

CARERS IN BEDFORDSHIRE

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

REGISTERED COMPANY NUMBER: 07140432 (England and Wales)
REGISTERED CHARITY NUMBER: 1135507



AUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED
31st MARCH 2022



**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022**

	Page
Structure, Governance and Management	3
Reference and administrative details	6
Statement of the Trustees responsibilities	7
Report of the Independent Auditors	8-10
Statement of Financial Activities	11
Balance Sheet	12
Statement of Cash Flows	13
Notes to the Financial Statements	14-21
Detailed Statement of Financial Activities	22

See Annual Review for a summary of achievement and performance in 2021/2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The Charity is controlled by its governing document, the Articles of Association, and constitutes a limited company, limited by guarantee as defined by the Companies Act 2006. It is registered as a charity with the Charity Commission. The Articles of Association were updated and adopted by the members at the Annual General Meeting held on 25 November 2016.

Recruitment and appointment of Directors

The Directors of the company, also charity Trustees for the purposes of charity law and under the company's articles, revised as at 25 November 2016, are known collectively as the Board.

Under the requirements of the Articles of Association, the Board consists of not fewer than four and no more than 14 persons. The members of the Board are initially appointed by the Board to fill a vacancy and at the following Annual General Meeting (AGM), appointed directors offer themselves for election. Thereafter at the third annual general meeting after their last election a Trustee Director must retire. They are eligible for re-election for two further terms and may not serve more than nine years in office.

In order to manage the transition to this new system for resignation and re-election of Trustee Directors, account shall not be taken of any time served by the Trustee director before 25 November 2016 when calculating the timing of the 3-year retirement and re-election.

Phil Taverner has acted as Chair, and Graham Mills has acted as Treasurer throughout the year. David Dwyer retired as a director during the year.

Induction and training of new Directors

All new Directors are required to provide two satisfactory references and are subject to an enhanced DBS check. All new Directors undergo an induction programme to brief them on their obligations and are supplied with an induction pack, which includes written information about:

- The obligations of Directors and a Trustee Code of Conduct
- The Articles of Association
- The most recent Annual Report and Accounts
- Operational performance reports

Directors are encouraged to attend appropriate external training events to support them in their role.

Organisational structure

Carers in Bedfordshire (CiB) is governed by a Board which meets quarterly and is responsible for the strategic direction and policy of the organisation, ensuring that it is solvent, operating in a professional manner and delivering the outcomes for which it has been set up. The Board met on 6 occasions during the year, including at two strategy meetings. At 31 March 2022, the Board comprised 10 Trustee Directors from a variety of backgrounds relevant to the work of the charity.

The Board has two sub-committees. The Finance Committee consist of not less than 4 Directors appointed by the main Board of Directors with an appropriate mix of financial and business skills. This group has met 3 times during this financial year. The Nominations Committee deals with Board recruitment, training and succession planning.

The Chief Executive Officer (CEO) is appointed by the Board to manage the day-to-day operations of the charity. To facilitate effective operations, the CEO has delegated authority, within terms of delegation approved by the Board, for operational matters including finance, employment and service delivery. A Leads team of four, each overseeing the work of a small team, are responsible for day-to-day operational management, supervision and training of the staff team; ensuring they develop their skills and good working practices. The staffing level for the year was an average of 27 full time equivalent employees and there were 43 individuals employed on a full or part time basis by Carers in Bedfordshire at 31 March 2022.

Related parties

The charity is a Network Partner of Carers Trust and affiliated to Carers UK. In so far as it is complementary to the charity's objectives, the charity is guided by national and local policy. At the national level it is steered by the government's National Carers' Strategy and relevant National Service Frameworks for a range of illnesses and disabilities. The charity supports the work of Bedford Borough Council, Central Bedfordshire Council, and Bedfordshire Clinical Commissioning Group Carers' Strategies and monitors the outcomes of these strategies using feedback from its membership. The Chief Executive Officer and staff are represented on key local partnerships to deliver the relevant strategies in Bedfordshire.

Membership

The maximum number of members is 200. Each member of the Charity undertakes that, if the Charity is wound up while they are a member, or within one year after they cease to be a member, they will contribute a sum not exceeding £1 to the assets of the Charity for:

- payment of the debts and liabilities of the Charity contracted before they cease to be a member; and
- payment of the costs, charges and expenses of winding up

Honorary Life members are members but are exempt from subscription charges if set.

All members must pay the subscriptions (if any) that the Board decides from time to time. The Board may fix differing rates for subscriptions for members. At present no membership subscription is set.

Members are entitled to attend the annual general meeting of the Charity and may vote in person or by proxy. During the year ending 31 March 2022 in accordance with the Articles of Association, the level of membership fees were set as zero by the Board in order to remove barriers to membership.

Every carer registered with CiB will have access to most of the charity's services.

As at 31 March 2022 there were 42 members and 8,920 registered carers. The underlying number of registered carers continues to increase.

Governance

The skills, experience and expertise of the Directors assure the robust governance of the Charity. Directors have experience in strategic management, systems, human resources, finance, project management, risk assessment, education, training, facilities management and an in-depth understanding of carers' issues. During the year, at least 50% of the board have had or still have personal experience of caring.

Procedures are in place to ensure compliance with health and safety and safeguarding practice of staff, volunteers and visitors to the premises.

The Board is aware of its responsibility to ensure that the charity acts through sustainable means and is responsible for minimising its impact on the environment.

Risk management

The Board maintains a risk register which is reviewed regularly. It acts as a central repository for all significant strategic risks identified by the organisation and, for each risk, includes information such as risk probability, impact, mitigation and risk owner. The risk register was discussed in more detail at each meeting of the Finance and Risk Committee before each Board meeting. The Board has direct responsibility for overseeing non-financial risks, with the Finance Committee providing detailed support to the Board on financial matters including financial risks.

Public benefit

The Board of Directors has regard to the requirement to demonstrate the public benefit of the charity's activity as defined in section 4 of the Charities Act 2006. Most of the charity's services have been offered free of charge to all carers. For some services, carers are asked for a contribution towards its cost of provision.

The estimated value of unpaid caring in the United Kingdom is £132 billion per annum (source - Carers UK 2015). Accordingly, the charity's services are designed to enable those who wish to continue caring to do so; to be informed and enabled to access support and to have a voice; to have a life outside of caring, with equal opportunity to access work, leisure and education. Support is continued even if the individual with care needs is admitted to residential care or if they pass away.

Reserves policy

The Board of Directors has regard to managing its level of reserves effectively. As a not-for-profit organisation it has developed and adopted a policy on reserves, which establishes a level of reserves that is right for the charity.

Reserves are held in three categories for future activity:

- Restricted – where the funder restricts the activities or projects the funds can be used for
- Designated – where CiB determines the activities or projects necessary to achieve certain outcomes or objectives
- Unrestricted – that are held to manage uncertainty and CiB's capacity to manage unforeseen financial difficulties and short-term changes in circumstances.

