

# Annual Report and Accounts 2024





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### 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 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 reappointed at the AGM were:

Mr Phil Millichap – Chair

Mr Graham Wickham – Vice-Chair

Mr Rupert Holliday – Treasurer

Dr Mark Clarvis

Mr Nicholas Biggs

Mr David Rollason

Dr William Farrar

Mr Keith Smith

Mr Kingsley Matthews

Mrs Jackie Bennett

Mr Peter Stevens

Mrs Nicola Barker joined the Board in November 2023.

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.

Mr Peter Stevens resigned from the Board in November 2023, Mr Philip Millichap, Dr Mark Clarvis, Mr Keith Smith and Mrs Jackie Bennett in January 2024 and Mr Nicholas Biggs in March 2024. Mrs Nicola Barker was appointed Interim Chair.

## Chair's Report

It is incredibly humbling to read the myriad reports from the KingsCare Team which showcase their tremendous work throughout this past year. At a time of uncertainty and underfunding within the Voluntary Sector, the KingsCare team have kept their focus on doing what they all do so brilliantly – supporting the people of Newton Abbot in their everyday lives. From new projects, such as the partnership with Stover, to the Memory Cafés and various drop ins: Walks for Wellbeing and Mental Health and the vital Home from Hospital (to name but a few) - the vibrant programme of activities have been well attended throughout the year.

Much of this success is down to the amazing army of Volunteers who give time, experience and themselves to both the Team and the clients. Without these wonderful people KingCare would be in a far different situation – for which we owe them our heartfelt gratitude.

Of course, special mention must go to Maggie Bonnell and David Clifford who managed KingsCare to keep it relevant, viable and thriving as it navigated very choppy waters this last year. In April we said a fond farewell to David as he left to enjoy a well-earned retirement. This gracious and knowledgeable man will be much missed by the Board, Team and Volunteers.

Maggie remains at the centre of operations and has negotiated a challenging year balancing decreasing budgets with the needs and expectations of this beloved service. With her passion and drive, Maggie has kept KingsCare, where it must remain, at the very heart of the local community.

Having joined the Board of Trustees in the Autumn of 2023, there was little indication that later events would lead to several longstanding members deciding to step away which resulted in those remaining taking the helm and gradually steering the Charity and Board to a more comfortable position. This would not have been possible without the quiet diligence and incredible dedication of Rupert Holliday (Treasurer) and Dave Rollason (Secretary/Vice Chair). Thanks also to Kingsley Matthews and Nick Biggs for their support and guidance and to those members who gave service, many over long years to KingsCare – we thank you very much.

It is a privilege to be a small part of the extraordinary organisation and as Interim Chair I have much appreciated the personal and professional support of fellow Trustees and Managers of KingsCare. Thank you all.

**Nicola Barker**  
**Interim Chair**

## Manager's Report

The year 2023-24 was a very different year to its predecessor. By the start of 2024 we had lost several staff members and trustees and started a process of adjustment which, due to uncertainties around future funding and the role of the Voluntary Sector in general (not just KingsCare) in the changing world of primary care and the pressure on NHS budgets, will take time to settle. Grant funding is tighter than ever due to the impact of the Cost of Living crisis and, as we are fortunate in having built up some reserves, more difficult for us to justify the allocation of grant money to us when there are many similar groups keen to run equally valuable projects which have little or no reserves at all. Challenging times.

It was not all doom and gloom, however, as there was one large grant that we were awarded and that was from the National Lottery. It enabled us to do a great deal of work around helping clients to come through the Cost of Living crisis by providing benefits advice, running a weekly Warm Hub throughout the winter and being able to give much needed advice on a wide range of issues. This was a substantial grant and Sarah Lakey's greatest achievement during her tenure as our Fundraising Manager.

As you read through the various reports that follow, you will see how hard my amazing staff and volunteers have worked and what an impressive impact their work has had on the vulnerable and socially isolated people we exist to support. There are 7 Appendices, one for each of our main services which give a visual report on those areas written about in detail below.

During the year we fulfilled a long held ambition and gradually printed a range of leaflets to cover basic information on the services that we provide. This was only made possible by a tremendous amount of work by the talented Peter Stevens who did it all as a volunteer. Each one needed much consultation with the staff who head up the various services and the final one, concerning Gifts and Legacies, was put together through a team lead by Jackie Bennett. We were greatly saddened when both resigned their roles as trustees though, fortunately, Peter is still available to help us with future projects requiring a degree of graphic design. Most annoyingly we were required to change our telephone number in January when the surgery went over to a digital phone system so we need to change the number on every leaflet before handing them out! There were far too many printed to justify reprinting with the new number.

We organise a variety of activities in Kingsteignton, some weekly, some monthly. The numbers attending the two monthly get togethers, **Lunch Club** and **Tea & Chat**, grew throughout the year. The **Monday walking group**, led by volunteer, Graham Warren, continued to attract those who love a short walk but couldn't manage the longer

ones organised by the Wellbeing team. **Tai chi** and the **KingsCare Chorus** continued to thrive and grow.



The King's Coronation gave us an excellent excuse to have a tea party to celebrate the occasion and thank our wonderful volunteers.



Sarah Lakey worked exceedingly hard to put on a super cream tea in the marquee that Kingsteignton Town Council had erected for their celebrations.



Kingsteignton Ram Fair was also very supportive again this year and it was a great pleasure to join with the many local groups who are invited each year to the AGM to share the profits from this popular spring event.

In June some of the Kingsteignton Medical Practice staff put themselves through a hot and gruelling walk down the Templar Way and raised £100 for KingsCare.



In July the Classic Car Show took place on Oakford Lawn, organised by Jamie Theobald who chose KingsCare to be the charity to support on the day.

In August, Kingsteignton Athletic Football Club organised their annual RamsFest and chose #doitfordeaks as one of the local charities to support at the event.



In December, the Beavers invited some of our clients to collect Christmas hampers whilst enjoying a cup of tea and listening to the children singing carols.

Yet again, the support of the people of Kingsteignton for their patient support group has been outstanding.

**Maggie Bonnell**  
Manager

### **Newton Abbot Report**

We were consistently able to run three weekly groups (Mondays, Tuesdays and Thursdays) throughout the year. This was only possible because of the dedication and commitment of our amazing team of volunteers and, of course, our patrons who supported us, often braving the elements to do so. These groups were all characterised by their friendliness and welcoming nature. As they are all 'drop in' groups, we never know who may come along and it was lovely to see new comers welcomed and quickly integrated into the activities on offer.

#### **Monday Exercise Group**

David Jenkin once again ran this group on behalf of KingsCare. Each session was tailored to the needs of the participating individuals involving both sitting and standing movements helping to build strength and flexibility.

#### **Drop in Games and Table Tennis - Monday and Thursday**

Often our busiest groups, especially Monday's sessions, possibly due to the preceding weekend often being seen as a time of loneliness.

The usual games were provided, often two groups of Scrabblers present, a large group playing dominoes (as many as 8 players in a single game), a group playing Rummy Cub and of course the table tennis players, (growing in number) and often playing doubles with much merriment and a jovial competitive edge!

#### **Craft and Games – Tuesdays**

A group for companionship, craft and chat.

Participants enjoyed playing games and crafting in equal measures, this group was ideal over the year for those seeking a calmer ambiance than that available on other mornings. Several regulars with sensory issues found this group a safe haven to relax and enjoy their crafting.

#### **Monthly groups**

Memory Café – *See page 20*

#### **Dementia Carers Support Group**

– *See page 21*

#### **Mental Health Carers Support Group**

Briony took on this group part way through the year following the retirement of her colleague Maggie Cleverly. Once again Carers gained knowledge and support from each other as well as from knowledgeable invited guest speakers. – *See page*



### **Time for You Carers Support Group**

Volunteer organiser Pat Clark did a marvellous job in keeping this group running, fulfilling a vital support role for the attendees. She organised regular speakers for the group and provided a space where mutual support and the sharing of knowledge could take place.

### **Minibus Outings**

Once again monthly trips were held to a wide range of places including Knightshayes Court National Trust (Tiverton), Stoke Gabriel Mill Pond and Café, Otter Nurseries, Tavistock Pannier Market, Fisherman's Cot (Bickleigh), a Mystery trip ending up at Sidmouth and a marvellous Christmas Carvery courtesy of the Hare and Hounds at Torquay.



Special thanks to Wendy Burt for organising and the volunteer drivers (you know who you are!)



**The volunteers attached to the Avenue Church groups are a truly dedicated group and I would like to thank them all, once again, for their efforts.**

**David Clifford**  
**Assistant Manager**

**NB** This is the last report that David Clifford wrote for his beloved Newton Abbot groups. As he retired in April 2024, a full tribute will be made to him in next year's Annual Report.

Maggie Bonnell  
Manager

Table showing number of sessions and Attendances Newton Abbot Groups April 1<sup>st</sup> 2023– March 31<sup>st</sup> 2024

Activity	Sessions	Client Attendances	Duration of activity - hours	Volunteer attendances
Monday Drop in	48	733	96	329
Craft and Coffee	49	703	98	231
Thursday Drop in	50	672	100	245
Exercise	49	332	49	NA
Mini bus	12	97	70	25
Time for you	12	114	24	40
Memory Cafe	24	385	45	138
Dementia Carer Support	12	111	19	12
Mental Health carer support	10	29	6	NA
Writing Group	28	140	40	NA

### Mental Health

We had an exciting start to the year with a fundraising 'Fire Walk' event which was kindly hosted by the Rotary Club of Newton Abbot. Eight of us pushed through our nerves and walked over hot coals to raise money for #doitfordeaks . What an empowering night and lots of fun! A huge thank you to Yola Hodge, James Ewing, Anna Haridi, Christa Edgella, Nestor Fergusson, Luke Bates and Darrin Hewings for all your effort!



In the summer months #doitfordeaks decided to support a national suicide prevention initiative by organising our own 'Baton of Hope' walk. We walked from Kingsteignton to Newton Abbot and joined a Mental Health fayre at the Courtenay Centre, giving out cards and raising awareness along the way.



We are also extremely grateful for the community support we have had this year to enable this service to keep running. Our local Kingsteignton Co-op chose our Mental Health Service for their Community Matters project, and once again Kingsteignton Athletic Football Club helped raise money through their RamsFest summer event. Kingsteignton's Mayor, Councillor Ron Peart, chose this service to be the beneficiary of his Mayor's charity for the second year running. THANK YOU ALL!

