



WELLBEING



Sharon Gallagher

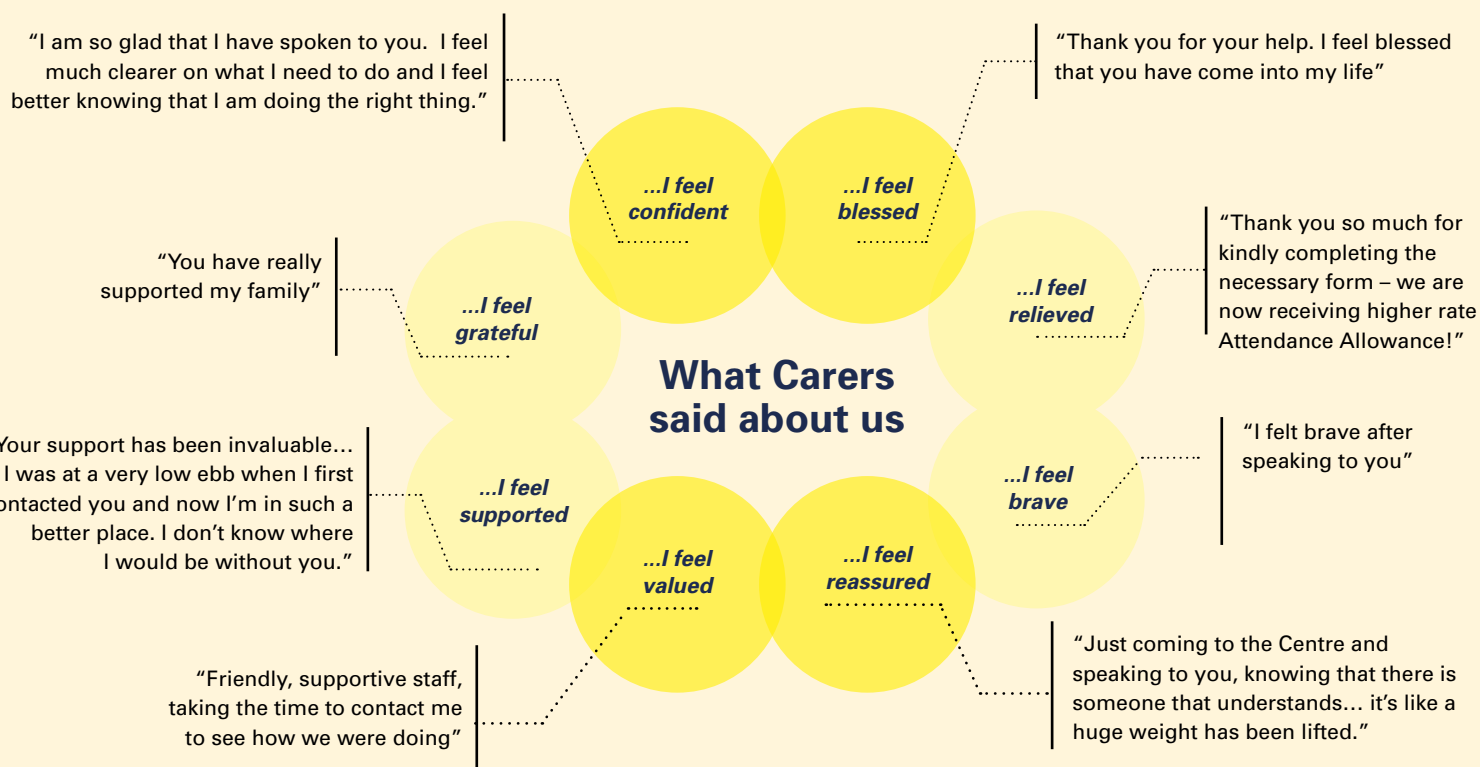


Rachael MacLeod

The Difference We Made

On behalf of the Board of Trustees of our Charitable Company, Rachael and I are delighted to present you with SCC's colourful Annual Review of 2017-18. This is an important demonstration of how we achieved our charitable aims, and part of accountability to our funders and supporters. But most importantly, we want to show unpaid Carers and their families, and all members of our Sutton communities, how much we appreciate their contributions - and what we can do to support them in their quest to find, maintain and improve their wellbeing. Our sincere thanks to Carers and all our supporters, especially main funders London Borough of Sutton with Sutton Clinical Commissioning Group. We also are most grateful to our incredibly dedicated and skilled team of staff and volunteers, who, like Carers, often go beyond the call of duty.

