

# Annual Report

**1 April 2018 – 31 March 2019**



**To Live. To Thrive.**

Registered Charity Number: 1156536

## **Trustees Annual Report 1 April 2018 to 31 March 2019**

### **Trustees**

Kevin Stevens (Chair)

Janet Chierchia (Treasurer)

Alison Peck

Philippa Conyngham (Secretary)

Brian Benfield

Betty Chadwick

### **Aims and objectives**

Winchester Go LD is a Charitable Incorporated Organisation which was registered with the Charity commission in March 2014. It is governed by its Constitution. Trustees stand down each year and are re-elected at the Annual General meeting.

The object of the CIO is to relieve the needs of people with a learning disability, who are resident in Winchester and the surrounding area, as well as their families, dependants or carers by:

- a) promoting inclusion for the public benefit and preventing people with a learning disability from being excluded
- b) providing or assisting in the provision of services for people with a learning disability to enable them to achieve their potential
- c) provide information, signposting, listening and support (one to one and in groups)
- d) provide resources for the development of services to promote daily living, education, training, work readiness and employment
- e) provide resources for the development of recreation, sports and leisure activities
- f) promote good practise to enable people with a learning disabilities and their families to have a "voice" at local, county and national level
- g) work in partnership with others to fill any identified gaps in provision, which could benefit people with a learning disability, their families, dependants or carers

### **Reserves Policy**

The Trustees have agreed a Reserves policy which strikes a balance between the need to use Unrestricted Funds to provide services and support for the beneficiaries of the CIO and the need to ensure that, once a commitment has been given to them and their families, sufficient funds exist to meet that commitment which it is appropriate.

In order to sustain its activities and in line with the Charities Commission's recommendations, the CIO has designated a Base reserve for 2018-19 of £60,000.

In addition to Unrestricted Funds, the Trustees are able to spend any other funds of the CIO's meeting its aims and objectives, there are also Restricted Income funds which the Trustees are obliged to spend only for the particular purpose set out by the donor.

## Report

Winchester Go LD aims to improve the life and opportunities for people with learning disabilities and their families in our area and to enable and support individuals to “live to thrive.” We provide information, signposting, services, identifying needs and lobbying. All our activities take place within the local community, encouraging members to use mainstream venues and travel independently. All our activities aim to build confidence, skills, physical and mental well-being, offering choice and to encourage members to live as independently as possible.

We produce information leaflets, a telephone number with an answer phone for individual enquiries and our website [www.winchestergold.org.uk](http://www.winchestergold.org.uk) is kept updated with all events and activities that are going on.

With our office base in Winchester Discovery Centre, a central location known to most of our members, regular weekly and monthly activities take place. These all encourage friendships and social interaction. On Mondays – weekly “Afternoon Tea” has an average attendance of 15. On Tuesdays – “Drop –In” for an hour followed by a monthly art/craft session, job workshop, Hear Us discussion, table games or a workshop in either the café or our office. Average attendance is 25. On Fridays – “The Lunch Club” encourages healthy eating, with an average of 10 attendees. The office is manned by our three part-staff for some hours five days a week. This enables members to drop in for a chat, support, information or signposting to another organisation if more appropriate.

On the fourth Wednesday evening of each month 20 plus members enjoy a range of activities under the heading of “Go Social”. Meals at the pub, picnic with outdoor games, annual B-B-Q, bowling, film nights and visits to the theatre are just a few of the activities chosen by the members. During the summer holidays, we arrange one half day and one full day of activities each week, these range from the interesting History of Winchester, a trip to the beach with fish & chip supper, visits to local attractions or museum and bus and walks in the surrounding country side. Members get to vote on the options available and the choice of the majority is taken forward. Support from staff and volunteers, accompanying the members, on trips ensure everyone is safe but has a fun and enjoyable outing.

In partnership with HARG (Hampshire Regional Advocacy Groups) the charity facilitates the “Hear Us” group which enables people with a learning disability to have their voice heard, both locally and at County level. Members from Winchester Go LD are supported to attend the Local Group of the Hampshire Learning Disability Partnership Board and the county wide quarterly meetings. Funding is also available via a grant from Hampshire County Council for a part time post to facilitate “Person Centred Plans”; over 10 were completed in the current year. Staff can also advocate for members with statutory agencies, rather than introducing a person who is not known to our members. Advocacy is also available under this contract. I would like to thank all the staff, whose work load has increased over the last 12 months due to the decrease in support provided by Adult Social care and support agencies and are they having to deal with complex issues that members are experiencing.

Over 18 members regularly attend the weekly Low Level Circuits which promotes getting fit within a happy environment to pop music, followed by a “chill out” session in the café. Run in partnership with River Park, who provide two trainers; this has encouraged members to take regular exercise. Many of the participants now also access mainstream sports activities at the centre on other days of the week. We provide three additional helpers to ensure everyone can participate at their own pace, mostly students from Peter

Symonds college who support are members and gain experience about people with a learning disability. Many students can then use this knowledge in their chosen career. This session has developed over the years and often provides the only platform to ensure some of our members participate in any type of fitness regime. Many of the exercises on offer are simple and can be performed at home. We are keen to provide as much information as possible to ensure our members have a good understanding of their own responsibilities to keep themselves fit and healthy.