We have continued to be busy one-to-one mental health support to those in our community, mostly struggling with issues of anxiety, depression and stress caused by life events. The need for this support continues to be high and we try hard to provide a service that helps people get back on their feet when life feels overwhelming.



Our little **community garden** thrived this year and we have a lovely small group of regulars who meet each Wednesday and spend time nattering and putting the world to rights. A standard session involves lots of pottering around and asking questions such as 'how did this courgette get so big in a week?!' We had tomatoes coming out of our ears, and any surplus veg was promptly delivered to one of our community larders. A huge thank you must go again to Darrin Hewings and his colleagues at Sibelco. They have continued to volunteer their time and labour to turn this allotment into a usable space. We are also

extremely grateful to Father Mark Smith and the Kingsteignton Feoffees who continue to be pleased to see us on this little bit of their land.

Another exciting project has seen us move groups up to **Stover Country Park**. We now have a contract with Stover which has enabled us to run regular HOPE courses and Anxiety Cafés in a private outdoor space. This has enhanced these courses greatly. Many people who attend do not leave the house often and are isolated due to anxiety and depression. Not only do they benefit from the group, but also from spending time in nature which is therapeutic in itself. Feedback has been really positive and we look forward to being able to continue this work, rain or shine! We have also gained a fantastic volunteer, Kyle Wright who now co-facilitates the Anxiety Café with me. Kyle started by attending the Anxiety Café and receiving one-to-one support, and has now reached a point where he is able to give back to others, really understanding what they are going through.

We continue to support and offer advice and guidance to **Mental Health Carers** through our monthly peer support group. This is a small but welcoming group of people who understand how difficult caring for a loved one can be.

And finally, it was a very sad end to the year when our Mental Health Worker, Maggie Cleverley, left us to retire. She will be greatly missed and we wish her the very best in her next chapter in life, wherever that takes her!

We would also like to say a heartfelt thank you to Ashley Lamb, who has volunteered many hours of her time as a Human Givens Therapist to those in need in our community. Ashley also very kindly organised a brilliant team day for KingsCare where we had the opportunity to spend the day at Buckfast Abbey learning all about bees. We all thoroughly enjoyed it and felt very relaxed on our return. A great way to relax and focus on our own wellbeing for the day! She is currently taking a break to work on setting up her own private practice, and we wish her the best of luck and highly recommend her!



Let's see what 2024 brings!

**Briony Enright**

**Mental Health Lead**

*See Appendix 1*

### **Wellbeing Report**

*When you're alone and life is making you lonely*

***Just call KingsCare***

*When you got troubles and life seems unfair*

***Just call KingsCare***

*Just pick up the phone and never feel alone*

***Just call KingsCare***

*It can make your life brighter and happiness less harder*

***Just call KingCcare***

*With lots of great people who are always there*

*They are happy to see you and really care*

***Just call KingsCare... KingCare***

**Written by Colin Moore who attended an Anxiety Café, HOPE, the Wellbeing Programme and has now become a volunteer at KingsCare**

The Wellbeing Team has continued to provide an excellent and varied service to the local community. We have received approximately 350 referrals and continue to work face-to-face with people both at home and out in the community.

We sadly had to say goodbye to Sue Chapman at Christmas but welcomed a new member of staff to our team, Donald MacInnes, who works closely with Trish Taylor making a very experienced wellbeing team.

We continue to attend the CVS Wellbeing Meeting. This enables us to connect with the other wellbeing teams in the area and to discuss successes and challenges. The main topic for discussion has been funding for the programme and we hope to know more by October 2024.

We have continued to promote and distribute our wellbeing leaflets and posters and participated in a Wellbeing Day at Newton Abbot Library. This enabled up to meet with other services, networking, signposting and meeting members of the general public.



*KingsCare*

We have also had numerous referrals for befriending and for benefits highlighting the increased need from people feeling isolated, lonely and wanting one-to-one support and help with the cost of living crisis and managing their finances.

We have noticed how much the cost of living has affected many of our clients and have applied for help by applying to the 'Cost of Living Grant' to help with:

1. Providing food vouchers to help with supporting a family whose husband was receiving chemotherapy and struggling to afford their rent
2. A lady who fell and broke her back who needed a new mattress
3. Applied for many food vouchers including Tesco and Asda

### **Wellbeing Case Study by Trish Taylor - Wellbeing Co-ordinator**

My initial phone conversation with JT started with him stating that they did not need any support at the moment, but I could visit them if I wanted. On my first visit I ascertained that their neighbour was still willing and able to continue with their weekly shop. We discussed social isolation, but they both explained that they had some wonderful friends and neighbours and did not feel that isolation was an issue for them. Through discussion I also ascertained that JT was not in receipt of any benefits and he agreed to me applying for AA on his behalf. This would be useful to help pay for their cleaner and any other support they might require in the future.

AA was awarded at the higher rate. During my subsequent visits it became apparent that they were both finding things more difficult due to their very poor mobility. JT had had a couple of falls and admissions to hospital, so I therefore suggested that they think about having personal alarms. These were then ordered and sent through the post and I set about connecting the alarm system to their landline. We discussed perhaps having some handrails etc around the home and they agreed to me requesting an OT assessment. This was done and they now have handrails around the home, ramps and a new shower room fitted. The next request that they had was to purchase a new phone system for them as they had one old phone that sat at the bottom of the stairs which meant that one of them had to get from their lounge chair to the phone to answer a call. This was proving to be more and more difficult and by the time they got there, quite often, the caller would have hung up. I purchased a new 4 way BT phone system, installed it for them and connected their personal alarm system to it. A phone was fitted next to both lounge chairs, in the bedroom and one in the kitchen. On one visit it became clear that JT was struggling with his meds as he had boxes scattered around the table and on the floor. I asked if he needed help with his meds and he agreed that he did. I contacted the community pharmacy team and

after a visit from them, JT's meds were put into blister packs making it so much easier for him.

## Interventions:

1. Applied for AA - higher rate awarded
2. Requested OT assessment – handrails, ramps and shower room fitted
3. Personal alarm system – purchased and fitted
4. New BT 4 way phone system – purchased and fitted
5. Referral to Community Pharmacy Team – meds in blister packs
6. Signposted to Wiltshire Farm Foods – bought and made life easier
7. Requested Care Assessment – in progress

We are now patiently anticipating whether the funding will continue to support the Wellbeing Programme and we wait, with fingers crossed, that we will be able to continue to provide this fundamental service to the local community.

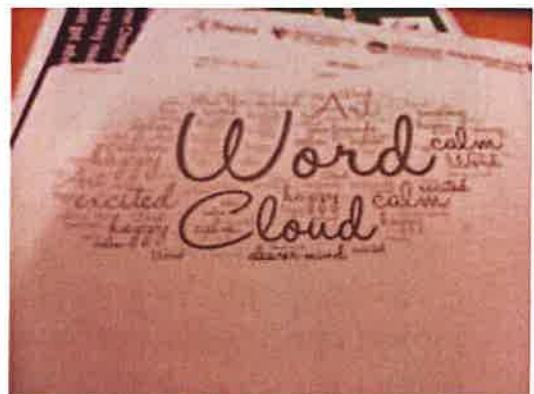
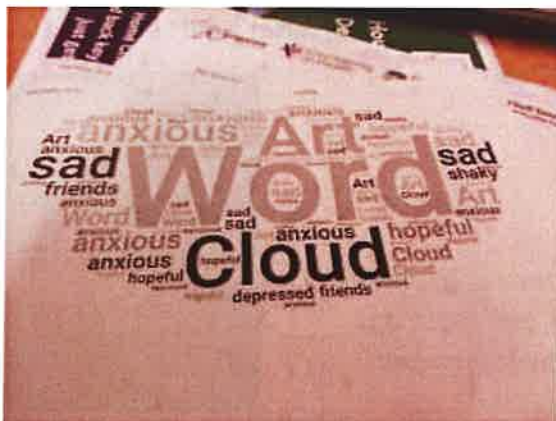
*“Having the time to listen to me and helping me through my troubles has been a life line. Thank You...”*

*“You have really, really made a difference to my life. I have tried all sorts of medication, therapies and it was here all the time.... Making the changes myself and have the support of all of you!”*

*“I want to volunteer with KingsCare because I am so thankful for what you have done for me and I want to make a difference too!”*

## HOPE

The Wellbeing Team have continued to run the HOPE Programme Courses in the Avenue Church in Newton Abbot: below is an example of how the clients felt before and after a HOPE programme.



*"I never thought I would be able to talk so freely about how I truly feel and how alone and scared I have felt about my situation.' Attending this course has helped me to make very small changes to my life but WOW what a difference it has made to my life. Thank you!"*

### Wellbeing Walks

The Wellbeing Walks have grown from strength to strength. We have 15 regular walkers and have recently trained 2 new walk leaders to assist

We have completed approximately 50 walks this year visiting the local area including: Stover Country Park, Decoy Country Park, Hackney Marshes and Teignrace.

We now have a waiting list of walkers who would like to join us. We are lucky enough to have two experienced volunteers who have made the walks so inclusive and welcoming to others.



In June last year we attended Walk Leader Training at Forde House – this was a refresher training course for KingsCare staff.

Two of us, with a volunteer walk leader, attended a Spring time walk leader lunch at Forde House, Newton Abbot. We were asked to talk about the unique situation we provide accepting referrals from GP surgeries and helping people to access the Wellbeing Walks.



We have seen positive success with many individuals from our walking group including individuals having the confidence to return back to work, making healthy friendship groups, signing up as volunteers with KingsCare and returning after heart surgery to regain his fitness.



*'The walk has helped me realise the importance of gratitude. I am so thankful for having the ability to walk and meet my friends every Tuesday. I 'get to' walk with my friends and smile.'*

*'I would not be able to do this on my own but belonging to a group means I will do it!'*



*'This is a lifeline for me.....I have made friends.....I feel safe and it is something I really enjoy!'*

*... 'I don't have a direct email for Sharon but please pass on to her how much I enjoyed the walk on Tuesday, such a wonderful group of people.' Trustee*



**Sharon Venning, Wellbeing Lead**

**Trish Taylor and Don MacInnes, Wellbeing Coordinators**

*See Appendix 3*

### **Home from Hospital**

It has been a busy time for the KingsCare Home from Hospital service. We have received approximately 250 referrals from Torbay Hospital, Newton Abbot Hospital, and from patients' family members and friends. We continue to work face-to-face with people both at home and within the community to support them with various needs to allow them to settle back in at home. This also takes pressure off the hospitals needing support with getting patients discharged with things that they cannot do themselves.