With best wishes, Sharon Gallagher, Acting Chair & Rachael MacLeod, Chief Executive



Our Vision

The Vision of Sutton Carers Centre is of communities in which every Carer is recognised and respected as an individual and can get the support they need and assurance that they are not alone.

Our Values

- **Respect:** for Carers and their individual views and skills, for staff and volunteers and for those with whom we work in partnership
- **Sensitivity:** valuing difference and contributions from all, working together as a creative, harmonious team
- **Delivery:** committed to quality support and making change happen in a planned professional and appropriate manner

Mission Statement

The mission of Sutton Carers Centre is to support Carers (and their families) to improve their health, wellbeing and quality of life by:

- Reaching out to every Carer in the London Borough of Sutton
- Helping each Carer to understand their rights and get their voice heard
- Working with and for each Carer, respecting and responding to their individual skills, experience and choices



Volunteers:

Our volunteers donate **100 hours** of their time supporting Carers each week.

Financial Wellbeing:

Our assisted form-filling service helped Carers gain **£126,277*** in Welfare Benefits.

We raised **£10,000** for Carers in individual grants to purchase goods and services to support them in their caring roles.

**Through our joint Advisory Service with Citizen's Advice Sutton ALPS, Carers would have gained up to 6 x this figure.*

Enquiries:



We received **6408 enquiries** from Carers, as well as other Sutton residents of all ages.



Young Carers Wellbeing

472 Young Carers were registered with us this year.

We ran **142** different workshops and activities to give Young Carers a break and the chance to develop new skills.



91% of Young Carers reported that they felt better able to cope with their caring roles.



73% of Young Carers said that contact with us helped reduce feelings of stress and anxiety.



92% of Young Carers said that they had made new friends through our breaks and activities.

Meet our Staff Members

Central Services Team



Chief Executive and
Company Secretary
Rachael MacLeod



Accounting, Payroll
& HR Consultant
Yvette How



Office Cleaner
Eric Nkansah



Information and
Communications
Officer
Sarah Dean
(to February 2018)
Gemma Thatcher
(from February 2018)



Office Manager
Jessica Appleby
(maternity)



Office Manager
(maternity cover)
Mandy Dennelly
(from July 2018)

Adult Carers Services – Preventative Support



Adult Carers
Service Manager –
Preventative Support
(including Mental
Health)
Kelly Silver



Senior Support
and Development
Worker (including
Mental Health)
Celia Johnson



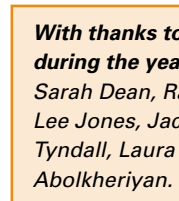
Carers' Wellbeing
Navigator
Caroline Hardwicke



Consultant
Counselling
Supervisor
Jason Willis



IAPT Step 3 Cognitive
Behavioural Therapist
- seconded from
SWLStG MH Trust
Devinia Noel
(from August 2018)



**With thanks to staff who have left
during the year:**
Sarah Dean, Rachel Schofield,
Lee Jones, Jacque Carey, Valerie
Tyndall, Laura Holland and Nazanin
Abolkheriyan.

Adult Carers Services - Information & Advice



Adult Carers
Service Manager
Karen Page



Adult Carers Advice,
Information &
Support Worker
Nick Fordyce-Browne



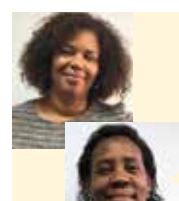
Employment Support
Advisor - Working for
Carers Project (ESF/
BLF Funding)
Laurence Hood



Adult Carers Advice,
Information &
Support Worker
Nazia Ayyaz
(to June 2018)
Gary Beckwith
(from June 2018)

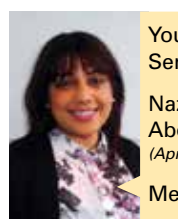


Adult Carers
Advice, Information
& Support Worker
Corinne Iles

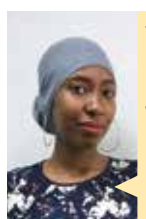


Senior Benefits
Advisors - seconded
from CAS
Maxine Brown &
Christine Kawesi

Young Carers Services



Young Carers
Service Manager
Nazanin
Abolkheriyan
(April 2018-July 2018)
Melanie Wallis



