



Carers' Council - Allies in Adult Mental Health
(Registered charity , number 1073466)

**Trustees' annual report
for the year ended 31 March 2018**

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**Carers' Council - Allies in Adult Mental Health
Trustees Annual Report
for the year ended 31 March 2018**

Full name Carers' Council - Allies in Adult Mental Health

Other names by which the charity is known Carers' Council

Registered charity number 1073466

Principal address 118 Papplewick Lane, Hucknall, NG15 8EG

Trustees at 31st March 2018 * those re-elected on 20th September 2017

Geoff Curtis, Chair *	Angela Chandler *
Peter Robinson, Treasurer *	Robert Cox *
Sandra Vanner, Newsletter Secretary *	Mavis Cox *
John Hawkes *	Margaret Smith*
Elsie Nicholls	Siobhan Lee

Governance and management

The charity is operated under the rules of its constitution adopted 9 April 1998 and most recently amended at the Annual General Meeting on 21 September 2016.

New trustees are usually appointed by election at the AGM. There is a power of co-option but in recent years it has not been necessary to use it.

Aims and objectives

The principal object of the charity is to relieve and support the families and carers of adults suffering from enduring or recurring mental illness (wherever resident, but in particular those resident in the City and County of Nottingham).

Summary of the main activities undertaken for the public benefit

We are a registered charity operating across the whole of Nottinghamshire with some members living further afield.

We have over 200 individual carers and organisational representatives and our activities directly support Nottinghamshire carers as a whole through our social events, and we frequently provide information and support to individual carers who are not recorded as members. Our supportive activities are in no way exclusive with members whose relatives may have conditions across the range of health services as well as mental health issues.

We publish a quarterly newsletter, which is sent out to our members and to other organisations and individual healthcare professionals, with whom we have regular contact. We provide a number of Open Meetings during the year and engage with HealthCare organisations to provide carer perspectives into service development.

Carers' Council - Allies in Adult Mental Health

Achievements for the Year

This is a summary of the main achievements during the period, and the support we give to our beneficiaries.

We hold monthly committee meetings, open to all our members, some of which are also attended on invitation by health or social care professionals to share information and discuss current issues. Committee members also visit other carer groups, mental health service development forums and clinical commissioning groups to listen and feed in carer views. This has helped to improve attendance of organisations at our Open meetings and add contributions to our newsletter.

We had four open meetings this year for members and friends, incorporating talks, and consultations where carers are able to express their views on services in the hope of developing a more inclusive approach for carers. For example our April 2017 meeting included a talk about the new LION Directory of Services and in June Michelle Malone came to talk about the future of Crisis services. We also provide entertainment and discussions, with refreshments. These meetings are usually held during the day, with a buffet lunch.

We organise carer events or outings each year and this year we organized a 'Autumn Solstice' event in September at Middle Street Resource. This was a co-production well-being event with the Notts County Council and Middle Street which had service provider stands, carer activities such as Drumming, Tai Chi and therapy tasters plus food. . We organise other activities aimed at enhancing carer's health and well-being.

We provide information and support to individual carers, whether or not they are current members of the Carers' Council, at our Open meetings and by telephone to committee members. Some carers are referred to us by local Community Mental Health Teams, Carer Support Services and Voluntary Services.

We engage with statutory services, especially Nottinghamshire Healthcare NHS Foundation Trust, and Nottinghamshire County Council to provide information from a carers' perspective, share carer experiences, and contribute to staff training. We have been represented at consultation meetings about future changes in Notts County Council carer support. We also contribute to the development of services such as the commissioning policies of Clinical Commissioning Groups and local authorities health and wellbeing strategies. We are particularly concerned about the Crisis services following the Healthwatch report published during the year and followed this up with Notts Healthcare Trust.

Carers' Council - Allies in Adult Mental Health

Risk analysis

Funding

We have funding problems in the long term, and grant income from Notts County Council is uncertain. As in last year we waited a long time before the Nottinghamshire County Council confirmed our funding for 2017 -18. There will be a review by the County Council during 2018 of its approach to carer support which we will contribute to. Apart from the County Council funding we had a small amount from donations by carers at meetings and from a carer living outside Nottinghamshire.

Committee support and membership.

In previous years there has been poor response from our members for a plea for new committee members but this year we have had a good response from the AGM so we have a stronger committee to help with challenges for the next year.

The charity's policy on reserves

Our policy continues to maintain reserves of not less than £5,000 in total. This is sufficient to cover our expenditure for 12 months at the levels we have had over the last two financial years. This also allows us to develop alternative funding avenues should our main funder cease to provide funds. Our policy going forward is to develop additional funding avenues which would support our greater independence to achieve our aims.

Grant making policy

We have not received requests for donations nor have we made any donations to other bodies. That will continue to be our approach.