We continue to attend weekly Multiple Disciplinary Team meetings at Newton Abbot Hospital and have met with various patients on the wards to discuss how we can support them.

The requirements of the referrals have been varied and the impact of the Cost of Living crisis has been noticed with the referrals becoming more complicated, often including support with managing finances and gaining grants. Numerous applications have been made to the Household Support Fund administered by Teignbridge CVS to help with:

- Providing food vouchers to help with supporting numerous people who have lost their source of income and could not afford food
- Paying for a taxi for a lady who needed to have weekly appointments at the hospital for physiotherapy and had no means of getting there
- Applying for several food vouchers for Tesco, Sainsburys and ASDA

### Home from Hospital Case Study

I was asked to talk to a patient on the ward who had had a stroke leaving her unable to return to work. As she had been in hospital for several months to be rehabilitated, this meant that her rent and several bills had not been paid causing her to be in arrears. Due to her losing her income, she would not be able to pay off these arrears nor afford her bills. This stress caused her to feel very low in mood and anxious.

I met with D on the ward, and we had a long chat about her situation. I discussed with her about the different benefits which she may have been entitled to and we used a benefit calculator. This came back with several benefits, so I assisted D in applying for these. We discussed a referral to Step Change who could help her to set up payment plans to start paying off the arrears and to talk with the services on her behalf, so she did not have this stress on top of her change in circumstances.

I met with D weekly, and we had a catch up to see how she was. It was very warming seeing her progress over the months. D discussed needing to carry on returning to the hospital weekly when she is discharged for physiotherapy. However, due to her change in mobility, D would not be able to use public transport and could not afford a taxi.

#### Intervention:

- Referred to Step Change for support with arrears
- Applied for vouchers to fund weekly taxis so she could attend physiotherapy weekly
- Applied for vouchers to pay for food shopping and toiletries
- D got enhanced rate PIP, ESA, and is having support with her housing costs until she can work again

### Quotes from Home from Hospital clients

*D.S: "I would like to tell you the story of how KingsCare have helped me immensely for which I will be eternally grateful. I was working full time up until January 2024, I have done so since I was a teenager. In February 2024 I had a stroke which completely changed my life. It caused me to be disabled completely down the left-hand side, I went to Newton Abbot Hospital in March 2024. I found the idea of going home very daunting, but KingCare came to the rescue. I had no money for food or anything as I could not work. KingsCare very kindly organised some food parcels, shopping vouchers, and they funded my taxis so I could get the treatment I need. They also helped me to get on top of my debt. I cannot thank them enough, the stress of*

*coming home after a massive stroke and the changes this caused is unbelievable but with their support, I was able to return home knowing I had help.”*

*L.O-P: “Thank you so much for all your understanding and kindness, no words can express my appreciation for taking me to my appointment today as well as your support.”*

## **Welfare Benefits Service**

The Welfare Benefits service has been increasingly busy this year with frequent referrals from our Home from Hospital service, self-referrals, organisations such as housing, and through family members or friends. This home-based service has continued to thrive due to the hard work and kindness of our dedicated benefits volunteers, who have supported with around 288 referrals in total with one volunteer spending around 100 hours on PIP applications alone!

### **Welfare Benefits Service Case Study**

Over the year we have seen many successes, with people now accessing the benefits to which they were unaware that they were entitled. This service has also helped change the lives of many people as the volunteers give people confidence. For example, one client who was referred to us was unable to work; he needed support when attending appointments and rarely went out. Due to the hard work and dedication of one volunteer who has worked one-to-one with this gentleman for several years, he now attends appointments on his own, has started his own business, attends regular groups where his talents shine, and has even travelled several hundred miles on his own to pick up his own car. Seeing the difference from the start to now is incredible.

### **Quotes from our Welfare Benefits Clients**

*J.H: “I cannot thank you enough for your kindness. Because of your help I am now able to afford to have my cleaner help me twice a week. It is nice to know that I have some money now for emergencies. Thank you.”*

*J.C: “I have been awarded my Blue Badge! Now I can park closer to the shops which will make shopping much easier. Thank you.”*

*T.D: “Hi Shannon, just to say thank you for the information. You are extremely kind and it is much appreciated.”*

The end of 2023 saw the need for support rise as people needed assistance with their increasing energy bills. This increase saw a lot of people struggling to afford other essentials such as food and toiletries. To try and support people with the cost of their heating we applied for funding to run a warm space from October 2023, right

through to Spring 2024. We were kindly allowed to use a room in Kingsteignton Town Hall. This was a weekly warm space where people could attend for free and have a hot drink and socialise with others. Those who attended participated in a range of activities ranging from singing to card games and board games. They also enjoyed the various cakes and treats.

There was always a member of staff present each week to provide information on energy or benefits if needed. I had recently gained a Level 3 Award in Energy Awareness by National Energy Action following an on-line course which focussed on a range of issues around understanding energy bills, damp and heating problems, even how to set a central heating timer. We ran a total of 24 Warm Hubs in this time and supported around 150 people. We hope to continue running a warm space where funding allows.

We have continued to promote and distribute our leaflets and have participated in 2 Cost of Living events organised by Teignbridge CVS. This has enabled us to meet network with other services, to signpost and meet members of the public.

**Shannon Didlick**

**Home from Hospital and Welfare Benefits Lead**

*See Appendix 4*

**Sarah Lakey**

We took Sarah on in 2022 to raise funds for the Sorting Office. When we had to shelve the project due to the current economic climate, we were able to redeploy her to raise funds for other projects. And she did an excellent job. She talked to primary schools about Dementia and they held non uniform days which have raised funds for our Dementia work.

She has also raised funds from the National Grid, the Elm Grant Trust, SWW, Newton Abbot Town Council, Newton Abbot Hospital League of Friends, Exeter Chiefs, ASDA, Sport England, the Veronica Awdry Charitable Trust, the Benefact Group and more. Some of these funds were quite substantial, others smaller but all of them are helping us to maintain current projects and to plan new initiatives.

Once the Sorting Office project folded we needed to redeploy her for some of the time for which she was employed. For a long time the Health & Social Care managers based at Sherborne House had been asking for a Voluntary Sector representative to be based there for 20 hours a week to facilitate referrals between us all. Sue Wroe, Chief Executive at Teignbridge CVS found some funding and Sarah took up the role. Unfortunately she enjoyed working at Sherborne House so much that she applied for a job there as a Social Care Assessor and left us!

## Sherborne House

Unfortunately the funding for the project was only for 12 months but, during that time, much was achieved; a strong relationship was built up between the Voluntary Sector and the Newton Abbot Health and Social Care Team with an average of 16 referrals being made each month. The VCSE Connector role is not just about KingsCare. Referrals are also made to Volunteering in Health in Teignmouth, Totnes Caring, the Moorland Community Care group and others.

Sarah left us at Christmas and there was time left to bring someone else in to continue her work at Sherborne House, so we employed Tara Hales in this role.

“I started the role in March 2024, initially shadowing colleagues at KingsCare, then moving to Sherborne House to work alongside the Adult Social Care Team and NHS teams based there.

There has been a lot of training involved with the Devon County Council mandatory systems, including Carefirst, their main client information system. I have settled in well with the team there, forging strong working relationships and communicating regularly via the various routes the teams use.

I attend the District Nurses Team meeting (which are held daily) as often as I can and share important updates with the entire team. Attending these meetings increases referrals from the community nurses as my presence reminds them of the Voluntary Service support that's available.

I have regular meetings with Teignbridge CVS and keep updated with their pilots, sharing with the wider Sherborne House Team. I've attended meetings both in person and via Teams to build and strengthen working relationships.”

Although the funding hasn't been renewed for a second year, we have kept Tara's role going for a few hours a week because it would be a waste not to! These are some of the comments that the staff at Sherborne House have said in support of the project.

*“We have loved having Sarah and now Tara in the team, it really helps with understanding the Voluntary Sector.”*

*“I can't believe how easy it is to access funds to pay for a deep clean to improve the living conditions of my patient.”*

*“It's great having you here to find out other ways we can help people without spending money!”*

*“Having Tara in the same office with us ensures we are always thinking about what the Voluntary Sector can offer the individuals we are supporting.”*

*“Tara is an amazing Voluntary Sector link, not only for us but for the Intermediate Care Team and nurses who work on the same floor as us.”*

## Dementia Service

It has been a busy time for the KingsCare Dementia service. Referrals of people living with dementia and dementia Carers have remained steady and we continue to offer one to one wellbeing interventions and signposting for these clients. A range of group-based interventions run by the service remain popular with many seeing an increase in attendance.

The four Memory Cafes facilitated by KingsCare continue to thrive, with the most recently established, Kingsteignton Memory Café going from strength to strength. The Kingsteignton Café was set up in November 2022 in response to the Newton Abbot Café becoming oversubscribed. Both Cafés now have between 15 and 20



people attending each month. This has meant that the Memory Cafés are being offered to a wider range of people in Newton Abbot, whilst maintaining the intimacy of the Memory Café experience.

Over the year the

various Memory Cafés have offered a range of activities ranging from pancake tossing to card making. They have also enjoyed, amongst other activities, visits from singers, musicians, outside speakers and a therapy dog.



The Memory Cafés continue to enjoy the support of a large and dedicated pool of volunteers, and we currently are in the enviable position of having a waiting list of volunteers who would like to offer their support.

*“The only way I can describe it is - I felt like there was this sinkhole and I could be doing whatever and this sinkhole would appear. I felt that I couldn't take another step for fear of falling into it. Since I have been attending the Kingsteignton Memory Cafe, I feel that I have a way of building a bridge over that chasm to help me avoid falling into it. This is where KingsCare has really helped me. You are like a breath of fresh air*

*and you really cheer me up. With your support and encouragement, I'm in a much better place. L.W."*



*"I wanted to write to you to let you know how much my Mum enjoys coming to the Memory Cafe, she loves hearing St Michael's School choir sing and the other musical entertainment where she gets up and dances! It is one of the few chances she gets to socialise. We also thoroughly enjoy the discussions as well as the tea and cakes.*

*Many thanks to you and all the volunteers for your warm welcome, help and support. K.T."*

Regarding support and training for our Café volunteers, we continue to offer regular formal meet-ups over the year at which Café planning and training is undertaken and these sessions have been well received.

