

# Sid Valley HELP

**Report and Financial Statement  
for the year ending 31 March 2024**



Registered Charity Number 1181458

**Sid Valley HELP**  
**Year ending 31 March 2024**

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## **Sid Valley HELP**

**Year ending 31 March 2024**

The Trustees are pleased to submit their report together with the financial statements of Sid Valley HELP for the year ending 31 March 2024 which have been prepared in accordance with the charity's governing document and Charities SORP (FRS102).

### **Reference and Administrative Details**

Charity Number: 1181458

Charity Registration: 7 January 2019

Organisation Type: Charitable Incorporated Organisation

Charity Address: Woodpeckers  
Knowle Drive  
Sidmouth  
Devon EX10 8HW

Email: [info@sidvalleyhelp.org.uk](mailto:info@sidvalleyhelp.org.uk)

Website: [sidvalleyhelp.org.uk](http://sidvalleyhelp.org.uk)

Phone: 01395 892 011

Independent Examiner: Robert Underhill  
Sidmouth, Devon

Bankers: National Westminster Bank  
Honiton (D) Branch, 94 High Street, Honiton EX14 1JL

Charities Aid Foundation Bank  
25 Kings Hill Avenue, West Malling, ME19 4TA

Trustees: Keith Gillanders, Chair (re-elected 10 November 2022)  
Diane Fuller, Vice-Chair, (re-elected 28 November 2023)  
Andrew Hardy, Treasurer (elected 10 November 2022)  
Deirdre Hounsom (re-elected 10 November 2022)  
Peter McGauley (re-elected 4 November 2021)  
Ronald Peppin (re-elected 28 November 2023)  
Jan Campbell Young (elected 28 November 2023)  
Hazel Nelson (co-opted 25 July 2024)

## **Sid Valley HELP**

**Year ending 31March 2024**

### **Structure, Governance and Management**

#### Governing Document

Sid Valley HELP is registered as a charity with the Charity Commission, number 1181458. It is a Charitable Incorporated Organisation (CIO) and is governed by its Constitution Document.

#### Appointment of Trustees

All of the founding Trustees were elected by the members at the AGM on the 11 September 2019 and the Chair of the Trustees was elected by the Trustees. Other Trustees were elected at subsequent AGMs or co-opted. One third of the Trustees retire by rotation each year and are eligible to stand for re-election.

#### Charitable Objectives

To relieve sickness and promote and protect the good mental and physical health of persons in the Sid Valley and surrounding areas, in particular but not exclusively by:

1. Signposting to other health and care organisations and services;
2. Befriending those suffering poor health or at risk of poor health; and
3. Building capacity of, and encouraging health and care services and organisations to network to improve the provision of services and fill any gaps in provision.

### **Report of the Trustees**

Sid Valley HELP provides easy access to information for people who need help from health and care organisations and it enables Health and Social Care professionals to identify non-statutory and voluntary sector services in the community to support clients, patients, carers and their families.

We continue to work closely with local councils and other VCSE sector organisations to provide information and offer direct support to the most vulnerable members of our community.

The following paragraphs describe progress under the headings of our charitable objectives:

**1 Signposting to other health and care organisations and services:**

- We continued to maintain our website and a data base of organisations providing help to those in need of health and wellbeing support and we receive positive feedback about the ease of using our website where people in need can access information and make direct contact with organisations.
- We have provided phone help to those who are not computer literate, so they have access to the information they need. All callers were referred to appropriate organisations or helped directly by Sid Valley Help.
- We provided signposting and referrals on behalf of those unable to do so themselves.
- We have had representation in person and via Microsoft Teams at the weekly NHS Community Health and Social Care team where the support required by the most vulnerable members of the community is discussed.

**2 Befriending those suffering poor health or at risk of poor health**

- All befriending provided by Sid Valley Help is offered face to face with occasional telephone calls as required. The demand for this service has continued at about 30 clients. Many referrals are made from the Community Health and Social Care team.
- Befriending volunteers that visit clients' homes require careful recruitment, training, on-going support and monitoring. We employed a part time Volunteer Manager during the year.
- Two of our volunteers have run monthly Young at Heart meetings for women over 50 through the year and these have proved very successful in providing a opportunity for friendships to develop.

**3 Building Capacity of and encouraging health and care services and organisations to improve the provision of services and fill any gaps in provision.**

- We continued to provide a network for partner organisations and met three times to improve understanding about services in the area and to improve collaborative working and building capacity.
- We provided training for our volunteers and partner organisations on safeguarding and avoiding falls.
- We received funding from the RDUH Trust to deliver Strength and Balance classes for those who have had falls or are at risk of falling. This has proved to be very successful in improving the physical and mental wellbeing of the participants and the first cohort has continued attending private classes in the same format.
- Together with the Sidmouth Memory Café and Sidmouth Hospice at Home we prepared for the launch of Dementia Friendly Sidmouth, which took place in June 2024. There is a part-time coordinator and a website at [www.dementiafriendlysidmouth.org.uk](http://www.dementiafriendlysidmouth.org.uk)
- We represent Sidmouth VCSE groups on the Eastern region Local Care Partnership VCSE reference group.