CiB will target a minimum of one month's salary costs of all staff on all projects and three months central organisational costs and a maximum of 150% of this amount in unrestricted reserves. Based on these financial statements the minimum equates to £110,090 and the maximum £166,135. However, the Trustees maintained a level of £193k given the unique times and circumstances we were living through and prevailing uncertainty. These limits are reviewed on an annual basis.

CARERS IN BEDFORDSHIRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST MARCH 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

07140432 (England and Wales)

Registered Charity number

1135507

Registered office

Carers in Bedfordshire
First Floor, Suite D1, Emerald Court
Pilgrim Centre, Brickhill Drive
Bedford
Bedfordshire
MK41 7PZ

Trustees

E Wilkinson	
G Mills	
B Wootton	
S Lowe	
D Dwyer	Retired 13 th January 2022
J Fincham	
H Battersby	
P Taverner	
T Palmariellodiviney	
H Aylward	Appointed 7 th October 2021
N Kidby	Appointed 7 th October 2021

Company Secretary

Tracey Gill FMAAT

Auditors

MDG Business Associates Audit Limited
Chartered Certified Accountants &
Registered Auditors
Room 73, The Mansion House, Wrest Park
Silsoe
Bedfordshire
MK45 4HR

Bankers

Barclays Bank plc
111 High Street
Bedford, MK40 1NJ

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022**

STATEMENT OF TRUSTEES RESPONSIBILITIES

The Trustees (who are also the Directors of CiB for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing those financial statements, the Trustees are required to

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

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


In so far as the Trustees are aware:

- There is no relevant audit information of which the charitable company's auditors are unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, MDG Business Associates Audit Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

ON BEHALF OF THE BOARD:



.....
P Taverner - Chair

Date: 28-10-22

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF CARERS IN BEDFORDSHIRE

Opinion

We have audited the financial statements of Carers in Bedfordshire for the year ended 31st March 2022 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31st March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further disclosed in the Auditors responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information, and except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF CARERS IN BEDFORDSHIRE

- certain disclosures of trustees' remuneration specified by law are not made; or we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption in preparing the Report of the Trustees.

Respective responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We have assessed that there is a low risk of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations central to the trading activities of the charity. This assessment has been based upon a substantive testing approach to key identified risk areas, principally being revenue recognition and the threat of override of controls by management. No suspected fraud, breach or other non-compliance with underlying laws and regulations has been identified during the sample testing undertaken during the audit process and no such issues have been raised by the board of trustees or management prior to making this assessment. A full review of available board minutes, and other supporting third party documentation where available, has been undertaken and no items have come to our attention which require to be reported to the user of the financial statements. The charity has strong internal controls and our audit testing has indicated no instances of managerial override of controls, through the testing of journal entries and other adjustments for appropriateness. No transactions have been identified as being made outside the normal course of business from the work we have performed in each key risk area of the audit. The trustees and other key local officers are informed management and as such they make regular reviews to ensure the company is compliant in all instances.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Opinion on other matter prescribed by the companies Act 2006

In our opinion the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements

**REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF
CARERS IN BEDFORDSHIRE**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

MDG Business Associates Audit Ltd

Michael Grange BA (Hons) FCA (Senior Statutory Auditor)
for and on behalf of MDG Business Associates Audit Limited
Chartered Certified Accountants &
Registered Auditors
Room 73, The Mansion House, Wrest Park
Silsoe
Bedfordshire
MK45 4HR

Date: *31/10/2022*

CARERS IN BEDFORDSHIRE

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31ST MARCH 2022

		Unrestricted Funds £	Designated Funds £	Restricted Funds £	Year Ended 31.3.22 Total	Year Ended 31.3.21 Total
	Notes					
Income from:						
Donations, legacies and other income	2	29,918	3,337	-	33,255	21,981
Recognition of capital deferred grants	3					
Investments	4					371
Charitable activities		36,011	916,640	384,466	1,337,117	1,257,644
TOTAL INCOME		65,929	919,977	384,466	1,370,372	1,279,996
Expenditure on:						
Charitable activities		26,641	865,789	404,936	1,297,366	1,220,438
TOTAL EXPENDITURE		26,641	865,789	404,936	1,297,366	1,220,438
NET INCOME/(EXPENDITURE)		39,288	54,188	(20,470)	73,006	59,558
Total funds brought forward		154,196	144,058	42,218	340,472	280,914
TOTAL FUNDS CARRIED FORWARD		193,484	198,246	21,748	413,478	340,472

All transactions during the year are derived from continuing activities.

CARERS IN BEDFORDSHIRE

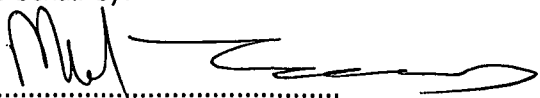
BALANCE SHEET AT 31ST MARCH 2022

Company Number: 07140432 (England and Wales)

	Notes	Unrestricted and designated funds £	Restricted funds £	2022 Total funds £	2021 Total Funds £
FIXED ASSETS					
Tangible assets	8	12,770	4,537	17,307	22,957
CURRENT ASSETS					
Debtors	9	35,609	-	35,609	77,201
Cash at bank and in hand		<u>591,227</u>	<u>111,681</u>	<u>702,908</u>	<u>551,713</u>
		626,836	111,681	738,517	628,914
CREDITORS					
Amounts falling due within one year		248,345	94,001	342,346	311,399
NET CURRENT ASSETS		<u>378,491</u>	<u>17,680</u>	<u>396,171</u>	<u>317,515</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		391,261	22,217	413,478	340,472
NET ASSETS		<u>391,261</u>	<u>22,217</u>	<u>413,478</u>	<u>340,472</u>
FUNDS	1 5				
Unrestricted funds				193,484	154,196
Designated funds				198,246	144,058
Restricted funds				<u>21,748</u>	<u>42,218</u>
TOTAL FUNDS				<u>413,478</u>	<u>340,472</u>

These financial statements have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

The financial statements were approved by the Board of Trustees on 28th October 2022 and were signed on its behalf by:



P Taverner - Chair

28-10-22

CARERS IN BEDFORDSHIRE**STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2022**

	Total Funds 2021/22	2020/21
Cash Flows from operating activities		
Net Cash flows provided from operating activities	153,290	207,896
Cash Flows from investing activities	(2,095)	(20,761)
Purchase of fixed assets		-
Change in cash in the year	151,195	187,135
Cash at the beginning of the year	551,713	364,578
Cash at the end of the year	702,908	551,713

RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

Net incoming/(outgoing) resources for the year, as per the Statement of Financial Activities	73,006	59,558
Adjustments for		
Depreciation charge	7,745	5,698
(Increase)/decrease in debtors	41,592	(5,625)
Increase/(decrease) in creditors	30,947	148,265
Net Cash flows provided from operating activities	153,290	207,896

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022**

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with 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 (FRS102) (effective 1 January 2019) and the Companies Act 2006.