Dementia Carers can, once each month, attend a support group and bring along the person they care for who can join an activity session in a separate room. This allows Carers the chance to access training provided by Devon Carers, or to have the freedom to discuss their concerns with valuable face-to-face peer support.

Following a referral, Carers are offered a one-to-one visit in their homes where they are offered support, advice and information around issues including, Power of Attorney, Attendance Allowance, Council Tax reduction, the Herbert Protocol, local dementia centres, pendant alarms, the Independent Living Centre and guidance about how to join Devon Carers.

In December, 26 Carers along with the person they care for enjoyed a delicious Christmas lunch at a local Golf Club. Following the meal, this quote was received from a Carer who has been looking after her husband since his diagnosis over five years ago, 'It is lovely to join a group of people who understand what I'm going through. We wouldn't have gone out anywhere like this together, so thank you for inviting us'.

Carers looking after someone with dementia can find it difficult to engage in pastimes where they feel the person they care for may be judged. KingsCare activities, such as the games mornings and the Wellbeing Walks are ideal as they are inclusive, no matter what people's abilities are.

### Case study

*When I first visited E he was very isolated and unsure where to turn for help. We discussed and identified what the most important issues were for him and started to work through these concerns at his pace.*

*He told me that getting out to put money onto his gas and electric cards during the cold frosty days of winter concerned him as he worried about slipping and falling on ice. I arranged for him to set up direct debits with both of his Providers. This means he can now budget his bills throughout the year without the worry of having to pay out more money during the colder months.*

*To help improve his mental wellbeing E now goes on the weekly KingsCare bus trips and gets picked up in our minibus to attend both the monthly lunch club and tea & chat. E sometimes struggled to hear what people were saying to him, so I booked an appointment for him to see his GP who referred him for a hearing test, resulting in him getting hearing aids. This has greatly improved his quality of life as he feels he isn't missing out during conversations*

*We discussed him having a personal alarm as he had stumbled at home and was concerned that if he had a bad fall, he wouldn't be able to raise an alarm. I arranged for this to be delivered and set it up for him on his mobile phone.*

*I contacted the Teign Housing OT to arrange for them to visit to assess what Aids were needed. They supplied and fitted handrails both inside and outside the backdoor as well as fitting a lower shower stool.*

*Shopping, preparing and cooking meals were becoming an issue for E so we talked through different suppliers of ready/frozen meals. He now has a delivery every fortnight of a varied selection of frozen meals that he can heat in his microwave oven.*

### Jackie Milan

KingsCare has further hosted two meetings of the southern region of the Devon Memory Café Consortium at which coordinators and volunteers from local Cafés have networked, provided mutual support and shared practice ideas.





The Walking Group for people living with dementia continues to be popular. From the beginning of this year the group has visited Stover Country Park each month in addition to a monthly Kingsteignton walk. Participants have reported enjoying the Stover environment and the opportunities this offers in connecting to wildlife, particularly in the Spring and Summer months.

**David Garland – Dementia Activities Coordinator**

**Jackie Milan- Dementia Carers Support Worker**

*See Appendix 2*

## Transport

Much as we loved the old London taxi we bought to help us through the pandemic, it was a bit 'gimmicky' and more difficult for our passengers to get in and out of than we thought. We did, however, need another wheelchair accessible vehicle so we sold the taxi and Sarah set about raising funds to replace it. We decided on a Ford Connect and found a second hand one that had been bought by AgeUK in Cornwall but barely used. Among the funders were the Exeter Chiefs and Newton Abbot Hospital League of Friends and we took delivery in June.



The transport service was very busy throughout the year as the NHS tried to catch up with the backlog of patients needing treatment following the pandemic. Unfortunately we became quite down on volunteers and it became very difficult to provide enough drivers to meet the demand.

Andy Gould joined us as our Transport Coordinator in 2021 and was a much valued member of our team. Sadly he decided to leave us in December 2023. Ian Whyte, whom Andy originally replaced, agreed to return to the role on a short term basis for which we are extremely grateful. It is a very demanding role with requests for transport or alterations to transport requests coming in constantly. It is, however, a very important part of our work as NHS-provided hospital transport is now very difficult to arrange and taxis are beyond the budget of many of our patients. A huge debt of gratitude goes to Andy for keeping the service afloat and to Ian for stepping into the breach at short notice.

**Maggie Bonnell**

**Manager**

*See Appendix 7*

### **Bus trips**

It has been good to see the two minibuses being used on a regular basis throughout the year to transport people to activities such as swimming, HOPE courses, walking groups to various locations to walk, and to our monthly Lunch Club and Tea and Chat afternoons.

In addition, every Wednesday, throughout the year, we have taken approximately 18 people out in two minibuses to various locations. We have visited the Moors, seaside towns, market towns such as Tavistock, the theatre and garden centres, all of which prove very popular. The most popular being a short drive, followed by lunch in a local pub or cafe!

A huge thank you must go to the 2 Drivers and 2 Couriers who give up their time each week. Without these 4 wonderful volunteers, these trips would not be possible.

We have also facilitated Friday afternoon trips out for some of the residents of Ilford Park, the Polish Home in Liverton. Currently unable to sustain their own minibus, ours has been an absolute lifeline to the residents, many of whom are elderly and disabled and love the opportunity our minibus gives them to get out and about for the afternoon. We have 2 regular volunteer drivers for these trips to whom we are very grateful.

Thank you to you all!

### **Befriending**

A befriending service is always top of the list of many of the referrals we receive. Unfortunately we have great difficulty in recruiting enough volunteers to take up the role of befriender. For various reasons most of those we do have retired over the year leaving us unable to offer this as a face-to-face service to new referrals for the time being. Instead we have volunteers, including myself, who have been ringing people throughout the year on a weekly basis for a chat. We have plans to try to revive it through a recruitment drive and a slightly different approach but have neither the time nor the funding to develop them at present. We would welcome any new volunteers who would like to become a befriender, a service so hugely valued by our clients.

**Marilyn Brooks**  
**Befriending and Minibus Co-ordinator**

## The Hub

Our amazing volunteers have worked very hard all year running our charity shop. The market for second hand clothes in particular is poor and the businesses that collect items that have not been sold in charity shops across the country are struggling to survive. It is all a real worry as we hate sending perfectly serviceable items to landfill.

Our most popular items are books and jigsaws which have maintained the interest of many who started doing them regularly during the pandemic.

We are, however, delighted to see that the overall profit from the Hub has increased by 22% over the previous year. A great tribute to our dedicated team of volunteers.

## Swimming

We were able, yet again, to use the open air pool at Kingsteignton for a weekly supported swimming session from June to September. Although the numbers attending are low and very dependent on the weather, it is much appreciated by those who do attend.

## Creative Writing Group

Under the leadership of Sarah Hopkins, this wonderful group produced a second volume of work from their weekly sessions.

As I said in my introduction to the publication-

“I popped into this wonderful group one evening to ask the attendees for their thoughts on the sessions. No one hesitated as they told me how much the group means to them and what they got out of it. I think it was summed up in one person’s words.”

*“Meeting regularly with people of like minds is good and stimulating.”*

No wonder they all bubble with enthusiasm.

**Maggie Bonnell**  
Manager





Report produced by:

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

Telephone: 01626 817335  
Website: [www.kingscare.co.uk](http://www.kingscare.co.uk)  
Email: [office@kingscare.co.uk](mailto:office@kingscare.co.uk)  
Facebook: [facebook.com/KingsCareLOF](https://facebook.com/KingsCareLOF)

