose for the benefit of persons registered at Kingsteignton Medical Practice and, in addition, to provide support for those in need within the wider community. This includes the protection and preservation of health, the relief of those in need, sickness and distress and the provision of medical equipment and other services not normally provided by the national health or other statutory authorities.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The achievements of the charity are outlined in the Chairman's report attached to these accounts.

Financial review

Income has increased this year, totalling £316,902 compared with £271,778 for the 12 months to 31 March 2019. During the year additional grants were received, to be utilised in relation to additional activities that the charity started offering in the previous year.

Expenditure has seen an increase this year, totalling £268,367 compared with £253,684 for the 12 months to 31 March 2019. During the year, there was a requirement for additional staff members to oversee the additional services undertaken from the previous year.

The total value of the charity's funds has increased from £250,954 at 1 April 2019 to £289,651 at 31 March 2020.

The trustees consider the charity's overall financial position to be satisfactory.

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between twelve and eighteen month's unrestricted total expenditure. The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

The unrestricted funds available at the 31 March 2020 of £57,285 are the equivalent of twelve months worth of unrestricted expenditure.

Investment Policy

There are no restrictions on the charity's powers to invest, and the Trustees have not adopted an ethical investment policy. An Investment Committee is appointed annually to manage the authorised investments. The overall investment policy is to invest in a low to medium risk portfolio which will maximise income whilst protecting capital. Meetings are held as and when required to review the performance of the portfolio.

Risk Management:

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

KINGSCARE LEAGUE OF FRIENDS

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

Structure, governance and management

The charity is a charitable incorporated organisation and was registered with the Charities Commission on 10 July 2017 under the charity registration number 1174450 (England and Wales).

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr G P Wickham

Mr D Rollason

Dr M C Clarvis

Mr M S Hill

(Resigned 23 January 2020)

Mr N Biggs

Mr K Dainton

Mrs L Leaman

(Resigned 21 October 2019)

Mr R Holliday

Mr K Smith

Mr James Patrick

(Resigned 23 January 2020)

Dr W Farrah

Mr K Matthews

Mr P Millichap

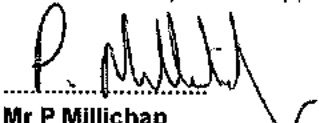
Mr P Stevens

(Appointed 11 June 2020)

The Board of trustees regularly discusses the recruitment of new trustees for their experience, empathy and knowledge of the Trustees, and to keep the skills and composition of the trustees body as a whole and succession planning under review. New trustees may be sought by open advertisement or through dialogues with other institutions with similar objects.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company.

The trustees report was approved by the Board of Trustees.


.....
Mr P Millichap
Trustee
Dated: 28/8/2020

KINGSCARE LEAGUE OF FRIENDS

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF KINGSCARE LEAGUE OF FRIENDS

I report on the financial statements of the charity for the year ended 31 March 2020, which are set out on pages 4 to 20.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's 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. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination being a qualified member of .

It is my responsibility to:

- (i) examine the financial statements under section 145 of the 2011 Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- (iii) to 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. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, 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 financial statements present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In connection with my examination, no other matter except that referred to in the previous paragraph has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (ii) to prepare financial statements which accord with the accounting records and comply with the accounting requirements of the 2011 Act;have not been met or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Mr P Beard ACA FCCA
Darnells Chartered Accountants
Quay House
Quay Road
Newton Abbot
Devon
TQ12 2BU

Dated:

KINGSCARE LEAGUE OF FRIENDS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2020

| | Notes | Unrestricted funds 2020 £ | Restricted funds 2020 £ | Total 2020 £ | Unrestricted funds 2019 £ | Restricted funds 2019 £ | Total 2019 £ |
|---|-------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| <u>Income and endowments from:</u> | | | | | | | |
| Donations and legacies | 3 | 11,606 | 213,667 | 225,273 | 10,817 | 185,852 | 196,669 |
| Charitable activities | 4 | 60,404 | 10,245 | 70,649 | 53,115 | 3,317 | 56,432 |
| Other trading activities | 5 | 20,300 | - | 20,300 | 18,310 | - | 18,310 |
| Investments | 6 | 630 | - | 630 | 16 | - | 16 |
| Other income | 7 | 50 | - | 50 | 351 | - | 351 |
| Total income | | 92,990 | 223,912 | 316,902 | 82,609 | 189,169 | 271,778 |
| <u>Expenditure on:</u> | | | | | | | |
| Raising funds | 8 | 42 | - | 42 | 170 | 5,184 | 5,354 |
| Charitable activities | 9 | 47,448 | 220,919 | 268,367 | 57,084 | 184,163 | 241,247 |
| Other | 13 | 7,618 | - | 7,618 | 7,083 | - | 7,083 |
| Total resources expended | | 55,108 | 220,919 | 276,027 | 64,337 | 189,347 | 253,684 |
| Net gains/(losses) on investments | 14 | (2,178) | - | (2,178) | - | - | - |
| Net movement in funds | | 35,704 | 2,993 | 38,697 | 18,272 | (178) | 18,094 |
| Fund balances at 1 April 2019 | | 211,621 | 39,333 | 250,954 | 193,349 | 39,511 | 232,860 |
| Fund balances at 31 March 2020 | | 247,325 | 42,326 | 289,651 | 211,621 | 39,333 | 250,954 |