The company meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

During the year, the global health crisis caused by Coronavirus (COVID-19) has continued to have a significant impact on all businesses. The Trustees has assessed the potential impact of this uncertain situation on the Charity and has put in contingency plans in order to mitigate the negative effects of any period of interrupted trading, which will enable the Charity to continue as a going concern. The review of the financial position, reserves levels and future plans gives Trustees confidence that the charity remains a going concern for the foreseeable future.

Income

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants are recognised in full in the Statement of Financial Activities in the year in which they are receivable
- The value of services provided by volunteers has not been included in these accounts.
- Investment income is included when receivable.
- Incoming resources from charitable activities are accounted for when earned.

Expenditure

Expenditure is recognised on an accrual basis. Expenditure includes attributable VAT, which cannot be recovered, and is reported as part of the expenditure to which it relates. Charitable expenditure comprises of those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Allocation and apportionment of costs

Costs that can attribute to a specific activity or reserve are directly allocated within the Statement of Financial Activities.

Allocations of overheads to individual funds are based on a budget which is set at the commencement of each contract period.

CARERS IN BEDFORDSHIRE

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED FOR THE YEAR ENDED 31ST MARCH 2022

1. ACCOUNTING POLICIES – continued

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Office equipment/furniture	- 25% on cost
Computer equipment	-25% on cost

Fixed assets are stated at cost less accumulated depreciation. Minor additions of less than £400 are not capitalised.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds can be used in accordance with the charitable objectives under contracted services or specific programmes designated by the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. DONATIONS, LEGACIES AND OTHER INCOME

	Year Ended 31.3.22	Year Ended 31.3.21
	£	£
Membership income	0	0
Donations, fundraising and legacies	33,255	21,981
	<u>33,255</u>	<u>21,981</u>

The types of membership were consolidated into one at the Annual General Meeting held in November 2016.

All members must pay the subscriptions (if any) that the Board decides from time to time. The Board may fix differing rates for subscriptions for different members or categories of members. At present no membership subscription is set.

3. GRANTS RECEIVED FOR CAPITAL EXPENDITURE

Grants can be received to assist the purchase of fixed assets. These are shown in the balance sheet as Deferred Capital Grant Received in note 10. This balance is written back to the Income and Expenditure account in line with the assets' depreciable life.

CARERS IN BEDFORDSHIRE

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED FOR THE YEAR ENDED 31ST MARCH 2022

4. INVESTMENT INCOME

	Year Ended 31.3.22	Year Ended 31.3.21
	£	£
Bank interest receivable	0	371

5. NET INCOME

These are stated after charging:

	Year Ended 31.3.22	Year Ended 31.3.21
	£	£
Auditors' remuneration	4,280	3,720
Depreciation - owned assets	7,746	5,698

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st March 2022, nor for the year ended 31st March 2021.

Trustees' Expenses

Some trustees received reimbursement for travel expenses incurred on behalf of the charity totalling £128 (2021 – £99) but the trustees gave this back to the charity as a donation.

7. STAFF COSTS

	Year Ended 31.3.22	Year Ended 31.3.21
	£	£
Wages and salaries	744,618	741,105
Social security costs	50,902	52,168
Other pension costs	13,551	16,014
Total staff costs	809,071	809,287
Training and DBS checks	10,759	2,925
Total human resources costs	819,830	812,212

The average monthly number of employees during the year was 40 (2021: 39)

No employees' emoluments exceeded £60,000 during the current or prior period.

Key management remuneration

The total employee remuneration of the key management personnel, identified members of the Carers in Bedfordshire Leadership Team and other employees having authority and responsibility for planning, directing and controlling the activities of the charity were £97,243 (2021: £95,577).

CARERS IN BEDFORDSHIRE**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31ST MARCH 2022****8. TANGIBLE FIXED ASSETS**

	Office equipment / Furniture	Computer equipment	Totals
	£	£	£
COST			
At 1st April 2021	28,758	57,904	86,662
Additions	766	1,330	2,096
At 31st March 2022	29,524	59,234	88,758
DEPRECIATION			
At 1st April 2021	26,382	37,323	63,705
Charge for year	714	7,032	7,746
At 31st March 2022	27,096	44,355	71,451
NET BOOK VALUE			
At 31st March 2022	2,428	14,879	17,307
At 31st March 2021	2,376	20,581	22,957

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade debtors	8,795	45,964
Prepayments	25,814	30,237
Other debtors	1,000	1,000
	35,609	77,201

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	13,997	6,636
Taxation and social security	13,149	14,162
Carers breaks awarded not yet claimed	38,155	129,846
Deferred capital grants	230,027	95,010
Other creditors and accruals	47,018	65,745
	342,346	311,399

11. RELATED PARTY DISCLOSURES

There were no related party transactions in the year to 31 March 2022 (2021: £nil).

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31ST MARCH 2022****12. CAPITAL**

The company has no share capital. The types of membership were consolidated into one at the Annual General Meeting held in November 2016.

The maximum number of members is 200. Each member of the Charity undertakes that, if the Charity is wound up while they are a member, or within one year after they cease to be a member, they will contribute a sum not exceeding £1 to the assets of the Charity for:

- payment of the debts and liabilities of the Charity contracted before they cease to be a member; and
 - payment of the costs, charges and expenses of winding up
- Honorary Life members are members but are exempt from subscription charges if set.

All members must pay the subscriptions (if any) that the Board decides from time to time. The Board may fix differing rates for subscriptions for different members or categories of members. At present no membership subscription is set. Members and Honorary Life Members have voting rights at the AGM. There were 42 (2021: 47) members and 0 honorary life members as at 31 March 2022 (2021: 0).