The seventh annual Paralympic event was held in August 2018 at River Park Leisure Centre. Over 80 people with a learning disability attended day from across the county. The presentation was conducted by Mayor of Winchester, and a senior member of staff from Simplyhealth, who kindly sponsored the event. In an attempt to extend individual interest in any of the sports on offer, information sheets of local clubs who offer the particular sports of interest who have a policy of inclusion for individuals with disabilities were available to participants and their support staff. We were particularly grateful on the day to the team from Santander who provided 25 plus volunteers to help participants around the various sessions, as well as the Sports coaches for the sports on offer on the day.

The Fundraising Events Committee has had their usual busy year and we have been fortunate in having a very active and committed team ably led by Juliet Hawkes. This year the committee, plus others have raised over £17,000, including nearly £600 from card sales. In April the Garden Fayre raised nearly £4,000, the Bridge tea in October nearly £1550. Winchester branch of Santander, again hosted a "Halloween Cake Sale" which raised £850. The annual Quiz night raised almost £3000. I would like to thank all volunteers who continue the important work of raising both funds and the profile of the charity within the local community through arranging these events, and participating in other activities undertaken by the Charity and also selling our Christmas cards at the Guildhall. I would also like to thank our part time grant fundraiser who has secured some funds from "Charitable Trusts" and several small one off grants.

A big thank you to all our donors, sponsors and supporters who make a valuable contribution to our funds and supplement the grants we can obtain to continue the services we provide to our members and their families.

On behalf of Winchester Go LD I would like thank all the Trustees, staff, volunteers and fundraisers for their hard work during these 12 months, helping us to improve life and create opportunities for people with learning disabilities and their families. Congratulations to our members for all they have achieved during the year.

*Kevin Stevens*  
*Chairman of the Trustees*  
*October 2019*

WINCHESTER GO LD

INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2019

	2019			2018		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
<b>Income</b>						
Card Sales (net)	-	583	583	-	832	832
Fundraising (net)	-	17,034	17,034	-	13,660	13,660
Donations	12,500	15,617	28,117	-	9,487	9,487
Trusts	13,000	-	13,000	3,000	-	3,000
Grants	5,685	-	5,685	2,697	-	2,697
HCC PCP & LIG Cooms Grant	16,288	-	16,288	14,212	-	14,212
Go Smoothie Bike (net)	-	-	-	70	-	70
Go Social Members Contributions (net)	1,006	-	1,006	53	-	53
Go Sports Para PBs (net)	1,106	-	1,106	87	-	87
Interest	-	143	143	-	149	149
<b>Total Receipts</b>	<b>49,585</b>	<b>33,377</b>	<b>82,962</b>	<b>20,119</b>	<b>24,128</b>	<b>44,247</b>
<b>Expenditure</b>						
Rent (net)	2,000	6,000	8,000	-	8,016	8,016
General Running Costs	-	1,879	1,879	-	1,395	1,395
Grants Administrator	-	6,958	6,958	3,680	-	3,680
PCP/LIG/Hear Us	12,092	-	12,092	11,656	-	11,656
Go Work	-	13,310	13,310	13,128	-	13,128
Go Work/Training	12,646	-	12,646	-	12,296	12,296
Go Work - Work Experience	340	-	340	-	-	-
Go Smoothie Bike (net)	7	-	7	-	-	-
Go Sport (Circuits)	-	1,819	1,819	-	1,961	1,961
Go Sport PPB's	-	-	-	-	-	-
LIG Communications	-	-	-	614	-	614
IT, Website, Equipment and Publicity	-	822	822	-	1,434	1,434
Lottery	-	429	429	-	-	-
<b>Total Expenditure</b>	<b>27,085</b>	<b>31,217</b>	<b>58,302</b>	<b>29,078</b>	<b>25,102</b>	<b>54,180</b>
<b>Excess of Expenditure Over Income</b>	<b>(22,500)</b>	<b>(2,160)</b>	<b>(24,660)</b>	<b>8,959</b>	<b>974</b>	<b>9,933</b>

BALANCE SHEET  
as at 31 MARCH 2019

	2019			2018		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
<b>Current Assets</b>						
Bank Accounts	77,615	26,883	104,498	55,115	24,723	79,838
<b>Income and Expenditure Account</b>						
Balance brought forward 1 April	55,115	24,723	79,838	64,074	25,697	89,771
Excess of Expenditure over Income for the year	(22,500)	(2,160)	(24,660)	8,959	974	9,933
<b>Balance carried forward 31 March</b>	<b>77,615</b>	<b>26,883</b>	<b>104,498</b>	<b>55,115</b>	<b>24,723</b>	<b>79,838</b>

Certain funds in the 2018 figures have been moved from Restricted to Unrestricted to cover certain aspects of charity work and have been restated in the comparative figures.

K Stevens  
Trustee

J Chierchia  
Trustee

Date

16/11/19

## **Independent examiner's report to the trustees of Winchester Go LD Charitable Incorporated Organisation (the "CIO")**

I report to the trustees on my examination of the accounts of the CIO for the year ended 31 March 2019.

### **Responsibilities and basis of report**

As the charity trustees of the CIO 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 CIO'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**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the CIO as required by section 130 of the Act;  
or
2. the accounts do not accord with those records.

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.

[Signed] *Andra Banning* [Date] 16/11/19

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