Young Carers
Senior Support
& Development
Worker
(Education)
Shukri Mohamed



Young Carers
Information &
Activities Worker
Nazia Ayyaz



Young Carers
Support Worker
Valerie Tyndall
(to August 2018)
Andy Whapham
(from August 2018)

Meet our Volunteer Teams

The Board – Trustees/Directors and Advisers



Sharon Gallagher
(Acting Chair/Trustee/
Director)



Don Brims
(Treasurer/Trustee/
Director)



Margaret Hobbs
(Trustee/Director)



Giuliana Rosenow
(Trustee/Director)



Adrian Gheorghiu
(Vice-chair to Nov.
2017, Adviser from
Nov. 2017)



Sarah Samee
(Trustee/Director)



Louise Ellingham
(Trustee/Director)



Andy McCreddie
(Trustee/Director
from June 2018)



Nadia Dhunna
(Adviser from Nov.
2017)

Centre and Community Volunteers

Young Carers Service

Nazia Ayyaz
Proma Huq
Christine Young
Zarintaj Hatami
Laura Holland

Advice & Information

Laura Holland
Christine King
Nazia Ayyaz
Julia Kerr
Gary Beckwith
Lynne Kenny

Counsellors

Fiona Gardner
Eileen Kennedy
Alison Pickard
Anna Chess
Naomi Postans
Caroline Hardwicke

**With thanks to Volunteers, Carer
Representatives and Leaders who have
left during the year:** Dominic Dennis,
Tracey Collins, Julie Coma, Annie
Barnes, Elaine Drage, Ann Smith, Brenda
Northover, Roger Mills, Tim Haigh, Natalia
Polniaszek, Susan Ielden, Margaret Ellis,
Veronica Renwick and Joyce Smith.

Reception & Administration

Jean Sharpington
Christine Young
Lynne Kenny
Gary Beckwith
Proma Huq
Sally Gosling
April Bates
Avril Rossiter
Alf Matthews
Laura Holland
Mary Burstow

Wellbeing Volunteers

Antoinette Grant
Nick Fordyce-Browne
Sarah Dean
Pauline Hall
Linda Fisher
Sheila Webster
Patricia Demetriades
Sue Ealing
Jamaal Hattan
Bertha Beltran-Leon

Young Carers Ambassadors

Laura Allen, Bethany Smith, Heather Grover,
Imogene Garthwaite, Lauren Hancock,
Abi Meedy, Timeyin Omajugho, Sophie Plume,
Tabitha Turner, Alina Saljoughian

Adult Services; Carers Representatives & Leaders

Nick Nalladorai, Peter Alder, Ken Fish,
Win Aldous, Jane Knowles, Marilynne Burbage,
Bob England, Derrick Copeman, Marlene Heron,
Brian Dear, Frank Glass, Mandy Lawson

Complementary Therapist

Sarah Wallace



Farewell to Proma as
she embarks on her
next adventure at
University.



Toni providing
Information and
Advice support.



Lynne promoting our services at the 'Come
and Meet Us' Health and Wellbeing Event.



Christine providing telephone support to
Carers unable to get to the Centre.

Sutton Carers Centre – Mayor's Joint Charity of the Year

We are incredibly grateful to former Mayor Cllr. Jean Crossby, former Deputy Mayor Cllr. Marlene Heron, the wonderful Mayor's Charity Committee chaired by Christine Lindsay, and all the kind and generous people in the Borough who donated their time and money whilst we were Mayor's Charity of the Year alongside our friends at Sutton Women's Centre.

Thank you to many who supported us during the year, including: Sam Young, Hannah Garrad and Carshalton High School for Girls, St Andrew's United Reformed Church, St Peter's Church St Helier, Janet Lowne and the Friends of Manor Park and the Straw Café, Sutton Chorale and Brass, Woodcote Flying Club, Claire Matthews and all at United Services Club Sutton, Tracey Jacques and ASDA Sutton, St Nicholas Centre, Times Square Shopping Centre, Robin Hood Junior School, The Grange Restaurant, Karin and all at 'Celeb FC', Cllr Richard Clifton, Cllr Moira Butt, Brian Cox, Angela and the Norwood Wood Ensemble and Show Choir, Sutton Music Service, Chris Hamilton, Pat Sawyer, Jan Palmer and families, Mickey Jones, family and friends, Nancy Ford, Pat Hersey, Ian Bailey and Mark Thomas, and the Gary Mason Charity.



