

# Annual Report

1 April 2019 – 31 March 2020



To Live. To Thrive.

Registered Charity Number: 1156536

## Trustees Annual Report 1 April 2019 to 31 March 2020

### Trustees

Kevin Stevens (Chair)

Mark Chapman (Treasurer)

Stephen Ayling

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 respond to and meet 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 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. In order to sustain its activities and in line with the Charities Commission's recommendations, the CIO has designated for 2019-20 a base reserve of unrestricted funds of £50,000, which we have succeeded in holding. The unrestricted funds above the reserve can be spent by the Trustees to meet its aims and objectives, and we also receive 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. 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. We have an active website [www.winchestergold.org.uk](http://www.winchestergold.org.uk) and Facebook page which have all our events and list all our activities.

Our office base is in Winchester Discovery Centre, a central location known to most of our members and where our regular weekly and monthly activities meet. On Mondays – weekly "Afternoon Tea" has an average attendance of 17 members. On Tuesdays the "Drop in Lunch" group meet for an hour and this is followed by activity sessions. The average Tuesday attendance is 18 members. On Fridays – "The Funky Lunch Club" encourages healthy eating, with an average of 11 attendees.

The office is manned by our three part-time 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 members enjoy a range of activities under the heading of "Go Social". Events include meals at the pub, picnic with outdoor games, BBQ, bowling, film nights and visits to the theatre.

To support social engagement and extend friendships across the county we have been organising themed discos such as the "Down's Syndrome Day Jolly Socks Disco"; "Winter Wonderland" and the "Mamma Mia Summer disco" in the Performance Hall. These have been well attended from our members and other learning disability groups outside of the Winchester district. We had 3 discos over the year with an average of 40 attendees.

In addition to the Smoothie Bike events, during the summer holidays we arranged 9 days out for members, taking public transport or hiring a minibus. 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. This year's trips included Liberty's Owl and Reptile Sanctuary, Milestones Museum, New Forest Bus tour and meal out; Beaulieu Motor Museum; a river walk and picnic in Alresford, Boomtown Festival and Winchester Heritage Museum. On average 15 members attended each trip.

Our Smoothie Bike supports adults with a learning disability to run a pedal powered Smoothie Bike at summer fairs and events. The project promotes social and work skills, food hygiene and money handling. It is also a great way to reinforce healthy messages regarding the benefits of fresh fruit, exercise and sustainable energy in a unique and engaging way.

Our regular summer events included the St Cross Summer Fair, Osborne School Fete, the Littleton & Harestock Show and the Go LD Garden & Craft Sale.

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 Services and support agencies and are they having to deal with complex issues that members are experiencing.

8 members have regularly attended a fortnightly Tai Chi session held at the Winchester Lido and the Discovery Centre. The focus has been on slow movements, stretching and destressing.

Between 18 and 25 members regularly attend the weekly Low Level Circuits sessions promoting fitness within a happy environment accompanied by 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 our 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 2019 at River Park Leisure Centre. 100 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 Simple Health, 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 again provided 25 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 and Ros Nell. During the year the committee and its supporters raised almost £22,000 including a special event “Afternoon Tea with Joanna Trollope”, the popular annual Garden Fair, a bridge tea, and an evening with Pilgrims’ School Quiristers. 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. I would also like to recognise and thank

our part time grant fundraiser who has secured some funds from Charitable Trusts and several smaller organisations.

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 2020*

**INCOME AND EXPENDITURE ACCOUNT**

**FOR THE YEAR ENDED 31 MARCH 2020**

	2020			2019		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
<b>Income</b>						
Card Sales	-	1,630	1,630	-	1,750	1,750
Fundraising	-	21,898	21,898	-	18,036	18,036
Donations	-	4,447	4,447	12,500	15,562	28,062
Trusts	14,220	6,000	20,220	13,000	-	13,000
Grants	900	820	1,720	5,685	-	5,685
Statutory Income: HCC PCP & LIG Cooms Grant	14,872	-	14,872	16,288	-	16,288
Member Sales (Go Smoothie Bike)	-	323	323	72	-	72
Members Events (Go Social, Go Sports Para PBs)	2,208	3,257	5,465	6,834	-	6,834
Interest	-	142	142	-	143	143
Legacies	-	10,000	10,000	-	-	-
Community Events	1,500	2,033	3,533	-	-	-
Community Groups	-	100	100	-	-	-
Sponsored Events	-	5,071	5,071	-	-	-
Online Commission	-	441	441	-	-	-
<b>Total Receipts</b>	<b>33,700</b>	<b>56,162</b>	<b>89,862</b>	<b>54,379</b>	<b>35,491</b>	<b>89,870</b>
<b>Expenditure</b>						
Card Sales	-	1,192	1,192	-	912	912
Fundraising	-	3,357	3,357	-	1,203	1,203
Rent (net)	2,000	6,000	8,000	2,000	6,000	8,000
Payroll (Grants Administrator, Go Work, PCP)	25,084	29,728	54,812	24,738	20,267	45,005
Casual Wages	-	270	270	340	-	340
General Running Costs	1,389	5,952	7,341	-	1,879	1,879
Members Sales (Go Smoothie Bike)	-	-	-	79	-	79
Members Events (Go Social, Go Sports Para PBs, IT, Website, Equipment and Publicity)	1,674	4,433	6,107	4,722	1,819	6,541
Lottery	-	20	20	-	822	822
Consulting	-	14,490	14,490	-	429	429
Staff Training and Travel	-	71	71	-	-	-
<b>Total Expenditure</b>	<b>30,146</b>	<b>65,514</b>	<b>95,660</b>	<b>31,879</b>	<b>33,331</b>	<b>65,210</b>
<b>Excess / (Deficit) of Income over Expenditure</b>	<b>3,554</b>	<b>(9,352)</b>	<b>(5,798)</b>	<b>22,500</b>	<b>2,160</b>	<b>24,660</b>

**BALANCE SHEET  
as at 31 MARCH 2020**

	2020			2019		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
<b>Current Assets</b>						
Bank Accounts	21,555	77,145	98,700	77,615	26,883	104,498
<b>Income and Expenditure Account</b>						
Balance brought forward 1 April	22,501	81,997	104,498	55,115	24,723	79,838
Excess / (Deficit) of Income vs Expenditure	3,554	(9,352)	(5,798)	22,500	2,160	24,660
Transfer between funds	(4,500)	4,500	-	(55,114)	55,114	-
<b>Balance carried forward 31 March</b>	<b>21,555</b>	<b>77,145</b>	<b>98,700</b>	<b>22,501</b>	<b>81,997</b>	<b>104,498</b>

An internal review of the funds held indicated that several internally designated funds had been recorded as restricted funds in prior years. Adjustments have been made to reclassify some of these from Restricted to Unrestricted.

K Stevens  
Trustee

M Chapman  
Trustee

Date November 23rd, 2020

## **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 2020.

### **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]*  *[Date]* 23 November 2020

Andra Banning, CPA, CA (Canada)  
5 Ashen Close, Pine Road  
Chandlers Ford  
Eastleigh  
Hampshire  
SO53 1LH