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

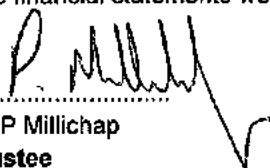
KINGSCARE LEAGUE OF FRIENDS

BALANCE SHEET

AS AT 31 MARCH 2020

| | Notes | 2020 £ | £ | 2019 £ | £ |
|---|-------|----------------|----------------|----------------|----------------|
| Fixed assets | | | | | |
| Tangible assets | 15 | | 26,301 | | 33,807 |
| Investments | 16 | | 27,764 | | 99,942 |
| | | | <u>54,065</u> | | <u>133,749</u> |
| Current assets | | | | | |
| Debtors | 17 | 4,469 | | 13,206 | |
| Cash at bank and in hand | | 280,250 | | 154,492 | |
| | | <u>284,719</u> | | <u>167,698</u> | |
| Creditors: amounts falling due within one year | 18 | (49,133) | | (50,493) | |
| Net current assets | | | <u>235,586</u> | | <u>117,205</u> |
| Total assets less current liabilities | | | <u>289,651</u> | | <u>250,954</u> |
| Income funds | | | | | |
| Restricted funds | 20 | | 42,326 | | 39,333 |
| <u>Unrestricted funds</u> | | | | | |
| Designated funds | 21 | 190,040 | | 118,762 | |
| General unrestricted funds | | <u>57,285</u> | | <u>92,859</u> | |
| | | | <u>247,325</u> | | <u>211,621</u> |
| | | | <u>289,651</u> | | <u>250,954</u> |

The financial statements were approved by the Trustees on 20/8/2020



 Mr P Millichap
 Trustee

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2020

1 Accounting policies

Charity Information

Kingscare League of Friends is a charitable incorporated organisation, set up by an Order of the Charity Commissioners on 10 July 2017 and is a registered charity with the number 1174450 (England and Wales).

1.1 Accounting convention

The accounts have been prepared in accordance with the Charities Act 2011 and "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)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business.

1.5 Expenditure

Liabilities are recognised as expenditure as soon as:

- there is a legal or constructive obligation committing the charity to that expenditure,
- it is probable that settlement will be required, and
- the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis.

All expenses, including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

| | |
|-----------------------|-------------------|
| Fixtures and fittings | 20% Straight Line |
| Motor vehicles | 10% Straight Line |

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

| | Unrestricted funds | Restricted funds | Total | Unrestricted funds | Restricted funds | Total |
|--|-----------------------|---------------------|----------------|-----------------------|---------------------|----------------|
| | 2020 £ | 2020 £ | 2020 £ | 2019 £ | 2019 £ | 2019 £ |
| Donations and gifts | 9,687 | 343 | 10,030 | 7,800 | 191 | 7,991 |
| Legacies receivable | 1,000 | - | 1,000 | 2,000 | - | 2,000 |
| Grants receivable | - | 213,324 | 213,324 | - | 185,661 | 185,661 |
| Membership fees | 919 | - | 919 | 1,017 | - | 1,017 |
| | <u>11,606</u> | <u>213,667</u> | <u>225,273</u> | <u>10,817</u> | <u>185,852</u> | <u>196,669</u> |
| Grants receivable for core activities | | | | | | |
| Big Lottery Grant | - | 89,373 | 89,373 | - | 86,165 | 86,165 |
| Other Grants | - | 93,956 | 93,956 | - | 86,491 | 86,491 |
| Kerswella Grant | - | 29,995 | 29,995 | - | 13,005 | 13,005 |
| | <u>-</u> | <u>213,324</u> | <u>213,324</u> | <u>-</u> | <u>185,661</u> | <u>185,661</u> |