Mayor Jean, with her great-grandson JJ, enjoying the music at the Mayor's Charity Concert at St Peter's Church, St Helier. Thank you to the Mayor's Charity Committee for baking delicious cakes to raise funds! (Saturday 18th November 2017).



A massive thank you to pupils from Carshalton High School for Girls for bag-packing in ASDA to raise funds and awareness of Carers in Sutton (Saturday 16th December 2017).



Best leg forward please! Mayor Jean and Deputy Mayor Marlene's Committee 'Thank you' Dinner (Thursday 17th May 2018).



Laura (SCC) presenting Mayor Jean with a scrapbook of the year's events as a little thank you! (Wednesday 20th June 2018).



And we have a full house! A beautiful night and the sound of beautiful music to support the Mayor's Charities. Thanks to the Norwood Wind Ensemble and Show Choir and St Andrew's Church, Cheam (Saturday 14th April 2018).



£21,354.50

total raised for Sutton Carers Centre



Staff and volunteers enjoying dinner at The Grange Restaurant, Beddington Park with Tom Brake (MP), Mayor Jean, Deputy Mayor Marlene and 2016 Big Brother Winner, Jason Burrell (Thursday 12th October 2017).



Deputy Mayor Marlene enjoying the music at the Showcase Evening at the United Services Club (Friday 24th November 2017).



Carers, Staff and Volunteers enjoying the Mayor's Christmas Reception at the Mayor's Parlour, Civic Offices (Friday 15th December 2017).



Mayor Jean singing her heart out at the final of the Mayor's Invitational 'Battle of the Bands' at North Cheam Sports and Social Club (Sunday 13th May 2018).



Sutton Carers Centre and Sutton Women's Centre collecting the cheques for £21,354.50, with Mayor Jean, Deputy Mayor Marlene, Christine Lindsay and Cllr. Nali Patel (Wednesday 20th June 2018).



London New Year's Day Parade Medal and Cheque Ceremony. This year, London Borough of Sutton's float came 5th with a cash prize of £6,000 for the Mayor's chosen charities (Monday 5th February 2018).



Trustee Sarah Samee, Mayor Jean and Marcia Turner raising money for Sutton Carers Centre and Sutton Women's Centre at the Christmas Concert and Carols (Saturday 16th December 2017).



Young Carers Bethany, Shauna, Tim, Charlie, Sophie and Alina with Rachael, performing at the Parade, led by The Gary Mason Charity and volunteers (Tuesday 1st January 2018).



Adult Carers - Information and Advice Service (ALPS)

As a Service, we believe that there are many key aspects of wellbeing that need protecting. Carers may experience and define wellbeing differently, but we believe that wellbeing means maintaining a sustainable balance between your caring roles, whilst having time for yourself.

We have continued to work collaboratively through the ALPS Partnership (with Citizens Advice Sutton and Age UK Sutton) to help Carers with complex health and social care needs. Our Service received 6,408 enquiries from Carers and their families seeking information, advice and support on a range of issues from benefits to mobility support to breaks for Carers.

We are particularly proud of how we have helped busy Carers gain £126,277 in Welfare Benefits by working by their side to complete complex forms, as well as securing £10,000 in grants for individual families. We know how grants can make a real difference to Carers' wellbeing, with awards for goods and services improving the quality of their lives, including furniture, electrical appliances, flooring and vocational courses. Please see page 12 to see how a grant for a special needs pushchair made a difference to Carer Amy and her son Corey's wellbeing. This money has great impact for Sutton as a community, too, as much of it is spent in the local economy.

We continue to facilitate and support different Support Groups throughout the year, including our ASD/ADHD Carers Support Group, Learning Disabilities Support Group, Moving On Group and Sutton Carers Forum. We also continue to represent Carers and their views on different Groups.

Looking forward to next year, given excellent outcomes and high levels of satisfaction, we will carry on doing what we are doing - and more! We are looking to extend and improve our services, seeking more volunteers to grow our team and increase contact with isolated Carers we have yet to meet.



Carers Bob, Pat, Tricia, Patricia, Jean, Marion and Jackie at our Moving On Group, a monthly support group for former Carers.