13. OPERATING LEASE COMMITMENTS

The following operating lease payments are committed to be paid

	2022	2021
	£	£
Expiring:		
Within one year	40,000	40,000
Between one and five years	16,667	56,667
	56,667	96,667

CARERS IN BEDFORDSHIRE

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED FOR THE YEAR ENDED 31ST MARCH 2022

14. MOVEMENT IN FUNDS

	1/4/2021	Incoming Resources	Resources expended	Surplus/(deficit) for year	Transfers	31/03/2022
RESTRICTED FUNDS						
Bedford Carers Lounge- BBC	1,515	45,000	46,515	(1,515)		
Carers Grants	33,995	220,000	232,670	(12,669)		21,327
Luton and Dunstable Carers Lounge - CBC	(543)	21,000	20,457	543		0
Volunteering	(2,600)	36,430	33,829	2,601		0
Lottery Core Funding	626	0	156	(156)		470
BLCF Beds Coronavirus Emergency Fund	1,350	0	450	(450)		900
BLCF NET Coronavirus Programme	5,727	0	1,636	(1,636)		4,091
Mental Health Fund – Young People	2,148	4,975	7,122	(2,147)		0
WEG Stability	0	8,544	13,584	(5,040)		(5,040)
Anglian Water		5,000	5,000	0		0
Business Development		43,517	43,517	0		0
Sub total	42,218	384,466	404,936	-20,470	0	21,748
DESIGNATED FUNDS						
External designation						
Carers Café	1,888	89,013	90,901	(1,888)	0	0
Carer support (dementia)	238	37,225	37,463	(238)	0	0
Carer support (all carer types)	23,235	441,098	464,333	(23,235)	0	0
Dementia Services	9,023	142,336	151,359	(9,023)	0	0
Sibling support	(438)	32,326	31,888	438	0	0
Governance	0	7,253	7,253	0	0	0
Workshops, Education and Groups	10,938	150,726	161,664	(10,938)	0	0
Winter Pressures		20,000	20,000	0	0	0
Carer Service Development		0	(99,072)	99,072	0	99,072
	44,884	919,977	865,789	54,188	0	99,072
Legacy	99,174	0	0	0	0	99,174
Sub total	144,058	919,977	865,789	54,188	0	198,246
UNRESTRICTED FUNDS	154,196	65,929	26,641	39,288	0	193,484
Grand Total	340,472	1,370,372	1,297,366	73,006	0	413,478

CARERS IN BEDFORDSHIRE

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED FOR THE YEAR ENDED 31ST MARCH 2022

14. MOVEMENT IN FUNDS – continued

Bedford Carers Lounge – BBC	Funding received from Bedford Borough Council to open and run a Carers Advice and Information Centre within Bedford Hospital (South Wing)
Carers Grants	Funding received under contract to allow the award of grants direct to carers whose emotional and/or physical wellbeing has been adversely affected by their caring role
Luton and Dunstable Carers Lounge - CBC	Funding received from Central Bedfordshire Council to open and run a Carers Advice and Information Centre within The Luton & Dunstable Hospital
Volunteering	Bedford Borough Council have provided funding to employ a Volunteer Coordinator to identify and support the development of volunteering
Carers Café	Weekend and weekday café service for carers, individuals with care needs and extended family
Carers card and on line support	Funding received to establish and deliver a carers discount card to reward carers for their services, and to develop targeted online information
Carer support (dementia)	A range of services including identifying and coordinating a team of volunteer dementia befrienders, and running a weekly group for carers and people with dementia in Bedford, the Carers Rest.
Carer support (all carer types)	We are funded under contract by Central Bedfordshire Council, Bedford Borough Council and the BCCG acting together to offer carers support services on their behalf
Dementia Services	We are funded under contract by Central Bedfordshire Council, Bedford Borough Council and the BCCG acting together to offer support services to people affected by memory loss or dementia and their carers.
Sibling support	We are funded under contract by Central Bedfordshire Council, Bedford Borough Council and the BCCG acting together to offer support services to young people caring for, and/or affected by the illness or disability of a sibling.
BLCF – Bedfordshire Emergency Coronavirus Fund	Funding from Bedford and Luton Community Foundation for a postal mailing to carers, additional hours for Support Workers, a social media consultant and laptops for staff working from home

BLCF NET Coronavirus Programme	Funding from Bedford and Luton Community Foundation allowed us to provide laptops for staff who were working from home
Mental Health Fund For Young People	Funding provided by Bedford and Luton Community Fund and The Sun Readers' Fund allows us to offer free counselling to young carers and young adult carers
Lottery Core Funding	This was awarded during the pandemic helping to fund core costs and purchase equipment
BLCF Anglian Water Positive Difference Fund	To support the salary of an additional Support Worker within the Dementia Team
BLCF and Harpur Trust	To support our workshops, events and groups programme – predominantly the salary of the workshops, events and groups co-ordinator
Legacy	Legacies are received from individuals who gift monies to Carers in Bedfordshire in their wills. The Board of Trustees then determine how these funds can be effectively spent and allocate specific amounts to projects within this fund.



Careers

in bedfordshire

Describe your home.

Where we live.

Who is your favorite movie star?

"The nicest memory I have."

Name a place you'd like to go.

Fun to do.

Have fun doing!



ANNUAL REVIEW 2021/22

Welcome	3
About Us	4
How We Support	5
Our Year in Numbers	6
Strategic Priorities	7
How We Reached More Carers	8
How We Invested in High Quality Support	10
How We Have Been Transparent, Efficient & Effective	13
Financial Overview	14
How We Worked in Partnership	16
Our Partners	18
How We Advocated With Carers	20



This year has been very much about finding a balance in a world where we learn to live with Covid, for carers and us as an organisation.

You will see in the review that our work to reach more carers has meant demands on our services have continued to rise. As a result, we have adapted the way we work, so we can give our most intensive support to those who need it most.

Frontline support has also increased thanks to the timely support of commissioning bodies and funders. They have trusted us to expand into more specialist areas of support, such as wellbeing and for those caring for someone with a mental health condition. Working in this way means carers do not have to wait to get the support they need and is a model we hope to develop in

the future.

As ever, our team of staff, volunteers and board members remain at the centre of my appreciations. Their dedication, compassion and experience ensure each step and decision we take has the carer at the very heart of it.

I hope you enjoy reading about how we have adapted the charity and our projects,, to support carers through another challenging year.



CHRIS STELLING

Chief Executive Officer

I am very proud of the way in which Carers in Bedfordshire has continued to support people through another 12 months of the Covid pandemic.

We've refined our services to consider people who wanted to meet face-to-face again, as well as those who needed to keep their distance once restrictions were lifted.

As if the pandemic wasn't enough for carers, we also stepped in to help them deal with the cost-of-living crisis.

I would particularly like to thank all our funders, donors, partners, members and volunteers without whom we simply couldn't operate as we do.

We also thank David Dwyer, who left the Board this year, for his hard work and commitment. We're delighted to have welcomed Heather Aylward and Nicola Kidby as new trustees, and hope to strengthen the Board further next year.

In the review we've highlighted all that we have achieved together and it gives a flavour of the difference we can make for carers.



PHIL TAVERNER

Chairperson

OUR VISION

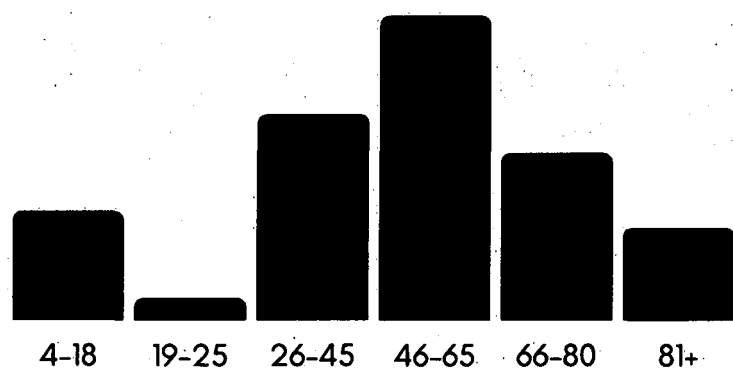
Carers will feel recognised, respected and supported in their role.