Signed on behalf of the charity's trustees:

Signed _____ Date _____
Geoff Curtis, Chair

Carers' Council - Allies in Adult Mental Health Examininer's Group report of Accounts to the Trustees for the year ended 31 March 2018

Respective responsibilities of trustees and examiners

The charity's trustees are responsible for the preparation of the accounts. The trustees gross income is under the current threshold of £25,000 requiring external scrutiny of accounts under the Charities Act 2011. However the trustees have asked the Carers' Council membership at an Open Meeting on 20th June 2018 to agree to a number of members of the charity who are not Carers' Council Executive Committee members and therefore independent of them, to act as an Examination Group for the accounts. This was agreed.

The Examination Group was responsible for:

- examining the accounts following the general directions laid down in section 145 of the Charities Act,
- ensuring that any particular matters arising through the Examination are fully stated in the Notes to the Accounts.

Basis of the Examination Group's report

The Examination Group met, in the presence of the Treasurer, on 2nd July 2018 and used a list of appropriate checks to carry out the examination. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any Notes presented in the Accounts and changes since the last financial year, seeking explanations from the Treasurer. Our view of the accounts is given below.

Examination Group's statement

In connection with our examination it is our view that:

1. The accounting records are kept in accordance with section 130 of the Charities Act;
2. The accounts presented are in agreement with the accounting records and comply with the accounting requirements of the Charities Act and the additional checks made in our examination;
3. There are no matters arising from our examination which were not fully answered by the Treasurer to our satisfaction and explained in the Notes to the Accounts.

Signed Sue Cain

Signed Hazel Johnson

Signed Kevin Coffey

Date ...2nd July 2018

**Carers' Council - Allies in Adult Mental Health
Financial statements- Receipts & Payments
for the year ended 31 March 2018**

2016-17		2017-18
£		£
	Receipts	
1,573	Grants & Donations (Note 1)	1515
200	Contributions to Carers Activities & Trips	0
-	Fees	-
-	Bank & Building Society Interest (Note 2)	-
1,773	Total Receipts	1,515
	Payments	
228	Meetings & conferences (Open meeting Room hire)	270
574	Hospitality & Refreshments (Open meetings food)(Note 3)	855
99	Print & Stationery	41
120	Legal & Professional fees (Note 4)	122
368	Publicity & Promotion (Note 5)	780
280	Newsletter Postage (Note 6)	471
199	Carers Activities & Trips	0
30	Volunteer Expenses (Note 7)	0
1,898	Total Payments	2,539
(125)	Net Receipts / (Payments) in Current A/C	(1024)
13,704	Cash funds at start of this period	13671
13,579	Cash funds at end of this period	12,645

Cash Balances		Other monetary assets
Bank Current Acc.	£1551.99	Debtors - None
Bank Reserve Acc.	£13.04	Prepayments - See Note 8
Building Society Acc.	£11,103.01	<ul style="list-style-type: none"> • Public Liability Insurance • Data Protection payment
Total	£12,668.04	Liabilities, Creditors - None

These financial statements are prepared for the charity by:

Signed _____ Date _____

Peter Robinson, Trustee & Treasurer

Carers' Council - Allies in Adult Mental Health

Notes to the Accounts for 2017-18 year

The table on Page 5 only shows the Bank Current account transactions so Building Society interest only shows in Cash balances not in Current Account.

1. Grants & donations

£1,515 (Nottinghamshire County Council £1,361 same as last year, Sundry donations down to £154)

2. Bank & Building Society Interest

Bank Current account -None

Bank Reserves A/C £0.01, Monmouthshire Building Soc. £22)

3. Hospitality & Refreshments

Higher costs for 2017-18 reflect 5 Open meetings compared with 4 in 2016-17 and the increasing cost of larger numbers attending and price rises in food.

4. Legal & Professional fees

£122 (Insurance £87, Data Protection £35)

5. Publicity & promotion

Newsletter printing rose in 2017-18 because there were 5 prints (the first print of 2017-18 was actually in March

2017 but the cost incurred in April 2017) so only 3 prints were costed in 2016-17. (extra cost of £269). In addition there were 2 leaflet prints and a new Banner (total extra cost £143).

6. Newsletter postage

Because of the extra newsletter print run compared to last year the newsletter postage cost was higher (an extra £192)

7. Trustees & Volunteers remuneration (travel expenses etc, benefits)

No payments to trustees during the year

8. Prepayments

Data Protection fee £35 paid 18.08.17, covers period until 18.08.18;

Public Liability Insurance £87.36 paid 20.09.17, covers period to 29.9.18

Glossary of Terms

Creditors: amounts owed by the charity, but not paid during the accounting period

Debtors: amounts owed to the charity, but not received during the accounting period

Prepayments: services that the charity has paid for in advance but not used / not used fully during the accounting period (part of benefit carries over to next financial year)