Carers Sue and Valerie having a laugh and a natter at our weekly Coffee Morning.



Carer Neil catching up with our newest I&A team member, Nick.



Sally Cassar (Manual Handling Specialist, LBS) showing Carers Chi-Yin and Jim how to safely assist with repositioning in a chair.



Carer William and his wife Eileen enjoying a cup of tea and a biscuit (or two!) at our Coffee Morning.

Adult Carers - Preventative Support Service

As the Support Service, wellbeing is our 'bread and butter'. We are pleased that 88% of Carers felt that their wellbeing had improved after having contact with us and that satisfaction levels with our service are so high. We ultimately believe that Carers have a right to be supported to look after their own wellbeing. To us, wellbeing means Carers remaining resilient, healthy and safe, whilst feeling able to maintain and feel valued in their caring role.

We continue to facilitate a range of Support Groups including our Mental Health Carers Support Group and Complex Needs Support Group, all aimed at creating supportive networks where Carers can meet each other and gain support from their peers to help them maintain their wellbeing.

It is difficult to give just one example of what we are most proud of this year, because there have been many highlights. We are particularly proud of the positive partnerships we have continued to build with Kingston University, Don't Tone Alone, Sutton Uplift and SWLStG Mental Health Trust. Through these partnerships, we have been able to offer a variety of specialist wellbeing groups and workshops, and we also welcomed a Student Nurse on placement.

We have worked alongside more GP Surgeries in Sutton, as well as St Helier Hospital leaders, helping them to identify and support Carers. We have also supported the Mental Health Trust to progress with the Triangle of Care framework, ensuring that Carers are identified and supported across all Health and Social Care pathways and recognised as equal and respected partners in care.

Looking to the future, we will continue to work with even more Carers, as well as extend our partnerships, to ensure that wellbeing remains a focus for all.



Paul Scully, MP, joined Carers Naren, Pam, Angela and Mary at the Mental Health Carers Support Group, alongside SCC's Celia, during Carers Week 2018.



Carers Ian, Sarah and Sue focusing on their own wellbeing at our Carers Week 'Uplift' Wellbeing Workshop.



Carer Vanessa speaking at the Community Service Development Day at Springfield Hospital, encouraging Mental Health Trust staff to work with Carers as their partners in care to improve wellbeing for the whole family.



Volunteer Bertha helping Carers Naren, Gillian, Siva, Linda and Christine to practice Hatha Yoga to reduce stress and improve wellbeing.



Carers Ian and Linda from the Relaxation and Meditation Support Group letting their hair down on the log flume on their day trip to Brighton.

Young Carers Service

As a Service, we ultimately believe that 'PDF' is essential for Young Carers' wellbeing – Playtime, Downtime and Family Time. To us, wellbeing means that Carers are recognised in their caring role, and that their voices are heard.

We are especially proud of what we have achieved within schools this year, with funding from BBC Children in Need. With our specialist training and support, Overton Grange School became the first to achieve a "Supporting Young Carers in Schools" Award. Granted by Carers Trust and The Children's Society, this Award shows that Overton Grange is identifying and supporting Carers throughout their time at school. We will continue work with more school partners to achieve this Award.

This year, we have been actively campaigning to local and national decision-makers for better recognition and support for Young Carers' mental health, as part of Carers Trust's 'My Mental Health' campaign. Our Young Carer Ambassadors have been working hard to highlight the pressures of being a Young Carer and how it can impact on their mental wellbeing.

We were inspired by our Young Adult Carers this year, as they started their own peer-led support group, with training from Beth Ingram at 'Hearts and Minds'. We are proud of the confidence that they have gained as well as their sense of ownership and drive to give something back to the Service.

Looking to the future, we are determined to continue doing what we do. We pride ourselves on how we are an open yet targeted Service, where young people and their families can access the support they need, when they need it. To further improve our Service, we will be looking into how we can support Young Adult Carers more effectively as well as extend our family wellbeing support.



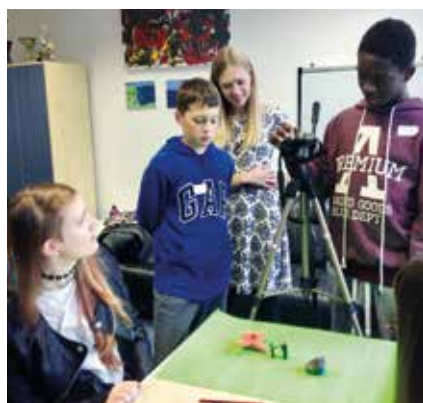
Young Carers Zach and Sophie handing a letter to their school Deputy Head and Governor at Harris Hill Junior Academy, to raise awareness of the impact caring has on their lives.