OUR MISSION

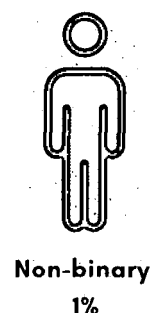
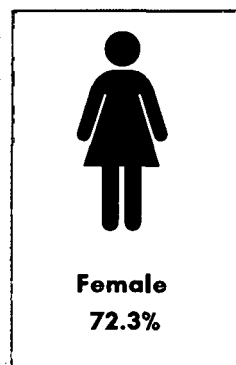
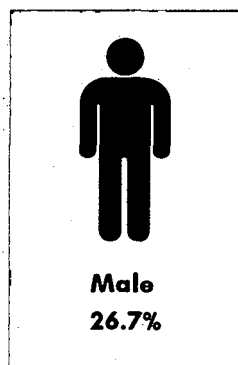
To give carers access to the support, information and skills that enhances their wellbeing and enables them to remain in a caring role for as long as they choose.

WHO WE SUPPORT

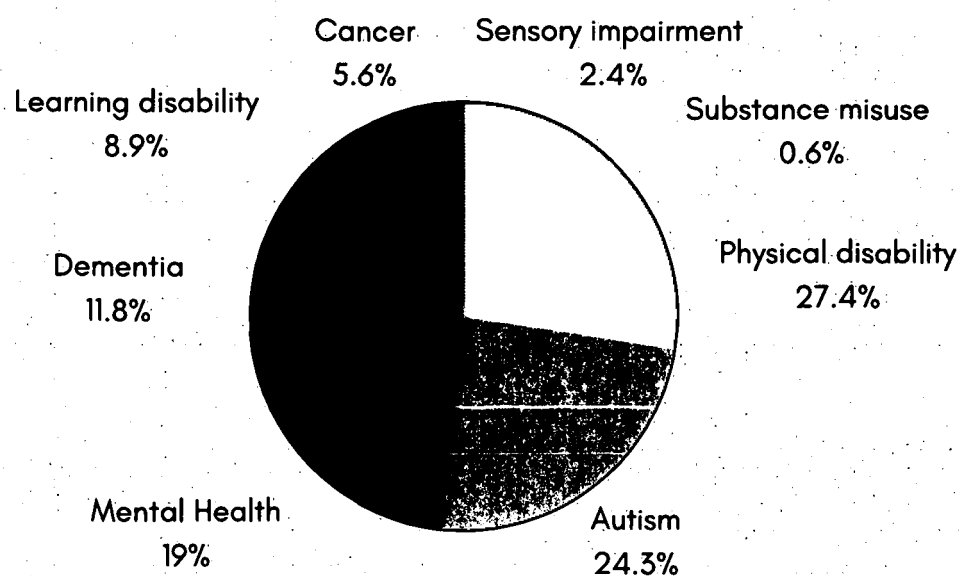
Age of carers



Gender of carers



Conditions carers are caring for



We support more than **9,500** carers across Bedford Borough and Central Bedfordshire

We're a local charity which has supported unpaid family carers of all ages since 2004. They might be an older person looking after a spouse with dementia, a young person caring for a disabled sibling, a parent supporting a child with additional needs, or an adult looking after a partner with a mental health condition or addiction.

Our compassionate and knowledgeable Support Workers give a listening ear and practical advice. They help carers navigate the health and social care system, or reassure someone dealing with a difficult situation at home.

We have a busy program of peer support groups and activities to bring carers together. We run regular social groups, one-off activities and wellbeing events.

Our services include counselling, wellbeing sessions, coping with hospital admissions, grants, benefits advice and information such as the Carers magazine.

Our Memory Navigation Service is for people living with memory loss and dementia, and their carers.

We are regulated by the Charity Commission and comply with Company Law. We're a Network Partner of Carers Trust, and also work closely with Carers UK, the UK's two national carer charities.

We work closely with local and national agencies and can signpost carers to specialised sources of support.

We help carers have their say on caring matters in Bedfordshire, and beyond, working with the NHS, local councils, and influencing government, local and national.

We are well connected locally with many health and social care organisations and have strong links with businesses, schools and employers.



We only do what makes life better for carers - carers are at the heart of our values.

OUR YEAR IN NUMBERS

6



We have 39 members of staff (27 full-time equivalents) and 69 volunteers working across Bedfordshire to give carers access to support, information and skills which enhance their wellbeing and enables them to remain in a caring role for as long as they choose.

**47,881 interactions
with carers**

an increase of 115% from last year

**14,000 telephone
conversations**

an increase of 38% from last year

100,197 unique

website page views

an increase of 115% from last year

£244,460 carers

grants awarded

an increase of 65% from last year

1,387 unique carers

attended our groups

an increase of 23% from last year

4,131 hours donated

by volunteers

an increase of 82% from last year

As a charity supporting so many people with a diverse range of needs the Board of Trustees set strategic priorities to guide the charity in what it chooses to do and for whom. Otherwise the charity can be pulled in a number of different directions and end up working towards goals that are not rooted in its core vision and mission. In 2020 the Board published its strategic plan for the coming years; within that plan it committed to five key objectives.

OUR FIVE KEY OBJECTIVES:

**Reach more
carers**

**Be transparent, efficient
and effective**

Work in partnership

**Invest in high quality
support**

**Advocate with
carers**



HOW WE REACHED MORE CARERS

8

Two years ago we set out on a mission to reach more carers. This year we made great progress registering more, and supporting more carers, as well as doubling our website views. This objective still remains central to much of our activity.

We diversified our offer

We employed a Workshops, Events and Groups Coordinator and through funding and partnerships diversified our workshops, groups and activities to reach more carers. We offered:

- Respite and wellbeing events for families and male carers.
- A special Khush Haal women's only group in a diverse area of Bedford with the Queen's Park Community Organisation, to give female carers from all faiths the opportunity to seek support.
- A new support service for carers to talk to a dedicated support worker in Urdu, Punjabi or Bengali, part of our Diverse Community Project, as well as videos made in those languages.
- Newly registered carers the chance to meet other new carers and find out what support is available to them.
- A three-year support package for former carers.
- Bereavement workshops supporting carers after their loved ones they cared for passed away.
- Activities for dementia carers and those they care for, including online exercise groups.
- Free counselling and activities for young carers.
- A young adult carer residential.