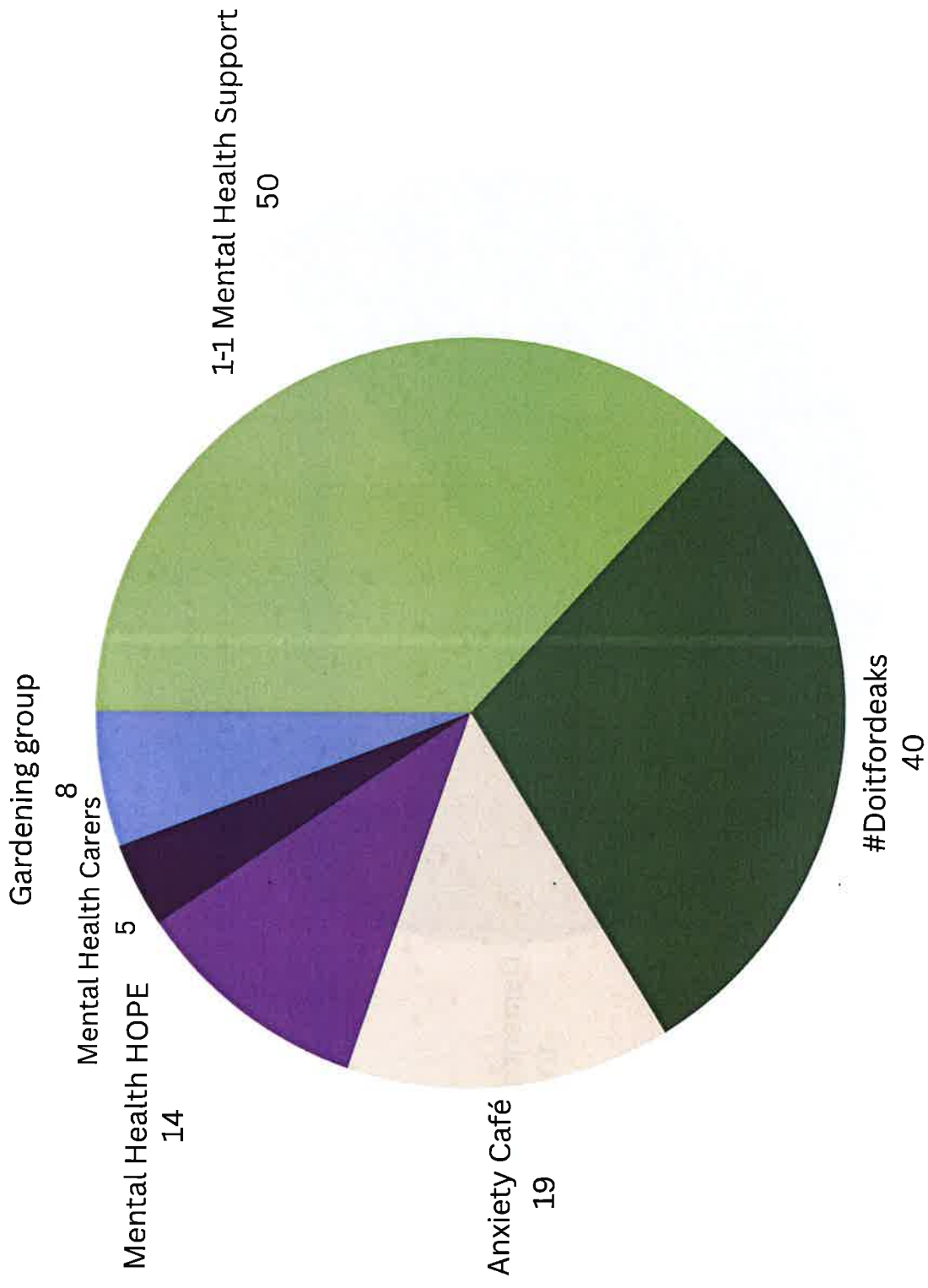


# APPENDICES

- Appendix 1: Number of people supported through KingsCare's Mental Health service 23/24
- Appendix 2: Number of people supported through KingsCare's Dementia service 23/24
- Appendix 3: Number of people supported through KingsCare's Wellbeing service 23/24
- Appendix 4: Number of people supported through KingsCare's Home from Hospital service 23/24
- Appendix 5: Number of people who have attended KingsCare's activities 23/24
- Appendix 6: Number of people who have had general support from KingsCare 23/24
- Appendix 7: Number of people who have had transport from KingsCare 23/24
- Appendix 8: KingsCare Annual Accounts 23/24

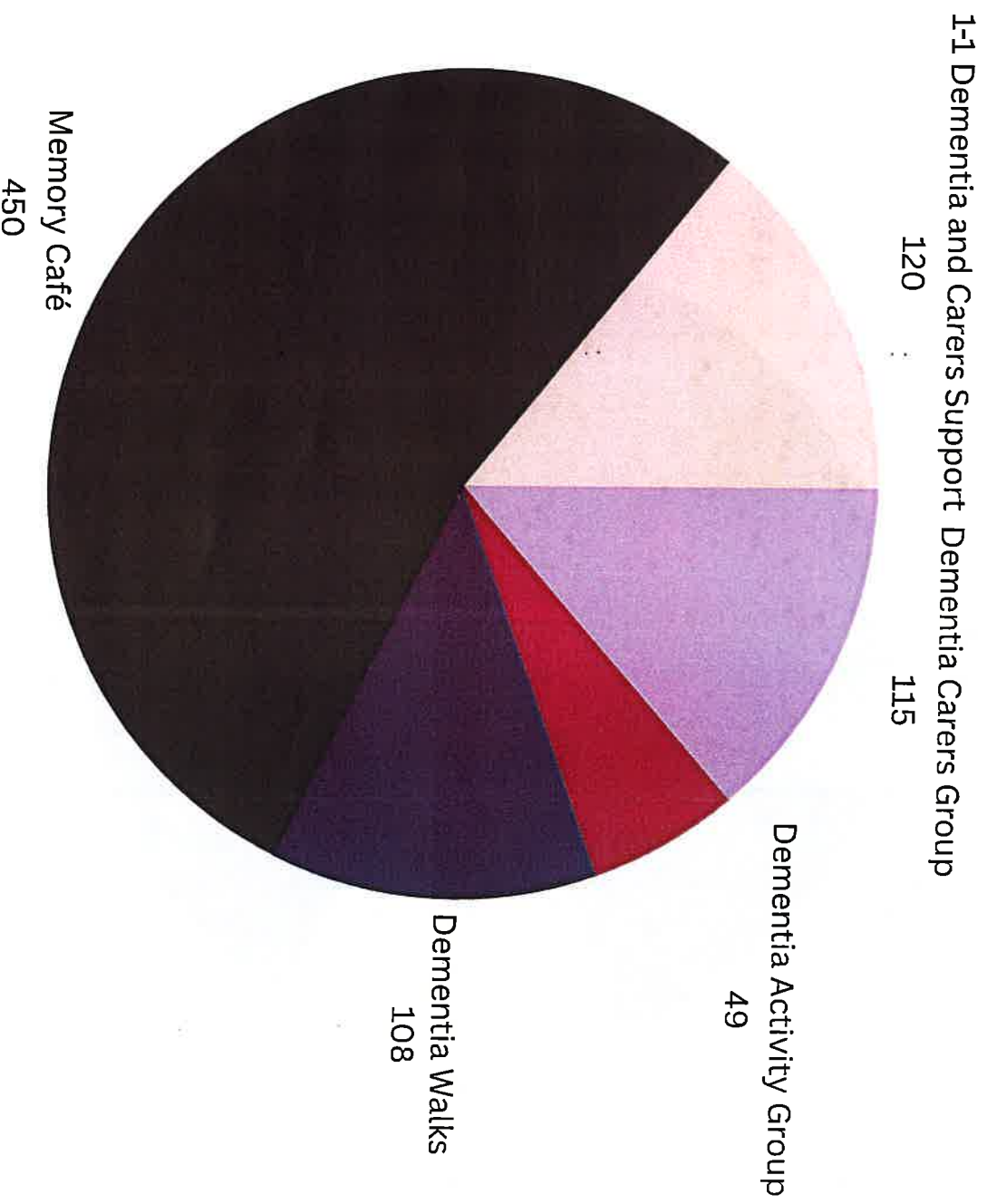


# MENTAL HEALTH SUPPORT



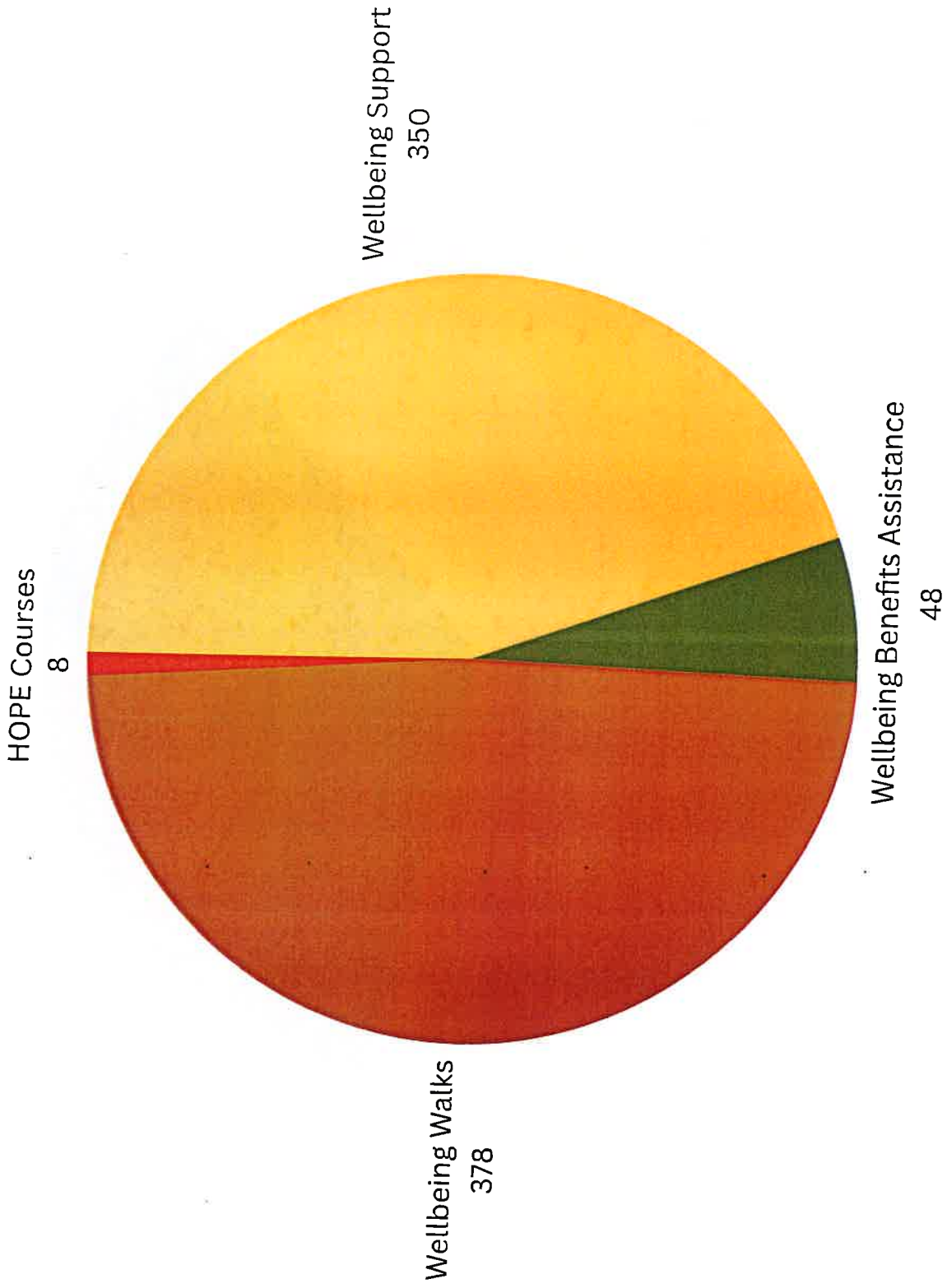
Appendix 1: Number of people supported through KingsCare's mental health service 23/24