Young Carers Jessica, Kirsty, Olivia and Sophie, making the most of the heatwave in Manor Park.



Young Carers Alex and Michael, practicing their grating and mixing skills in a cooking workshop delivered by ASDA's Community Champion, Tracey.



Young Carers Alarna, Oliver and Tim, developing new skills at 'Create Arts' 3-day Animation Workshop.



Young Carers Bronwen, Shauna, Tabitha, Victoria, Heather and Rachel, taking some time away from caring by eating delicious desserts at 'Afters'.

Central Services

Our Service has been described as the WD-40 of Sutton Carers Centre! Our sole purpose is to ensure that the Service teams and Trustees are equipped to provide the best possible service to Carers.

We equate wellbeing with equality of opportunity and celebration of diversity. We believe that every Carer should be respected and valued, and we will continue to provide an inclusive and welcoming environment to all Carers and colleagues who visit the Centre or have contact with us in the community.

We continue to raise awareness of the latest news, events and activities at Sutton Carers Centre as well as amplifying Carers' voices and issues through our communications as well as our presence at events and meetings. We also work alongside our partners to stay up-to-date and promote things that may be relevant to Carers.

We are particularly proud of our staff and volunteers, many of whom are Carers themselves. We are incredibly grateful to our volunteers, who collectively donate more than 100 hours of their time every week to the Centre, whether that be through providing administrative support, telephone support, counselling or advising on the strategic direction of Sutton Carers Centre as a Trustee.

The Trustees continue to put Carers at the forefront of every decision they make. Following the success of our year as joint Mayor's Charity (please see pages 6 and 7 to see what we got up to!), we have continued to develop and strengthen our fundraising strategy and plans, aiming to work with our community partners to increase donations to Sutton Carers Centre.

Looking to the future, we will continue to strengthen and recruit the best staff and volunteers to provide support to Carers, as well as maintain and extend our quality standards, all of which will ultimately improve the wellbeing of Carers and their families.



Volunteer Jean promoting our Carers Week raffle on reception.



Professor Shirasawa & Professor Okado from Japan, and LBS colleague Tosh, exchanging insights about social care support for older Carers.



Volunteer Christine catching up with Central Services' newest team members, Mandy and Gemma.



Quick selfie outside GLA City Hall with Lloyds Bank Foundation and City Bridge Trust colleagues after Rachael chaired the fundraising plenary for the Greater London Volunteering annual conference.



Financial wellbeing is important, too! Our Finance guru, Yvette, working hard with a smile, her trusty calculator, and a strong coffee in hand.



Data integrity and making sure Carers are in control...Jess outside the Yorkshire City Walls about to attend a Carers Trust GDPR workshop.

Meet some of Sutton's Carers



"My daughter (Hally) doesn't really realise that she is a Young Carer. She has to hold her brother's hand to keep him safe when outside, she interprets his sign language because he is deaf, she cleans his mess, makes him drinks, wipes his face, protects and loves him unconditionally. She is proud of her brother. I couldn't ask for a better daughter and fellow Carer."



Tim: "I want to become a boxer, an actor or therapist. I want to do something to do with sports because I feel like I put more effort in sports more than anything".



Gary recently started work with the Adult Carers Information and Advice Service after years of volunteering with the team. Gary is a former Carer. Part of his role is to help Carers with filling in disability benefit claims, either for themselves or on behalf of the person they care for.



The I&A Service helped Carer Amy gain a grant for a new special needs pushchair for her son Corey, who has Autism. Amy said "Corey spends the majority of the time on his tiptoes when walking and the buggy has provided much-needed relief. The buggy has also provided a great comfort for him during crowded and noisy environments and this has enabled us to stay out longer, instead of having to return home early".



This year, our Relaxation and Meditation Peer Support Group took themselves on a trip to the seaside, boosting their wellbeing with a day out in the sunshine and even sharing some laughs on the rides on Brighton Pier.