We supported professionals to identify carers

We can't reach all carers alone so helping other key organisations to do so - has and will remain - a core part of our work. For example:

- A pilot Schools Award - alongside young carers we devised ten standards for schools to meet. This encouraged schools to engage with us and refer more young carers for support (see photo above).
- A GP strategy - to deliver talks and presentations to GP Practices, to raise awareness of carers and encourage doctors and primary care staff to identify and refer carers for support. We also asked for a Carers Champion to be the lead in the practice and a point of contact for us to work with.

Thanks go to all of our generous grant funders for helping us achieve our goals

Here are a selection:



Garfield Weston
FOUNDATION



“ I couldn't be more grateful to
Carers in Bedfordshire
they've gone above and
beyond to help my family.”

“ It was lovely to have
someone to talk to who
understands the pressures
of caring for someone.”

“ Underprivileged families who
are carers without a shadow
of a doubt would be worse
off without this essential
charity.”

HOW WE INVESTED IN HIGH QUALITY SUPPORT

11

We invested in high quality support by securing a number of new and existing roles integral to supporting carers. In addition to staff training to ensure our workforce is delivering the best support possible for carers.

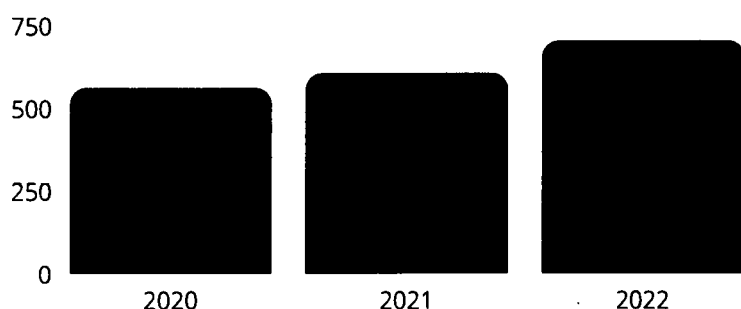
We were able to extend our **Adult Wellbeing Practitioner** contract from the NHS by one more year (ending December 2022) and welcomed a new member of staff to this role to build on the great work of our former practitioner.

We also secured funding from Bedford Youth Empowerment Fund for two years for a **Young Carer Wellbeing Practitioner**. Our Wellbeing Practitioners provide one to one and group support and interventions specifically for carers needs.

We were also successful in gaining funding from East London NHS Foundation Trust (ELFT) Mental Health Transformation to provide a **Carer Link Worker** in Bedford Borough, for carers looking after someone with a serious mental illness.

The role was piloted to provides carers assessments, one to ones and group interventions that are based on carer need. Following its success, two posts will now be funded for a year in Central Bedfordshire.

The number of staff members directly supporting carers is higher than ever before



Staff carried out **430** learning hours to support their development.



Investment into the frontline and support worker interventions, has led to those in high need of support decreasing to under **1%** of all registered carers, compared with 5% two years ago.



We have increased frontline support to over **700 hours** per week through expansion into more specialist roles such as our carer link workers and wellbeing practitioners



Goals for the year ahead:



- Diversify service offer
- Extend our programme to reach underrepresented communities
- Invest in specialist support where we identify a need
- Invest in more proactive feedback methods

“

It's nice to be assured that
you are doing a good job,
which sometimes you lose
sight of.

”

“

It's good to be connected
with people and feel I
now have a safety net.

”

“

Every little bit of help and
support makes life as a carer a
bit more bearable.

”

HOW WE HAVE BEEN TRANSPARENT EFFICIENT & EFFECTIVE

13

We continued to look at how we can improve services and the way we do things to ensure the charity was running as efficiently and effectively as possible.

We invested in our digital infrastructure and automated processes, to direct more of our resources into frontline support for carers. Examples of these initiatives are:

- Developed a responsive **registration form** and enhanced database efficiencies. Carers who register with a high level of need are now automatically triaged within a maximum of 14 days. This is a vast improvement. Previously some carers with a high level of need were waiting 60 days. Those who register with a lower need level are triaged within 90 days. Carers are now able to speak to a support worker much quicker to **get the support they need, when they need it.**
- Created an **automated welcome pack**, to allow carers to access our services in a timely manner and book onto our support services.
- Created a **new referral form for professionals**, to register carers within minutes. The quick and easy form enables any professional to register a carer with their consent and all carers registered are contacted within 14 days.
- Following carer feedback we introduced a **Grants Portal** so carers can make their grant applications online with the ability to save the form and track what stage their application is at.
- Introduced an **online booking and payment system** for haircuts and treatments so that carers can book appointments at a time that suits them not us.

Goals for the year ahead:



- **Continue to invest in digital services**
- **Maintain overhead expenditure below 10% of our overall expenditure**
- **Bring a more representative voice into our governance practices**



We have increased frontline support hours **by 16%** whilst only increasing overall expenditure **by 6%.**



Our overheads (office lease, insurance, computer hardware, postage and printing) represent **only 9% of our budget.** Research conducted by Giving Evidence and Givewell, found charities spent an average of **11.5%** of their costs on administration.

Our Governance

As part of our commitment to continuously improve we worked with The Cranfield Trust to review our governance practices in line with best Practice outlined in the Charity Governance Code. The independent report found that:

- Carers in Bedfordshire has the benefit of clear leadership and good governance, and these are strengths.
- The Chief Executive and Trustees recognise each other's contributions and very much appreciate the clarity of leadership from the Board through the Chair, Vice Chair, Chair of the Finance Committee and Chair of the Nominations Committee.