- Sid Valley Help has continued to provide governance and funding for the WHAT Steering group made up from statutory and voluntary organisations that have a key role in working with or supporting the mental health and wellbeing of children and young people. Members include Sidmouth College, Sidmouth Primary School, Young Devon, Action East Devon, Parental Minds, the Charlie Waller Trust, Sidmouth Town Council, and Sidmouth Coastal Community Hub.
- Action East Devon part funded by Sid Valley Help continued one to one mentoring for young people in Sidmouth College.
- Parental Minds part funded by Sid Valley Help continued to provide a regular support hub in the Sid Valley for parents and carers struggling to support children with mental health issues.

### Financial Review

During the year income was £23,458 of which £10,762 was restricted. A total of £12,500 was received in grants and the balance was made up principally of donations, fees and through fund-raising activities.

Expenditure totalled £33,143 and the largest category of expenditure was the WHAT project at £15,320.

Expenditure exceeded income by £9,685 and at the 31 March 2024 the charity had cash reserves of £19,771 (£29,457 at the previous year end). A financial statement is appended to this Report.

The Trustees consider that the existing financial resources together with anticipated grants are sufficient to continue the current level of activities for the next twelve months. We are very grateful to Sidmouth Town Council who awarded us a grant of £15,000 that was paid in April 2024. Trustees are pursuing further grants and fund-raising activities in order to continue the activities of the charity in 2025-26.

### Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the annual report and financial statement in accordance with applicable law and UK generally accepted accounting practice.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 10 September 2024 and signed on their behalf by:



Keith W Gillanders  
*Chair of the Board of Trustees*

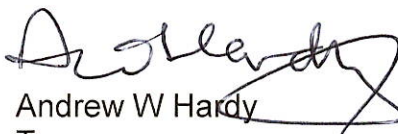
**Sid Valley Help**  
**Accounts for the year ending 31 March 2024**

The accounts have been prepared on a receipts and payments basis.

These financial statements were approved by the trustees on 10 September 2024 and signed on behalf of the trustees by:

	31-Mar-24			31-Mar-23		
	Total	Restricted	Unrestricted	Total	Restricted	Unrestricted
<b>Income</b>						
Donations	5,443.99	1,762.42	3,681.57	6,582.88		6,582.88
Representation Fees	1,370.88		1,370.88			
Grants (see Note 1)	12,500.00	9,000.00	3,500.00	26,220.08	23,367.64	2,852.44
Miscellaneous	4,143.07		4,143.17	3,172.02		3,172.02
<b>Total Income</b>	<b>23,457.94</b>	<b>10,762.42</b>	<b>12,695.62</b>	<b>35,974.98</b>	<b>23,367.64</b>	<b>12,607.32</b>
<b>Expenditure</b>						
Payroll	7,552.52	1,098.00	6,454.52			
Communications	77.96		77.96	74.28		74.28
Stationary & publicity ( see Note 2)	740.01	506.96	233.05	2,388.04		2,388.04
Office & IT equip't (2)	405.60		405.6			
Insurance	749.10		749.10	612.08		612.08
Training & Venues	5,468.00	1,252.95	4,215.05	6,434.45		6,434.45
WHAT project	15,320.00	15,320.00	0	15,718.18	15,718.18	
Volunteers expenses	630.64		630.64	30		30
Miscellaneous	2,199.67	19.8	2,179.87	2,961.05		2,961.05
<b>Total expenditure</b>	<b>33,143.50</b>	<b>18,197.71</b>	<b>14,945.79</b>	<b>28,218.08</b>	<b>15,718.18</b>	<b>12,499.90</b>
<b>Excess of Income over Expenditure</b>						
	<b>-9,685.56</b>	<b>-7,435.29</b>	<b>-2,250.27</b>	<b>7,756.90</b>	<b>7,649.56</b>	<b>107.42</b>
<b>Assets</b>						
Cash at Banks	19,771.51	214.27	19,557.24	29,457.07	0	29,457.07
Petty cash	0	0	0	0	0	0
<b>Total Assets</b>	<b>19,771.61</b>	<b>214.27</b>	<b>19,557.34</b>	<b>29,457.07</b>	<b>0</b>	<b>29,457.07</b>

  
 Keith W Gillanders  
 Chair

  
 Andrew W Hardy  
 Treasurer

## Sid Valley HELP

### Notes to the accounts for the 12 months ending 31 March 2024

#### Note 1

The charity received the following grants during the financial year:

- Sidmouth Town Council £3,000
- Devon County Council £500
- Norman Family Charitable Trust £2,500
- Sidmouth Consolidated Charities £2,500
- David Gibbons Foundation £2,000
- Allen Lane Foundation £2,000

#### Note 2

Office & IT Equipment and Stationary & Publicity Material are written off in the year during which they are acquired.





Section A Independent Examiner's Report

Report to the trustees SID VALLEY HELP

On accounts for the year ended 31 MARCH 2024 Charity no (if any) 1181458

Set out on pages 1-7

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [ ] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
the accounts did not accord with the accounting records; or
the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed: [Signature] Date: 22.7.2024

Name: ROBERT UNDERHILL

Relevant professional qualification(s) or body R.I.B.

(if any):

Address:

**Section B Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.