Meet some of our Partners



SCC's Mandy visiting 'Penny the Pig' in Sutton High Street with Nicola Upton (CEO, Age UK Sutton).



This year, we provided advice and support to Dementia Carers and their families at Dementia Pop-Up Hubs, in partnership with Alzheimer's Society Sutton, Admiral Nursing Service, AGE UK Sutton, Citizens Advice Sutton and Healthwatch Sutton.



Laurence, partner from Camden Carers Centre, provides free employment advice and support to Carers in Sutton once a week as part of the 'Working for Carers' project.



Caroline, our Carers Wellbeing Navigator, enjoying a Team Development Day with her Sutton 'Uplift' Wellbeing Navigator colleagues.



Christine, specialist Benefits Advisor (CAS) providing benefits advice to Carer Debbie. Our longest-standing Voluntary Sector partners, Citizens Advice Sutton, work with us a few days every week at the Centre and in people's homes.



Rachael, Gemma and Nazia, with Paul Scully (MP), Caroline Dinenage (Minister for Health and Social Care) and Giles Meyer (CEO, Carers Trust) at the Parliamentary Launch of the Carers Action Plan in June.



Young Carers Jessica, Sophie, Alina, Olivia and Lexi taking the time to be creative at Create Arts 3-day Printmaking Workshop.



Dementia Action Week 2018 – we provided advice about Dementia alongside colleagues from Sutton's Admiral Nurse Service, Alzheimer's Society and Sutton Older People Liaison Service at St Helier Hospital.



Francisco Canizo from Don't Tone Alone delivering a workshop on "Breaking Down Barriers to Exercise" and encouraging Carers to stay fit and healthy!



Tom Brake, MP, with Cllr Jean Crossby and local dance troupe members at the Christmas Lights Switch-on event, Rosehill.



Carers Week 2018 – Laura and Young Carer Tabitha met with decision-makers in Parliament to raise awareness of the impact caring has on mental health as part of Carers Trust's 'My Mental Health' campaign.

Fiona Gardner (Volunteer Counsellor); "The majority of my career, which started 35 years ago, has been within palliative nursing, both in hospital and hospice settings. I re-trained ten years ago, and joined Sutton Carers Centre as a Volunteer Counsellor. Working with Carers gives me great job satisfaction. I particularly value being part of a charity that promotes and advocates for good mental health and wellbeing for all. Throughout my career, I provided care for my own family members, as well as being a patient, having experienced life-threatening episodes myself".



This year, we celebrated over 20 years of working in partnership with Springfield Hospital, SWLStG and 70 years of the NHS! This was one of the many delicious cakes entered into the Bake Off competition.



Delicious cakes donated by Free Cakes for Kids Sutton for our 25th Anniversary at our AGM and Annual Review 2017 and Young Carers Party during Carers Week 2018.

We are grateful for the additional donations and support from individuals and groups throughout the year:

Friends of Sutton Carers Centre • Donations made In Memory of B Stevens, M Whiting and G Fieldwick • Sponsors of Martin Lunn, Gemma Thatcher, Ruth Walford, Sarah Fitzgerald and Sarah George, Carers Thames Walk 2018 • Sponsors of Andrew Brims’ London Marathon • Sponsors of Caroline Hardwicke’s Trek • Sponsors of Nick and Harper Fordyce-Browne’s Walk • Donations from the Moving on Group, Coffee Morning Group, Relaxation and Meditation Group • Sutton Carers Forum • Carers Action Groups • Yoga and Reflexology volunteers • Knitter Clare Rawlings • Mayor of Sutton Charity Fund • Rank Group • Charles Russell Speechlys • RSVP fund • Novus London Carers Centre Consortium • Sutton Nursing Association • Create Arts • Mouse Trap Theatre Project • Free Cakes for Kids Sutton • Lizzie Poulton and Emilie Tanner, Waterstone’s Sutton Wishing Tree Project • Free Kicks Foundation • Don’t Tone Alone • Kingston and Kingston-St George’s Universities • Reed Business Information • Constantine Ltd • Indy Associates • S McCague • Co-operative Carshalton • Waitroses Worcester Park and Cheam • Asda Sutton • Cheam Rotary Club • Carshalton Rotary Club • Worcester Park WI • St John’s Church Belmont • Inner Wheel Club of Banstead • Wallington United Reformed Church • Overton Grange School • Devonshire Primary School • Sutton Community Foundation • Colleagues at Salvation Army Sutton • Sutton Together Consortium Members • ALPS Partners • Citizen’s Advice Sutton • Age UK Sutton • Uplift Partners • Imagine Independence • Off the Record • Southwest London St George’s Mental Health NHS Trust • Community Action Sutton (SCVS) • Alzheimer’s Society Sutton, Riverside Community Association • Sutton Mental Health Foundation • Healthwatch Sutton • Epsom and St Helier NHS Trust • Admiral Nurse Service Sutton • Dementia UK.