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

4 Charitable activities

| | Minibus | Patients | Catering | Exercise | Projects | Newton | Dementia | Suicide | Mental | Social | Benefits | Do it for | Total | Total |
|------------------------------------|-----------|----------|----------|----------|----------|--------|----------|------------|---------|---------|----------|-----------|--------|--------|
| | transport | | | | | Abbot | Support | Prevention | Health | Reading | Advice | Deeds | 2020 | 2019 |
| | | | | | | Groups | | | Peer | | | | | |
| | £ | £ | £ | £ | £ | £ | | | Support | | | | £ | £ |
| Sales within charitable activities | 7,534 | 14,246 | 4,104 | 10,950 | 13,758 | 3,663 | 450 | - | - | 828 | 5,521 | 9,795 | 70,649 | 56,432 |
| Analysis by fund | | | | | | | | | | | | | | |
| Unrestricted funds | 7,534 | 14,246 | 4,104 | 10,950 | 13,758 | 3,663 | - | - | - | 628 | 5,521 | - | 60,404 | |
| Restricted funds | - | - | - | - | - | - | 450 | - | - | - | - | 9,795 | 10,245 | |
| | 7,534 | 14,246 | 4,104 | 10,950 | 13,758 | 3,663 | 450 | - | - | 628 | 5,521 | 9,795 | 70,649 | |
| For the year ended 31 March 2019 | | | | | | | | | | | | | | |
| Unrestricted funds | 7,202 | 15,677 | 4,242 | 9,794 | 10,806 | 4,040 | - | - | 1,354 | | | | | 53,115 |
| Restricted funds | - | - | - | - | - | - | 1,490 | 1,827 | - | | | | | 3,317 |
| | 7,202 | 15,677 | 4,242 | 9,794 | 10,806 | 4,040 | 1,490 | 1,827 | 1,354 | | | | | 56,432 |

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

5 Other trading activities

| | Unrestricted funds | Unrestricted funds |
|--------------------------|-----------------------|-----------------------|
| | 2020 £ | 2019 £ |
| Fundraising events | 9,936 | 6,869 |
| The Hub Shop income | 10,364 | 11,441 |
| Other trading activities | 20,300 | 18,310 |

6 Investments

| | Unrestricted funds | Unrestricted funds |
|---------------------|-----------------------|-----------------------|
| | 2020 £ | 2019 £ |
| Interest receivable | 630 | 16 |

7 Other income

| | Unrestricted funds | Unrestricted funds |
|--------------|-----------------------|-----------------------|
| | 2020 £ | 2019 £ |
| Other income | 50 | 351 |

8 Raising funds

| | Unrestricted funds | Restricted funds | Total | Total |
|---|-----------------------|---------------------|-----------|-----------|
| | 2020 £ | 2020 £ | 2020 £ | 2019 £ |
| <u>Fundraising and publicity</u> | | | | |
| Other fundraising costs | 42 | - | 42 | 5,354 |
| | 42 | - | 42 | 5,354 |
| For the year ended 31 March 2019 | | | | |
| Fundraising and publicity | 170 | 5,184 | | 5,354 |

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

9 Charitable activities

| | 2020 £ | 2019 £ |
|---|----------------|----------------|
| Staff costs | 166,253 | 154,368 |
| Depreciation and impairment | 7,506 | 7,508 |
| Minibus and mobility vehicle | 3,427 | 3,529 |
| Patients transport | 10,349 | 10,611 |
| Catering | 6 | 8 |
| Exercise | 15,789 | 13,941 |
| Establishment costs | 28,223 | 25,848 |
| Donations | 325 | 1,500 |
| Projects | 22 | 364 |
| Newton Abbot groups | 5,890 | 5,812 |
| Accountancy fees | 880 | 480 |
| Legal and professional fees | 1,014 | 858 |
| Fundraising events | 5,598 | 274 |
| Other charitable expenditure | 23,085 | 16,146 |
| | <u>268,367</u> | <u>241,247</u> |
| | <u>268,367</u> | <u>241,247</u> |
| Analysis by fund | | |
| Unrestricted funds | 47,448 | |
| Restricted funds | 220,919 | |
| | <u>268,367</u> | |
| For the year ended 31 March 2019 | | |
| Unrestricted funds | | 57,084 |
| Restricted funds | | 184,163 |
| | | <u>241,247</u> |

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

10 Support costs

| | Governance costs £ | 2020 £ | Support costs £ | Governance costs £ | 2019 £ |
|---|--------------------------|--------------|-----------------------|--------------------------|--------------|
| Staff costs | - | - | 4,312 | - | 4,312 |
| Accountancy | 880 | 880 | - | 480 | 480 |
| Legal and professional | 1,014 | 1,014 | - | 858 | 858 |
| | <u>1,894</u> | <u>1,894</u> | <u>4,312</u> | <u>1,338</u> | <u>5,650</u> |
| Analysed between Charitable activities | <u>1,894</u> | <u>1,894</u> | <u>4,312</u> | <u>1,338</u> | <u>5,650</u> |

Accountancy consists of payments to the independent examiner of £880 (2019- £480).