# DEMENTIA SUPPORT



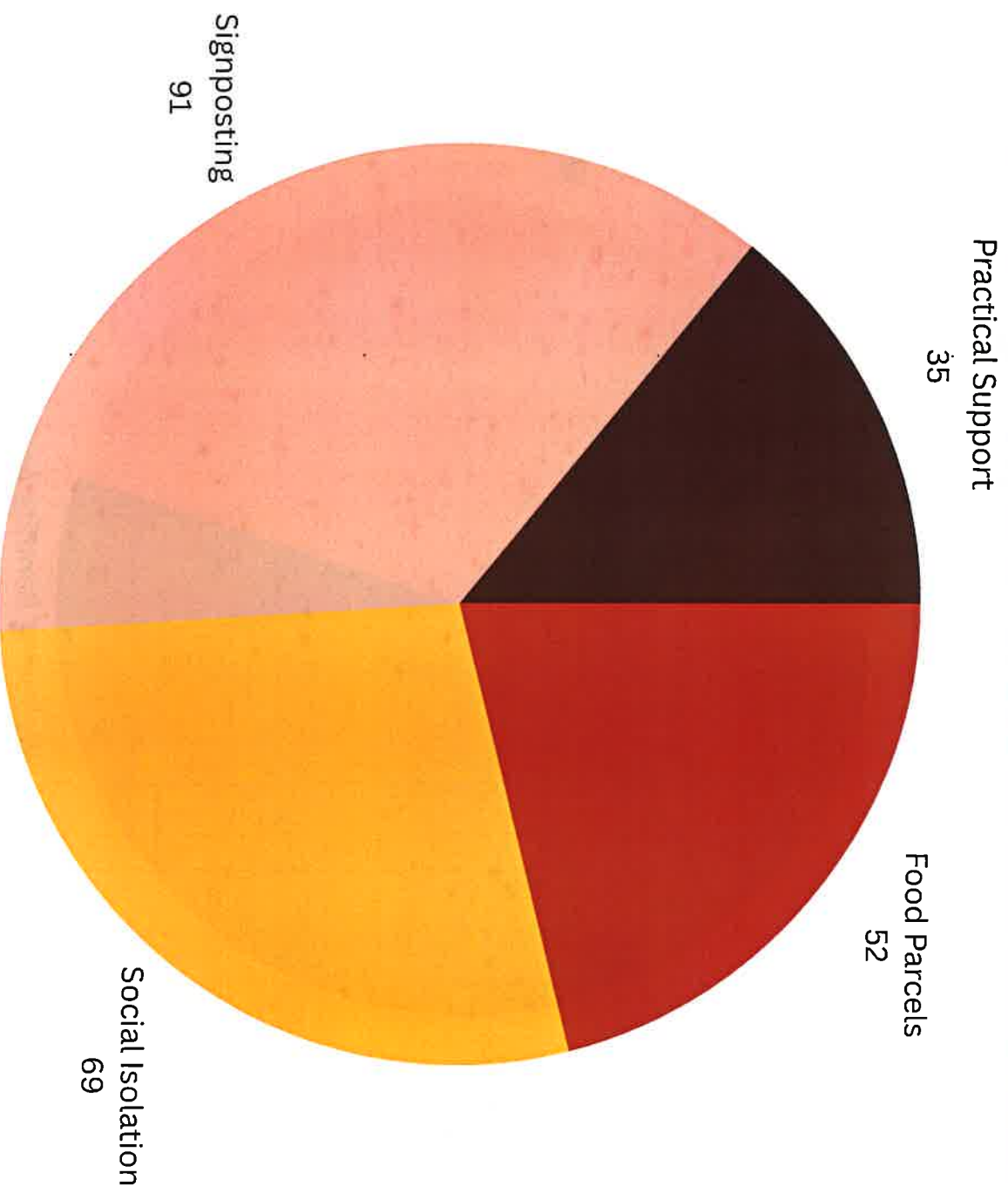


# WELLBEING



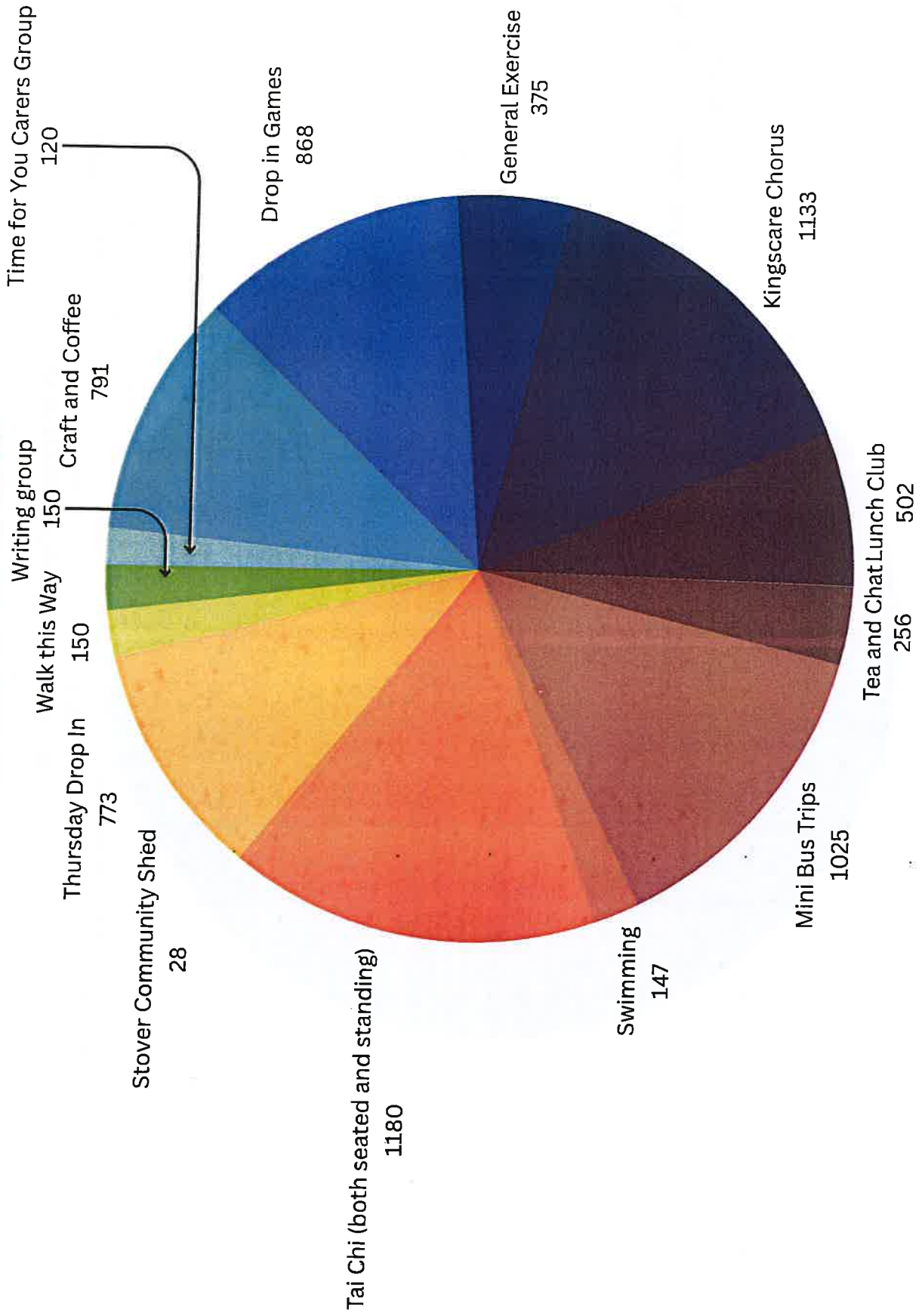
Appendix 3: Number of people supported through KingsCare's Wellbeing service 23/24

# HOME FROM HOSPITAL



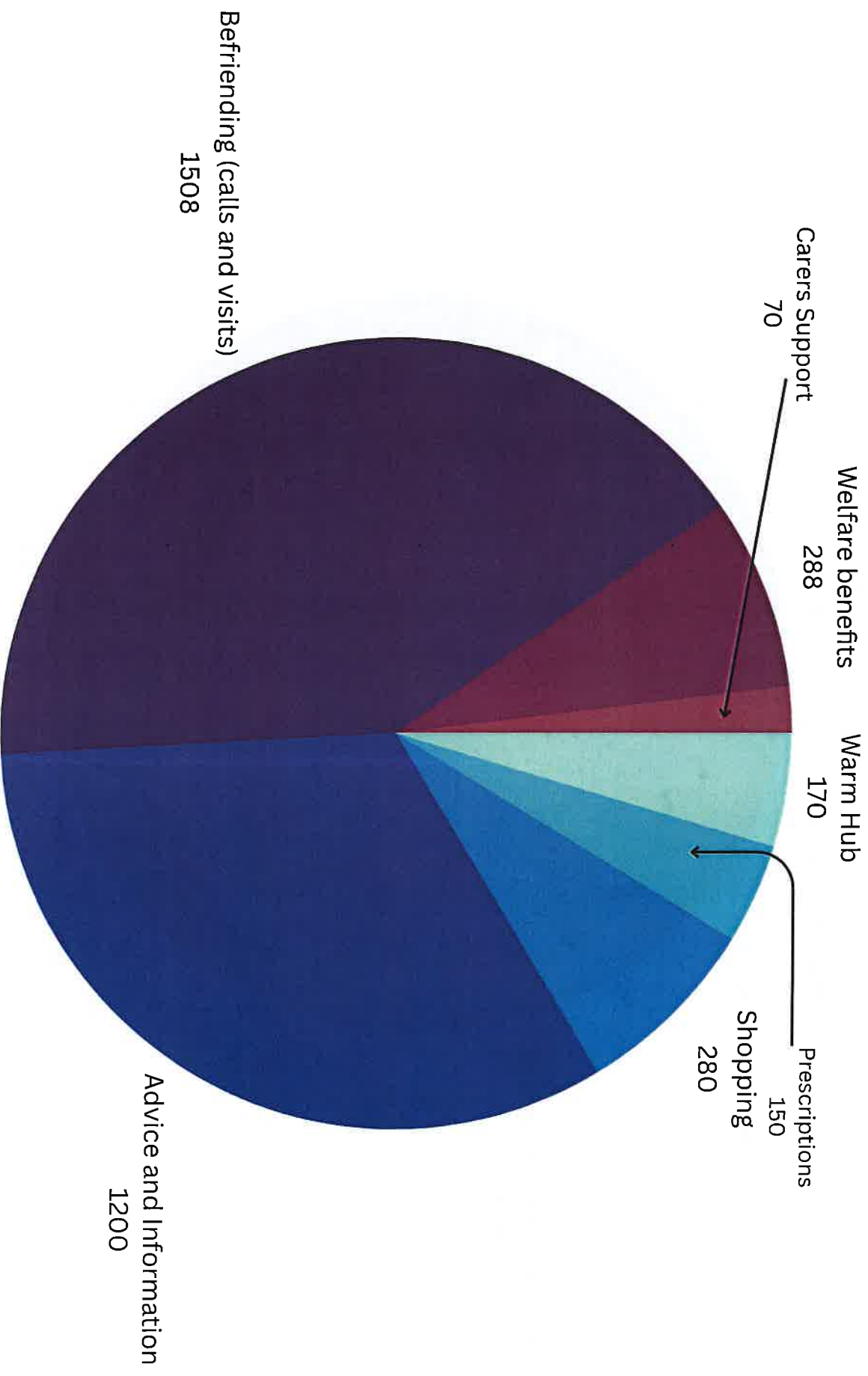
Appendix 4: Number of people supported through KingsCare's Home from Hospital service 23/24