Thank you to the many people, often wishing to remain anonymous, who kindly make financial or goods donations to the organisation. This may be in appreciation for services received, to enable others to access our support, or as a way of remembering a loved one who has passed. We ‘gift aid’ every donation possible.

Special Thanks to the Following Funders and Partners

Carers Trust • London Borough of Sutton • Sutton Clinical Commissioning Group • Lloyds Bank Foundation • BBC Children in Need • Sport England • Big Lottery Fund and the many other voluntary and community organisations whose partnerships and support we value.



Andrew Brims ran the Virgin London Marathon on an unusually hot April day to raise money for Sutton Carers Centre.



Nick and her daughter Harper walked 8 miles in aid of Sutton Carers Centre at Banstead Rotary’s Charity Walk in May.



Rachael and Laura fundraising at St Helier Community Festival, with colleagues Julia and Tina from SUDEP Action.



Gemma holding a beautiful unicorn knitted by Carer Clare Rawlings for Carers Week 2018.



Martin Lunn, Carer and Champion Fundraiser, was presented with a memento by Colin (Carers Thames Walk Volunteer).



Laura, Mel and Valerie accepting the Asda Foundation cheque from Tracey (ASDA Sutton).



Sharon (Acting Chair), Gemma and her friends Ruth and Sarah before setting off on the Carers Thames Walk 2018.

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 £	Total Funds 2017 £
Income					
Donations and legacies	2	26,225	-	26,225	22,906
Charitable activities	3	414,218	77,839	492,057	535,565
Investment Income	4	58	-	58	442
Other		1,037	-	1,037	589
Total		441,538	77,839	519,377	559,502
Expenditure					
Raising funds	5	9,957	-	9,957	9,090
Charitable Activities	6	421,968	80,823	502,791	548,467
Total		431,925	80,823	512,745	557,557
Net income/(expenditure) for the year	10	9,613	(2,984)	6,629	1,945
Transfers between funds		(43)	43	-	-
Net Movement in Funds		9,570	(2,941)	6,629	1,945
Total funds as at 1 April 2017		118,451	34,414	152,865	150,920
Total funds as at 31 March 2018		£128,021	£31,437	£159,494	£152,865

Summary SOFA for the year ended 31st March 2018 (subject to audit)

2017/18 ended with an excellent result despite a difficult financial environment, with the charity achieving a slight surplus of £6,629 against a budgeted deficit of £17,719. Income and expenditure were balanced but lower than the previous year (2016/17), income being £519,377 (vs £559,502); in line with income, expenditure on services and support to carers decreased to £512,745 (from £557,557).

The Reserves Policy, as set by the Trustees, is to have reserves equal to a minimum of 3 months’ budgeted expenditure for the following year. After many years’ effort, 2017/18 achieved this minimum with £128,021 held in the unrestricted reserve (25% of £512,745 expenditure), prudent given the uncertainties of the coming year. With the 2018/19 budget set at £583,191, however, a 3 months’ reserve would equal £145,797, so we are c12% short of our current target for 2018/19. Trustees feel that this level of reserves is adequate and that the modestly increased expenditure is needed given the current pressures faced by Sutton’s Carers.

The Trustees’ Annual Report, including the Financial Statements, are available from the Centre upon request, or can be downloaded in due course from the Charity Commission website: www.charity-commission.gov.uk .



Sutton Carers Centre is a Company Limited by Guarantee with Charitable Status.

Registered in England, Company Number 3353573 and Charity Number 1062302.

**Address: Sutton Carers Centre, Benhill House 1st Floor,
12-14 Benhill Avenue, Sutton, Surrey, SM1 4DA**

Tel: 020 8296 5611 | Email: enquiries@suttoncarerscentre.org

Web: www.suttoncarerscentre.org | www.carers.org/sutton

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