11 Trustees

None of the trustees (or any persons connected with them) received any remuneration, benefits or reimbursement of expenses from the charity during the year.

During the year the trustees donated funds without conditions totalling £90 (2019: £0) and paid memberships totalling £10 (2019: £10).

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

12 Employees

Number of employees

The average monthly number of employees during the year was:

| | 2020 Number | 2019 Number |
|---|----------------|----------------|
| Manager | 1 | 1 |
| Deputy manager | 1 | 1 |
| Transport co-ordinator | 2 | 1 |
| Mental health support worker | 2 | 2 |
| Hospital discharge and carer support worker | 1 | 1 |
| Health and well being co-ordinators | 3 | 3 |
| Kerswella manager | 2 | 1 |
| Dementia support workers | 2 | 1 |
| | <u>14</u> | <u>11</u> |

Employment costs

| | 2020 £ | 2019 £ |
|---------------------|----------------|----------------|
| Wages and salaries | 160,107 | 154,997 |
| Other pension costs | 6,146 | 3,683 |
| | <u>166,253</u> | <u>158,680</u> |

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

There were no employees whose annual remuneration was £60,000 or more.

13 Other

| | 2020 £ | 2019 £ |
|-----------------------|--------------|--------------|
| The Hub Shop expenses | 7,618 | 7,083 |
| | <u>7,618</u> | <u>7,083</u> |

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

14 Net gains/(losses) on Investments

| | Unrestricted funds | Total |
|----------------------------|--------------------|-------|
| | 2020 | 2019 |
| | £ | £ |
| Revaluation of investments | (2,178) | - |

15 Tangible fixed assets

| | Fixtures and fittings | Motor vehicles | Total |
|------------------------------------|-----------------------|----------------|---------|
| | £ | £ | £ |
| Cost | | | |
| At 1 April 2019 | 7,415 | 98,618 | 106,033 |
| At 31 March 2020 | 7,415 | 98,618 | 106,033 |
| Depreciation and impairment | | | |
| At 1 April 2019 | 5,716 | 66,510 | 72,226 |
| Depreciation charged in the year | 850 | 6,656 | 7,506 |
| At 31 March 2020 | 6,566 | 73,166 | 79,732 |
| Carrying amount | | | |
| At 31 March 2020 | 849 | 25,452 | 26,301 |
| At 31 March 2019 | 1,699 | 32,108 | 33,807 |

16 Fixed asset investments

| | £ |
|--------------------------|----------|
| Cost or valuation | |
| At 1 April 2019 | 99,942 |
| Valuation changes | (2,178) |
| Disposals | (70,000) |
| At 31 March 2020 | 27,764 |
| Carrying amount | |
| At 31 March 2020 | 27,764 |
| At 31 March 2019 | 99,942 |

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

17 Debtors

| | 2020 £ | 2019 £ |
|--------------------------------------|-----------|-----------|
| Amounts falling due within one year: | | |
| Prepayments and accrued income | 4,469 | 13,206 |

18 Creditors: amounts falling due within one year

| | Notes | 2020 £ | 2019 £ |
|------------------------------------|-------|-----------|-----------|
| Other taxation and social security | | 2,856 | 2,815 |
| Deferred income | 19 | 43,572 | 44,560 |
| Other creditors | | 1,201 | 1,008 |
| Accruals | | 1,504 | 2,110 |
| | | 49,133 | 50,493 |

19 Deferred income

| | 2020 £ | 2019 £ |
|-----------------------|-----------|-----------|
| Other deferred income | 43,572 | 44,560 |
| Current liabilities | 43,572 | 44,560 |