# ACTIVITIES



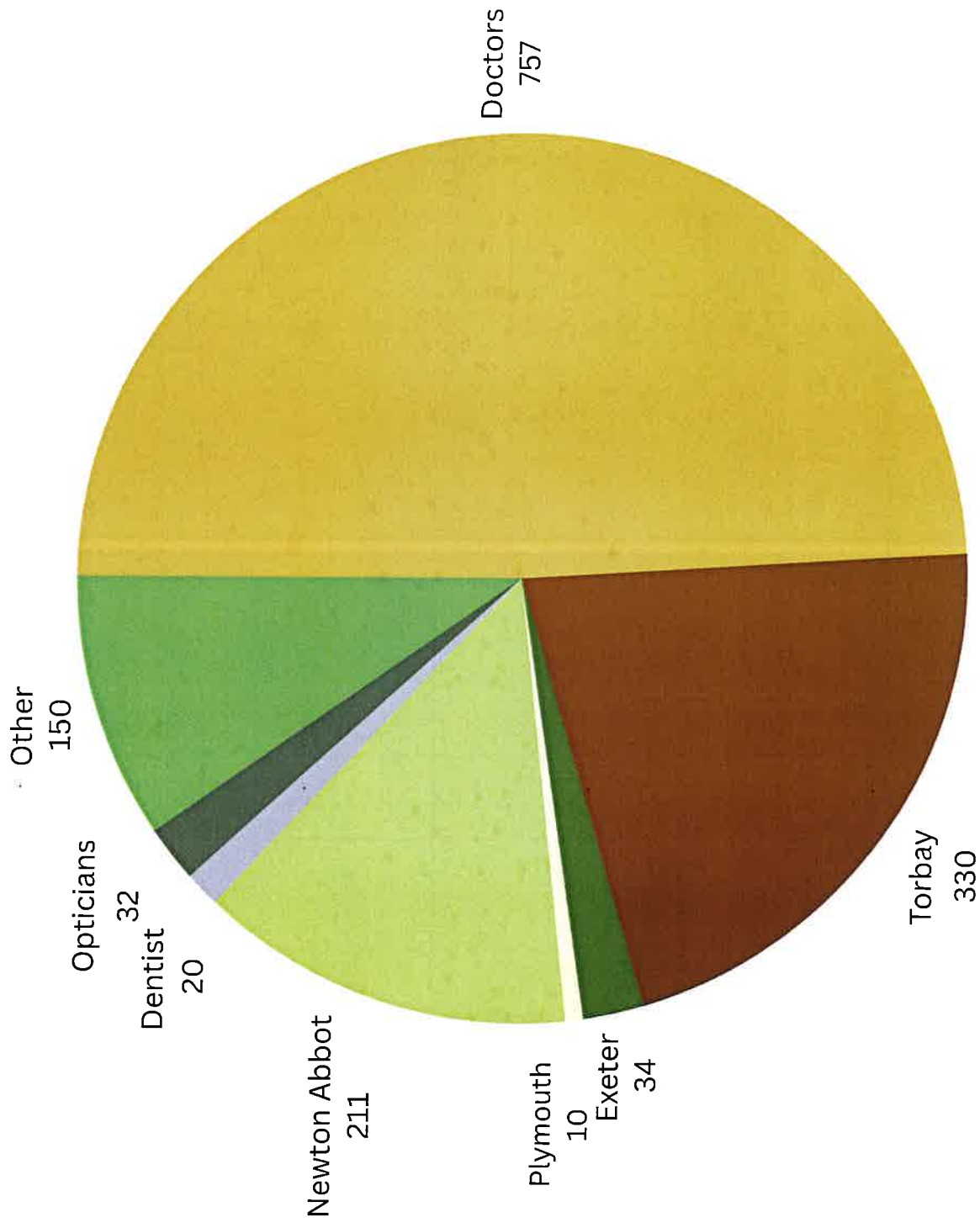
Appendix 5: Number of people who have attended KingsCare's activities 23/24

# GENERAL SUPPORT



Appendix 6: Number of people who have had general support from KingsCare 23/24

# TRANSPORT



Appendix 7: Number of people who have had transport from KingsCare 23/24



Charity registration number 1174450

**KINGSCARE LEAGUE OF FRIENDS**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

# **KINGSCARE LEAGUE OF FRIENDS**

## **ACCOUNTS CONTENTS**

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Independent examiner's report	3
Statement of financial activities	4
Balance sheet	5
Notes to the accounts	6 - 19

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# KINGSCARE LEAGUE OF FRIENDS

## TRUSTEES REPORT

### FOR THE YEAR ENDED 31 MARCH 2024

---

The trustees present their annual report and financial statements for the year ended 31 March 2024.

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) (issued in October 2019).

#### **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 £311,083 compared with £304,005 for the 12 months to 31 March 2023.

Expenditure has seen a decrease this year, totalling £319,594 compared with £342,283 for the 12 months to 31 March 2023.

The total value of the charity's funds has decreased from £385,051 at 1 April 2023 to £376,448 at 31 March 2024.

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

#### **Reserves policy**

During the year the Trustees have reviewed the reserves policy of the charity and have concluded designated funds should retain sufficient funds to fulfil the running cost requirements of the charity for a period of no less than six months. The Trustees consider that reserves held at this level will ensure that, in the event of a significant drop in funding, they will still be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

The designated funds available at the 31 March 2024 of £259,796 are the equivalent of approximately 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.

#### **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).

# KINGSCARE LEAGUE OF FRIENDS

## TRUSTEES REPORT (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

---

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

Mr G P Wickham	(Resigned 31 March 2024)
Mr D Rollason	
Dr M C Clarvis	(Resigned 29 January 2024)
Mr N Biggs	(Resigned 21 March 2024)
Mr R Holliday	
Mr K Smith	(Resigned 22 January 2024)
Dr W Farrah	
Mr P Millichap	(Resigned 29 January 2024)
Mr P Stevens	(Resigned 9 November 2023)
Mrs J Bennett	(Appointed 13 April 2023 and resigned 30 January 2024)
Mrs N Barker	(Appointed 12 October 2023)
Ms M Perrin	(Appointed 21 May 2024)
Mr J Patrick	(Appointed 21 May 2024)

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.

The trustees report was approved by the Board of Trustees.



Mr R Holliday  
Trustee

Date: 15<sup>th</sup> August 2024

# 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 2024, which are set out on pages 4 to 19.

#### 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.

Mrs L Lulek FCA CTA  
Darnells Chartered Accountants  
Quay House  
Quay Road  
Newton Abbot  
Devon  
TQ12 2BU



Dated: 19<sup>th</sup> August 2024

# KINGSCARE LEAGUE OF FRIENDS

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
<b>Income from:</b>							
Donations and legacies	3	116,790	118,898	235,688	63,269	160,013	223,282
Charitable activities	4	51,593	-	51,593	49,329	11,404	60,733
Other trading activities	5	20,374	-	20,374	19,377	-	19,377
Investments	6	3,428	-	3,428	613	-	613
<b>Total income</b>		<u>192,185</u>	<u>118,898</u>	<u>311,083</u>	<u>132,588</u>	<u>171,417</u>	<u>304,005</u>
<b>Expenditure on:</b>							
Charitable activities	7	168,920	142,551	311,471	178,832	156,192	335,024
Other expenditure	11	8,123	-	8,123	7,259	-	7,259
<b>Total expenditure</b>		<u>177,043</u>	<u>142,551</u>	<u>319,594</u>	<u>186,091</u>	<u>156,192</u>	<u>342,283</u>
Net gains/(losses) on investments	12	(92)	-	(92)	(1,347)	-	(1,347)
<b>Net income/(expenditure) and movement in funds</b>		<u>15,050</u>	<u>(23,653)</u>	<u>(8,603)</u>	<u>(54,850)</u>	<u>15,225</u>	<u>(39,625)</u>
<b>Reconciliation of funds:</b>							
Fund balances at 1 April 2023		<u>356,819</u>	<u>28,232</u>	<u>385,051</u>	<u>411,669</u>	<u>13,007</u>	<u>424,676</u>
<b>Fund balances at 31 March 2024</b>		<u>371,869</u>	<u>4,579</u>	<u>376,448</u>	<u>356,819</u>	<u>28,232</u>	<u>385,051</u>

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

All income and expenditure derive from continuing activities.

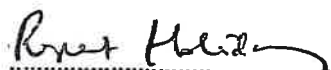
# KINGSCARE LEAGUE OF FRIENDS

## BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	14		23,849		11,292
Investments	15		-		32,194
			<u>23,849</u>		<u>43,486</u>
<b>Current assets</b>					
Debtors	16	2,396		1,977	
Cash at bank and in hand		362,142		352,538	
		<u>364,538</u>		<u>354,515</u>	
<b>Creditors: amounts falling due within one year</b>	17	(11,939)		(12,950)	
Net current assets			<u>352,599</u>		<u>341,565</u>
<b>Total assets less current liabilities</b>			<u><u>376,448</u></u>		<u><u>385,051</u></u>
<b>Income funds</b>					
Restricted funds	20		4,579		28,232
<u>Unrestricted funds</u>					
Designated funds	21	259,796		303,307	
General unrestricted funds		<u>112,073</u>		<u>53,512</u>	
			<u>371,869</u>		<u>356,819</u>
			<u><u>376,448</u></u>		<u><u>385,051</u></u>

The financial statements were approved by the Trustees on 15<sup>th</sup> August 2024



Mr R Holliday  
Trustee

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

---

### 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 financial statements have been prepared in accordance with the Charities Act 2011 and the 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Kingscare League of Friends meets the definition of a public benefit entity under FRS 102.