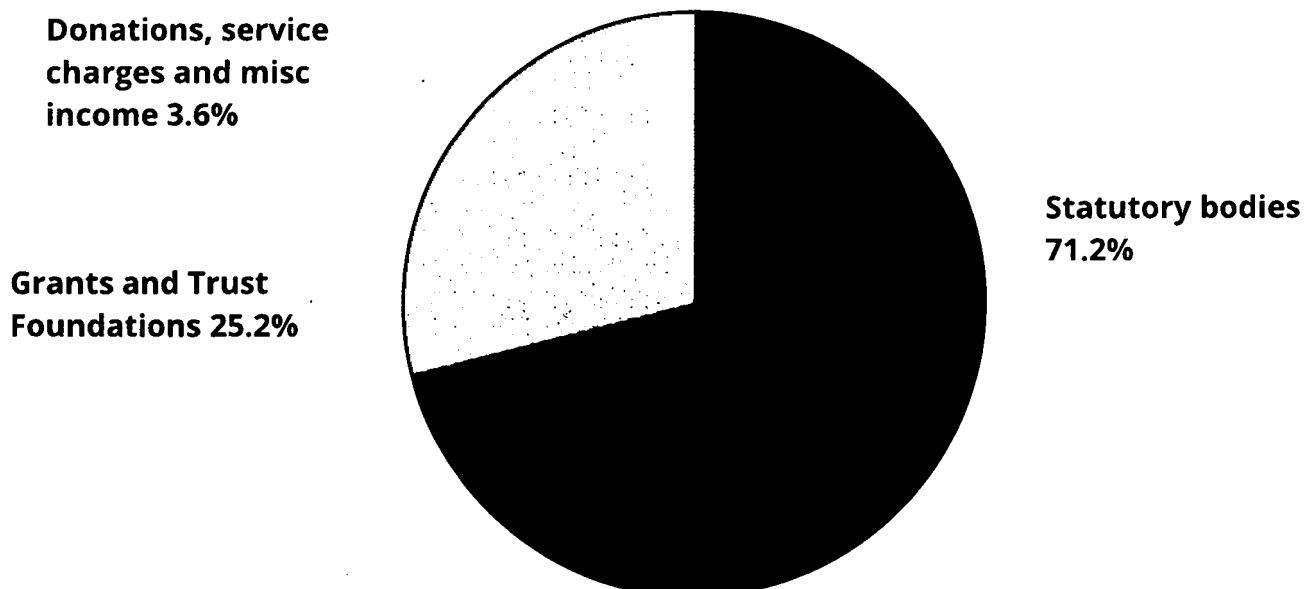
	2019/20	2020/21	2021/22
Income			
Statutory bodies	947,074	953,809	975,284
Grants and trust foundations	198,701	294,295	345,460
Donations	45,827	21,981	33,255
Service charges	23,152	8,928	12,360
Misc	1,648	983	4,013
	<u>1,216,402</u>	<u>1,279,996</u>	<u>1,370,372</u>
Expenditure			
Carer services	905,122	823,754	836,621
Dementia services	185,626	171,178	188,821
Carers grants	226,184	189,307	232,669
Fundraising		36,198	39,255
	<u>1,316,932</u>	<u>1,220,437</u>	<u>1,297,366</u>

Income

Whilst more predictable than last year, when the pandemic affected some sources of income, this year was still very much focused on ensuring our income could match the demand on services. Our donation and service income rose by 51% and 38% compared to the previous year, but both remain well below pre-Covid levels.

Our grant income grew by approximately £50,000 in comparison to the previous year, thanks to the excellent work of our fundraising manager. These additional funds allowed us to enhance our core offer, develop our infrastructure and pilot new ways of working.

Overall, total income rose by 7% on the previous year.

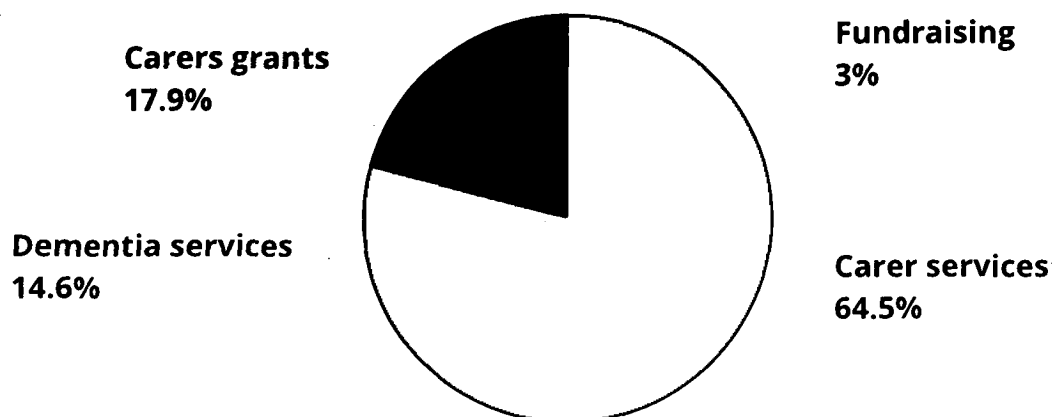


Expenditure

Expenditure increased by 3.3% excluding NHS Carers Grants (6.3% including NHS Carers Grants) compared to the previous year. This was largely due to:

- Increased events and travel as Covid restrictions were removed
- Investment in digital infrastructure, such as our website and database
- Staff training

We were delighted to end the financial year with a surplus of £73,006. This includes the funds we hold for the NHS carers grants



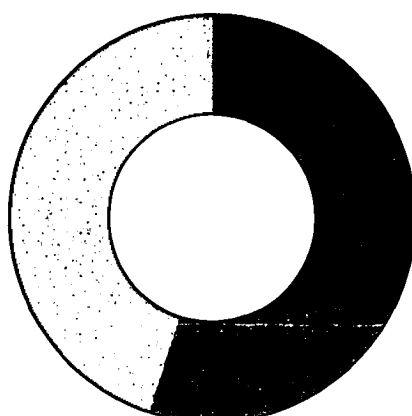
Funds in Reserves

At the end of the 2021-22 financial year the total reserves of the charity stood at £413,478. These are funds that we hold to provide resilience for the charity against any unforeseen circumstances. Our policy is to hold a minimum of one month's salary costs of all staff on all projects and three months' central organisational costs, and a maximum of 150% of this amount in unrestricted reserves. This year the reserves are greater than the range specified in our policy. However, the Board believes this is appropriate in the light of high inflation and the uncertainty this brings for future costs and income.

The total funds that we hold in reserves are in three categories for future activity:

Unrestricted 47%

Funds that are held to manage uncertainty, unforeseen financial variations and short-term changes in circumstances.



Restricted 5%

The funder restricts the activities or projects that the funds can be used for

Designated 48%

We allocate the funds to activities or projects necessary to achieve certain outcomes or objectives

“

I honestly can say that I would be lost without my support worker. She is so kind and caring.

”

“

You persuaded me I had to do some self-care and it was good to have something for me to relieve the stress.

”

“

I am not able to discuss my daughter's mental health with anyone as they wouldn't understand, but I feel comfortable discussing it with you.

”

We worked with many partners to deliver sessions and groups, as well as team up on special projects to support carers.

Serious Mental Illness Carers

We were awarded funding by NHS England to raise awareness of Serious Mental Illness. Particular areas we engaged with were ensuring carers and service users with a severe mental illness received their Covid Booster and flu vaccination, improve take up of annual health checks and they were registered with their GP.

For carers looking after those with a serious mental illness, we also partnered with clinical psychologists to provide talks on bipolar and complex emotional needs, associated with the diagnosis of a personality disorder.

'Time to Ask' sessions gave all carers an opportunity to submit questions to professionals from **ELFT, Mind BLMK, POHWER Advocacy and Bedfordshire Wellbeing Service** and get answers on the day. It also provided a platform for professionals to discuss their service in further detail.

Winter Pressures Project

We received additional funding from **Central Bedfordshire Council** to support carers over the winter period from January until March. Through the Winter Pressures project we supported carers to access information, advice and signposting with local and national services as well as supporting carers with bills where a need was identified.

We also were able to increase the amount of one-to-one support with 1,200 proactive contacts made in the period. Additionally, we provided 18 group wellbeing sessions and 87 carers were supported one-to-one with wellbeing sessions.