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

20 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

| | Balance at 1 April 2019 | Movement in funds | | Balance at 31 March 2020 |
|--|----------------------------|----------------------------|----------------------------|-----------------------------|
| | £ | Incoming resources £ | Resources expended £ | £ |
| Mini Bus | 19,572 | - | (3,614) | 15,958 |
| Mini Bus 2 | 6,005 | - | (928) | 5,077 |
| Big Lottery Grant Equipment | 567 | - | - | 567 |
| DCC Equipment Grant | 288 | - | (288) | - |
| Lottery Building Capabilities Grant | 2,273 | - | - | 2,273 |
| Wellbeing Partnership Home From Hospital Grant | - | 19,575 | (19,575) | - |
| Wellbeing Partnership Health and Wellbeing Grant | - | 48,130 | (48,130) | - |
| Westbank Community Health and Social Care Teams | - | 5,897 | (5,897) | - |
| Big Lottery Grant | 5,216 | 119,368 | (116,671) | 7,913 |
| Wellbeing Dementia | - | 8,800 | (8,800) | - |
| Wellbeing End of Life | - | 8,800 | (8,800) | - |
| DCC Dementia Support | - | 2,754 | (2,754) | - |
| Investing in Devon (Buckland - BuSS) | 742 | - | - | 742 |
| Teignbridge DC Dementia Support | 1,490 | - | (1,490) | - |
| Kingsteignton Athletic - Suicide Prevention | 1,826 | - | (1,826) | - |
| Teignbridge DC - Mental Health Peer Support | 1,354 | - | (1,354) | - |
| Do It for Deaks | - | 13,187 | (3,392) | 9,795 |
| Advertising | - | 745 | (745) | - |
| | <u>39,333</u> | <u>227,266</u> | <u>(224,264)</u> | <u>42,326</u> |

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

21 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

| | Movement in funds | | | Movement in funds | | | | | Balance at 31 March 2020 |
|-------------------------------|----------------------------|-----------------------|-----------------------|----------------------------|-----------------------|-----------------------|---------------|--------------------------------------|-----------------------------|
| | Balance at 1 April 2019 | Incoming resources | Resources expended | Balance at 1 April 2020 | Incoming resources | Resources expended | Transfers | Revaluations, gains and losses | |
| | £ | £ | £ | £ | £ | £ | £ | £ | £ |
| Wheelchair Vehicle | 5,306 | - | (1,544) | 3,762 | - | (1,544) | - | - | 2,218 |
| 3 month expenditure reserve | 33,000 | 2,000 | - | 35,000 | 35,000 | - | - | - | 70,000 |
| Vehicle replacement reserve | 70,000 | - | - | 70,000 | - | - | - | - | 70,000 |
| Vehicle repair reserve | 5,000 | - | - | 5,000 | - | - | - | - | 5,000 |
| Equipment replacement reserve | 5,000 | - | - | 5,000 | - | - | - | - | 5,000 |
| Covid-19 Contingency | - | - | - | - | - | - | 10,000 | - | 10,000 |
| Projects | - | - | - | - | - | - | 30,000 | - | 30,000 |
| CAF Portfolio reserve | - | - | - | - | - | - | - | (2,178) | (2,178) |
| | <u>118,306</u> | <u>2,000</u> | <u>(1,544)</u> | <u>118,762</u> | <u>35,000</u> | <u>(1,544)</u> | <u>40,000</u> | <u>(2,178)</u> | <u>190,040</u> |

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

22 Analysis of net assets between funds

| | Unrestricted 2020 £ | Restricted 2020 £ | Total 2020 £ | Unrestricted 2019 £ | Restricted 2019 £ | Total 2019 £ |
|--|---------------------------|-------------------------|--------------------|---------------------------|-------------------------|--------------------|
| Fund balances at 31 March 2020 are represented by: | | | | | | |
| Tangible assets | 5,266 | 21,035 | 26,301 | 8,230 | 25,577 | 33,807 |
| Investments | 27,764 | - | 27,764 | 99,942 | - | 99,942 |
| Current assets/ (liabilities) | 214,295 | 21,291 | 235,586 | 103,448 | 13,757 | 117,205 |
| | <u>247,325</u> | <u>42,326</u> | <u>289,651</u> | <u>211,620</u> | <u>39,334</u> | <u>250,954</u> |

KINGSCARE LEAGUE OF FRIENDS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

23 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

| | 2020 £ | 2019 £ |
|----------------------------|--------------|--------------|
| Within one year | 2,083 | 5,000 |
| Between two and five years | - | 2,083 |
| | <u>2,083</u> | <u>7,083</u> |

24 Related party transactions

There were no disclosable related party transactions during the year (2019 - none).

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

| | 2020 £ | 2019 £ |
|--------------------|---------------|---------------|
| Total Remuneration | <u>57,090</u> | <u>57,279</u> |