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 or grantors 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.

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.

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

---

### 1 Accounting policies

(Continued)

#### 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 the statement of financial activities.

#### 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.

#### 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.

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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### 1 Accounting policies

(Continued)

#### 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.

### 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.



# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 3 Donations and legacies

	Unrestricted funds		Restricted funds		Total		Unrestricted funds		Restricted funds		Total	
	2024	2024	2024	2024	2024	2024	2023	2023	2023	2023	2023	2023
	£	£	£	£	£	£	£	£	£	£	£	£
Donations and gifts	16,460	-	-	-	16,460	-	17,838	-	-	-	17,838	-
Legacies receivable	-	-	-	-	-	-	39,208	-	-	-	39,208	-
Grants receivable	97,245	118,898	118,898	-	216,143	160,013	-	160,013	-	160,013	-	160,013
Membership fees	3,085	-	-	-	3,085	6,223	-	-	-	-	6,223	-
	<u>116,790</u>	<u>118,898</u>	<u>118,898</u>	<u>118,898</u>	<u>235,688</u>	<u>63,269</u>	<u>160,013</u>	<u>160,013</u>	<u>160,013</u>	<u>160,013</u>	<u>223,282</u>	<u>160,013</u>
<b>Grants receivable for core activities</b>	-	-	-	-	-	-	-	-	-	-	-	-
Other Grants	97,245	118,898	118,898	-	216,143	-	-	-	-	-	-	160,013
Other	<u>97,245</u>	<u>118,898</u>	<u>118,898</u>	<u>118,898</u>	<u>216,143</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>160,013</u>	<u>160,013</u>	<u>160,013</u>	<u>160,013</u>

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

4 Charitable activities	Patients transport		Catering		Exercise Projects		Newton Dementia Support Groups		Benefits Advice		Do It for Deaks		Memory Cafe		Allotment		Befriending		Chorus Creative writing		Other		Total			
	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£		
Sales within charitable activities	16,992	4,855	10,252	8,044	3,466	1,523	570	2,073	24	35	3,078	670	11	51,593	60,733											
Analysis by fund	16,992	4,855	10,252	8,044	3,466	1,523	570	2,073	24	35	3,078	670	11	51,593	60,733											
Unrestricted funds	18,808	3,993	7,769	9,315	1,791	-	574	3,589	186	-	2,315	553	436	49,329	11,404											
Restricted funds	-	-	-	11,340	-	-	-	-	-	-	-	64	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>For the year ended 31 March 2023</b>	18,808	3,993	7,769	20,655	1,791	-	574	3,589	186	-	2,315	553	436	60,733	11,404											

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

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**5 Income from other trading activities**

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising events	5,587	6,667
The Hub Shop income	14,787	12,710
Other trading activities	<u>20,374</u>	<u>19,377</u>

**6 Income from investments**

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	<u>3,428</u>	<u>613</u>

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 7 Charitable activities

	2024	2023
	£	£
Staff costs	234,124	252,478
Depreciation and impairment	7,262	5,281
Minibus and mobility vehicle	7,580	9,668
Patients transport	2,931	5,486
Catering	92	39
Exercise	21,654	27,037
Establishment costs	26,473	24,502
Donations	7,294	8,159
Sorting Office Project	-	418
Newton Abbot groups	340	342
Legal and professional fees	2,314	1,656
Training	85	971
Bank Charges	576	508
Fundraising events	724	343
Other charitable expenditure	22	(1,864)
	<u>311,471</u>	<u>335,024</u>
	<u>311,471</u>	<u>335,024</u>
<b>Analysis by fund</b>		
Unrestricted funds	168,920	
Restricted funds	142,551	
	<u>311,471</u>	
<b>For the year ended 31 March 2023</b>		
Unrestricted funds		178,832
Restricted funds		156,192
		<u>335,024</u>

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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8 Support costs	Governance costs £	2024 £	Governance costs £	2023 £
Accountancy	660	660	660	660
Legal and professional	996	996	936	936
	<u>1,656</u>	<u>1,656</u>	<u>1,596</u>	<u>1,596</u>
Analysed between Charitable activities	<u>1,656</u>	<u>1,656</u>	<u>1,596</u>	<u>1,596</u>

Accountancy consists of payments to the independent examiner of £1,140 (2023: £660).

### 9 Trustees

During the year Trustees received reimbursement of charity expenses incurred personally to the sum of £1,487 (2023: £1,054).

During the year the trustees donated funds without conditions totalling £1,473 (2023: £111) and paid memberships totalling £Nil (2023: £Nil).

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 10 Employees

#### Number of employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Manager	1	1
Deputy manager	1	1
Transport co-ordinator	2	2
Mental health support worker	2	2
Hospital discharge and carer support worker	-	1
Health and well being co-ordinators	3	3
Dementia support workers	4	4
Fundraiser and Project manager	1	1
	<u>14</u>	<u>15</u>

#### Employment costs

	2024 £	2023 £
Wages and salaries	223,536	241,256
Other pension costs	10,588	11,222
	<u>234,124</u>	<u>252,478</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.

### 11 Other

	2024 £	2023 £
The Hub Shop expenses	<u>8,123</u>	<u>7,259</u>
	<u>8,123</u>	<u>7,259</u>

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

#### 12 Net gains/(losses) on investments

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Revaluation of investments	-	(1,347)
Gain/(loss) on sale of investments	(92)	-
	<u>(92)</u>	<u>(1,347)</u>

#### 13 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

#### 14 Tangible fixed assets

	Fixtures and fittings	Motor vehicles	Total
	£	£	£
<b>Cost</b>			
At 1 April 2023	7,415	100,302	107,717
Additions	-	19,819	19,819
At 31 March 2024	<u>7,415</u>	<u>120,121</u>	<u>127,536</u>
<b>Depreciation and impairment</b>			
At 1 April 2023	7,415	89,010	96,425
Depreciation charged in the year	-	7,262	7,262
At 31 March 2024	<u>7,415</u>	<u>96,272</u>	<u>103,687</u>
<b>Carrying amount</b>			
At 31 March 2024	<u>-</u>	<u>23,849</u>	<u>23,849</u>
At 31 March 2023	<u>-</u>	<u>11,292</u>	<u>11,292</u>

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 15 Fixed asset investments

	2024 £
<b>Cost or valuation</b>	
At 1 April 2023	32,194
Disposals	(32,194)
At 31 March 2024	-
<b>Carrying amount</b>	
At 31 March 2024	-
At 31 March 2023	32,194

### 16 Debtors

	2024 £	2023 £
<b>Amounts falling due within one year:</b>		
Prepayments and accrued income	2,396	1,977

### 17 Creditors: amounts falling due within one year

	Notes	2024 £	2023 £
Other taxation and social security		4,544	3,952
Deferred income	18	3,791	5,274
Other creditors		-	245
Accruals		3,604	3,479
		<u>11,939</u>	<u>12,950</u>

### 18 Deferred income

	2024 £	2023 £
Other deferred income	3,791	5,274
Current liabilities	3,791	5,274
	<u>3,791</u>	<u>5,274</u>



# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

#### 19 Retirement benefit schemes

	2024	2023
	£	£
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	10,588	11,222

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

#### 20 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	Balance at 1 April 2023	Movement in funds		Balance at 31 March 2024
	£	Incoming resources £	Resources expended £	£
Mini Bus	5,116	-	(3,614)	1,502
Mini Bus 2	3,677	-	(600)	3,077
New Vehicle	5,000	17,500	(22,500)	-
Award for all, National Lottery	10,000	-	(10,000)	-
CVS Projects	-	99,245	(99,245)	-
Mental Health -CAF	-	2,088	(2,088)	-
Devon Growing Communities Fund	1,000	-	(1,000)	-
Cost of Living Crisis	3,439	-	(3,439)	-
	<u>28,232</u>	<u>118,833</u>	<u>(142,486)</u>	<u>4,579</u>

#### 21 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2023	Incoming resources	Resources expended	Gains and losses	At 31 March 2024
	£	£	£	£	£
6 month expenditure reserve	171,113	(11,317)	-	-	159,796
Vehicle replacement reserve	70,000	-	(30,000)	-	40,000
Vehicle repair reserve	5,000	-	-	-	5,000
Equipment replacement reserve	5,000	-	-	-	5,000
Projects	50,000	-	-	-	50,000
CAF Portfolio reserve	2,194	-	(2,194)	-	-
General funds	53,512	203,502	(144,849)	(92)	112,073
	<u>356,819</u>	<u>192,185</u>	<u>(177,043)</u>	<u>(92)</u>	<u>371,869</u>

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

21 Unrestricted funds <span style="float: right;">(Continued)</span>					
Previous year:	At 1 April 2022	Incoming resources	Resources expended	Gains and losses	At 31 March 2023
	£	£	£	£	£
6 month expenditure reserve	142,201	28,912	-	-	171,113
Vehicle replacement reserve	70,000	-	-	-	70,000
Vehicle repair reserve	5,000	-	-	-	5,000
Equipment replacement reserve	5,000	-	-	-	5,000
Covid-19 Contingency	10,000	-	(10,000)	-	-
Projects	100,000	-	(50,000)	-	50,000
CAF Portfolio reserve	3,540	-	-	(1,346)	2,194
General funds	75,928	103,676	(126,091)	(1)	53,512
	<u>411,669</u>	<u>132,588</u>	<u>(186,091)</u>	<u>(1,347)</u>	<u>356,819</u>

## 22 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>At 31 March 2024:</b>			
Tangible assets	21,186	2,663	23,849
Current assets/(liabilities)	350,683	1,916	352,599
	<u>371,869</u>	<u>4,579</u>	<u>376,448</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
<b>At 31 March 2023:</b>			
Tangible assets	2,499	8,793	11,292
Investments	32,194	-	32,194
Current assets/(liabilities)	322,126	19,439	341,565
	<u>356,819</u>	<u>28,232</u>	<u>385,051</u>

# KINGSCARE LEAGUE OF FRIENDS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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### 23 Related party transactions

#### Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024	2023
	£	£
Total Remuneration	57,262	65,055