Addiction Support

We joined forces with Milton Keynes based **DAFS (Drug Alcohol Family Support)** to form a group for families of loved ones with an addiction – the first of its kind in Bedfordshire aimed solely at carers.

Allotment Space for Carers

We were donated an allotment space in Leighton Buzzard by the **Linslade & Southcourt Allotment Association**. This space is being developed to become a respite area, where carers can go to help with their wellbeing and give them a respite space, by growing plants and vegetables (see photo.)

Parent Carer Partnerships

We work closely with colleagues in our SEND parent carer forums; **Bedford Borough Parent Carer Forum** and **Snap Parent Carer Forum Central Bedfordshire**, ensuring parent carers have the right information and service support in their own locality.

We have also set up a partnership with **Kids in Action** charity in Dunstable for a new monthly Parent Carer group to share experiences, learn from each other and gather information about services available to them.

Groups and Sessions

We continued to work with the **Citizens Advice Bureau** to provide carers with information on benefits, as well as **Community Bankers** for **NatWest** about scamming.

We also worked with **Bedfordshire Rural Communities Charity**, **NOAH Academy**, **Direction for Bedfordshire**, **Christ The King Church** and **Bedfordshire Citizens Advice** to provide a free Community Drop In for Bedford residents to access information and support.

Hospital Support

Despite our Carers Hub being closed to carers due to Covid restrictions at **Bedford and Luton and Dunstable Hospitals**, we provided a Support Worker on the sites to liaise with hospital staff. They supported carers and ensured they got the discharge and treatment information needed.

Young Carers

We teamed up with **Bedford Borough Council** to raise awareness during Young Carers Action Day, by lighting up the town bridge purple (see photo). Local schools got involved by dressing in purple and raising money for us. We also became members of the Young Carers Alliance, to help persuade the Government to bring about change in supporting young carers in social care, health and education.

European Metal Recycling (EMR) donated funds towards young carer activities and **three local Rotary Clubs** funded a young carers theatre trip.

Carers Week

During Carers Week we partnered with **local photographer Chiara MacCall** who judged our photography competition we asked carers to enter with an image to represent 'My Caring Role.' **Keens Shay Keens Ltd Chartered Accountants and Business Advisers (KSK)**, sponsored the competition by supplying prizes.



We also sent a bunch of flowers, sponsored by **Emmott Snell Solicitors**, to carers nominated by family and friends, for their valuable caring role.

Dementia Partners

Our Dementia Team has continued to work closely with the **Alzheimer's Society** and **Tibbs Dementia Foundation** to offer a cohesive support service to people living with dementia and those who care for them, as well as with the **local Memory Clinics** and **Age UK**. The team has also collaborated with:

- The Mobility Physio to provide exercises for balance and strength.
- Beee creative to provide chair dance for those with dementia and their carers.
- Dementia Adventure to offer Dementia Skills Sessions.
- Music 24 for music Zoom sessions.
- The Higgins Bedford for Dementia Action Week 2021. We provided an Information Session and assisted with facilitating the reminiscence session.
- Many different professionals attending our Memory Gateway sessions including Bedfordshire Fire Service, Bedfordshire Police and Bedfordshire Rural Communities Charity.

Goals for the year ahead:



- **Expand our work with the NHS to increase access to clinical services for carers**
- **Work with employers**
- **Continue partnership work that adds value**

OUR PARTNERS

19

Here are some of the partners we've been working collaboratively with over the last year to provide a high quality service to carers

CARERS TRUST



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE



The Mobility Physio

emmott snell
solicitors



Young Carers Alliance



Community Voluntary Service
Strengthening local social action



The Open University



BEDFORD
BOROUGH COUNCIL

East London **NHS**
NHS Foundation Trust



CHRIST THE KING CHURCH



BEEE CREATIVE
Dance connections in Herts & Beds



THE NOAH ACADEMY



Bedfordshire Hospitals
NHS Foundation Trust



Beds RCC

Bedfordshire Rural Communities Charity



The Higgins
BEDFORD

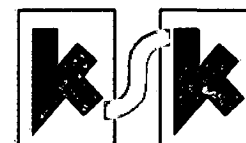


NHS
Bedfordshire
Clinical Commissioning Group

adass
adult social services



Voluntary Organisations for Children
young people & families



KEENS SHAY KEENS
LIMITED
CHARTERED ACCOUNTANTS
AND BUSINESS ADVISERS



Bedfordshire Wellbeing Service
Making a positive difference through Talking Therapies

“ I have been battling for so long with no real support. It was really great that someone called who cared.”

“ It's a chance to get away from the hard times and have time for us when we come to the groups with Carers in Beds.”

“ This family is now turning a corner and it shows how important Carers in Bedfordshire is to the families we support.”

We advocated with carers in a number of ways helping them to get their voice heard and be the instrument for change. This included in how we run our services, how partners run theirs, how carers were affected by the pandemic and the options available to them.

Carer Forums

This year we held a series of conversations with carers on a range of subjects under the banner of 'carer forums'. Some of these forums proved to be the starting point for some exciting new initiatives and areas for co-production.

Carers Voice

We set up Carers Voice, a group of carers who were willing to give their views on subjects affecting them. These included the blog we host, on the terminology used by professionals and they also took part in our surveys and those of others.

Carer Survey

Thank you to the 650 carers who filled in our **Adult Carer Survey** and gave their views and experiences of our services and told us about the impact of the Coronavirus pandemic.

Respite was highlighted as a major issue in the survey. To find out more about the issues, we consulted with carers and are now taking

forward ideas to provide carers with real options. **You can view our respite report on our website.**

Advocacy

This year local authorities held consultations on their carers strategy and were keen to hear directly from carers. Our links enabled us to invite carers to have a place at the table at carer forums, which we set up. This included a young carers forum in the form of a sleepover event.



A forum about carers assessments in Bedford Borough gave carers the chance to air their views directly to commissioners. This has resulted in ongoing dialogue and a major shift in approach.

1. The carer assessment process in Bedford Borough
2. Young carer support in Central Bedfordshire
3. Ensuring carers have access to a choice of high quality respite options at a time that suits them

Goals for the year ahead:



- Establish a carers panel that is reflective of the people we support
- Continue to champion topics that carers tell us are important
- Work with partner organisations to help amplify carers' voices

“

My son gets so much out of coming to young carers. Thank you so much for all you do.

”

“

Thank you so much for all the help and support you have afforded me over the years and for your continued offer of support.

”

“

Thank you so much. I really felt on the edge of carer breakdown, but I feel so much calmer now.

”



Thank you to everyone who has supported us this year. As you have read, we have made huge strides forward but there is much more to do and many carers who still go unsupported. If you want to join us on our mission there are many ways to do so:

SUPPORT

DONATE

VOLUNTEER

www.carersinbeds.org.uk

**Registered charity no 1135507
Company registered no 07140432**

