



Caraway Trustees Annual Report



for year-ending
31 March 2022

Registered Charity Number 1177743
(CIO Foundation Registered March 2018)

www.caraway.uk.com

Caraway Trustees Annual Report

Charitable Objectives

Gathering the Harvest in Our Later Years, "To promote social inclusion for the public benefit and to relieve the needs of older people who are socially excluded by virtue of their age, by providing such support as deemed appropriate to assist them to integrate into society in accordance with Christian Principles."



Our Vision

Our vision is to give those in their older years a voice, to be alongside the lonely, isolated and bereaved and create community, where connections can be made, and friendships can flourish. We want to see a society in which every older person is valued, affirmed and able to realize their full potential.

Our Mission Statement

To promote the spiritual wellbeing of those in their later years, in community, care or church, reaching out to those of all faiths or none, so that each older person continues to feel significant and to flourish until the end of their life.

Caraway works in partnership with churches, voluntary and statutory agencies to support the older person in their local community and to be an effective advocate for those whose voice is not heard.

We now have six Anna Chaplains together with Revd Dr Canon Erica Roberts, who is the City Chaplain for Older People. They enable the work of Caraway to be delivered in a way that is relevant for the local context.



The Context

In Southampton City, there are 38,169 people over the age of 65 years (data.southampton.gov.uk). The incidence of dementia is rising and in 2020, more than 2,386 people live with dementia (GP records and Public Health). Of these, 1745 are living in the community and 641 are cared for in residential care. There are 32 care homes in the city, and 154 supported housing complexes. (www.housingcare.org). Day care services, carers and clubs for older people have largely been cut by the council and are provided by voluntary and charitable bodies such as Caraway.

The Trustees have:

- Paid due regard to the guidance in the Charity Commission's general guidance on public benefit in reviewing the work undertaken in the last 12 months.
- Monitored the areas of activity undertaken and the sources of referral made for the services.
- Supported the introduction of a new range of services in response to the changes brought about by the COVID-19 pandemic.

Our Aims and Objectives

1. To identify and meet the pastoral and spiritual needs of older people, their families and carers, in the community, within the church and for those who are live in residential care.
2. To build bridges between churches and their local community within the City of Southampton, between voluntary and statutory bodies and between the generations in our society, in order to be an effective advocate for the older person.
3. To support, resource and train volunteers in identifying the wider challenges of growing older and enabling them to support these needs appropriately e.g. loneliness, bereavement, dementia, end of life issues.
4. To help the local Church recognise the enormous resource of wisdom, experience and gifts that this generation can offer the wider community and to enable each older person to realise their full potential.



VINTAGE ADVENTURE

🏠 HOME

GOD'S LOVE FOR US

Erica Roberts City Chaplain for older people. Report June 2021



There are many things to be thankful for as I look back over this past year, but the key encouragement to celebrate is our growing volunteer team. We now have over seventy (?) passionate volunteers who are engaging in different ways and each contribution is so valuable. This momentum is in part due to the brilliant core team at Caraway, who support our care for the older person across the city, by connecting with volunteers, organising training, and doing those important and transforming administrative tasks in the background.

All of this means that we can support more isolated and vulnerable older people in the city, together with their carers and families, through our Anna Chaplaincy team, our Memory Cafes and our Well-Being and Bereavement contacts. Deepening partnerships with local organisations, including our NHS Admiral Nurses, NHS Solent, Carers in Southampton, and the local churches, has enabled, strengthened, and broadened our horizons. This is an exciting season with new opportunities to connect with those who are older, lonely, and isolated. I look forward to being involved in the ongoing development of Caraway over this coming year.

Dr Ros Simpson, Chair of Trustees says:



It has been a great pleasure and honour to see many amazing outcomes of our collective work to enhance the spiritual life of older people in Southampton.

Our team of Anna Chaplains has increased to 6 chaplains and a curate, all of whom have volunteers supporting their work in their parishes. Churches have been striving to help their older people, and we receive referrals from individuals, churches or health professionals to the chaplains.



All our spiritual resources have been gratefully received with amazing feedback that they hit the spot, and we are going from strength to strength.

We have developed a real heart for those living with dementia and I am amazed and humbled by the great volunteers who support individuals living with dementia or run memory cafes across the city. A developing community.

Well done to all our trustees, staff, volunteers and area workers for all you have achieved as teams in 2021-22 for the older people of Southampton.

How Caraway activities have delivered the public benefit...

For any Older people in the Community, the Anna Chaplains.

Anna Chaplains are part of the BRF National Programme to develop Chaplaincy across the UK (www.annachaplaincy.org.uk).

Anna Chaplains are named after the widow, Anna, who appears with Simeon in Luke's gospel; both are good role models of faithful older people. Anna Chaplains are there for people of strong, little or no faith at all.



Anna Chaplains provide spiritual care appropriate for the local community; they can connect with the local churches, residential facilities and other community groups that care for the older person, listening to the local need and responding appropriately.

The chaplains are well led by Rev Dr Canon Erica Roberts, City Chaplain for Older People in Southampton.

Our Anna Chaplains are:

- Marion Hitchins and Kathy Hyde, Southampton East
- Esther Clift and Margaret Hague, Southampton West
- Jackie Cooper, Bitterne in Southampton
- Carol Kidd, Harefield and West End in Southampton
- Rev Penny Thatcher, Curate to Caraway



They are marvellous and have worked tirelessly all year supporting people face to face or on telephone calls, writing for our resources, creating and facilitating new community groups and helping the Vintage Adventure and Holidays at Home packs to reach the frail and housebound. They are supported by their own churches or a church in the area they work, and receive referrals from them and from other sources such as health professionals via the Caraway website.

A chaplain helping someone makes contact and listens well to their story. They listen to the family's story as appropriate and they offer comfort, advice on end of life care, support through times of transition such as getting a diagnosis of dementia or cancer, and offer bereavement help. They encourage the person to make links with their local church and community as suitable, and they try to encourage ongoing supportive relationships

We are developing a Caraway Chaplaincy structure as part of our governance work.

We are hoping to have a chaplain in place covering each area of Southampton, focussing on the more deprived communities in Southampton and to fund a Chaplain for Dementia for Southampton.

Developing our Dementia work: In collaboration with NHS and Admiral nurses, Wellbeing Volunteers for Dementia carers Support, regular local Memory Cafes and developing a Dementia Community across Southampton, connecting, informing and facilitating excellent joined up help for families and individuals living with dementia.

Wellbeing Volunteers for
Dementia, an initiative



collaborating with NHS and Admiral Nurses to create a telephone support and wellbeing call for carers of those living with dementia. Start-up date 1.3.21.

Trained volunteers telephone carers on a regular basis, to listen, care for and support carers. The aim is to offer the service to carers living with someone who has dementia and to encourage attendance at a memory café. We have 12 trained

volunteers calling 17 carers, growing but also being evaluated for improvements needed.

Caraway has a Volunteer Coordinator, called Lo, who supports all our volunteers. Feedback from one volunteer:

“thank you for the support and encouragement you have given me over these past months of working as a Wellbeing Volunteer for Dementia. It has been great coming on board, with lots to learn”



Memory Cafes, people helping people

As we gradually came out of lockdown, there was an immediate need for several memory cafes. People living with dementia urgently needed somewhere to go, they needed encouragement, a break, some fun, and to talk about where they are in the journey with a trained volunteer or a health professionals. For many this was the first opportunity since the start of the pandemic to make new friends, and come to realise what a journey with dementia meant.

An amazingly supportive, friendly, helpful, creative set of 4 groups has evolved very quickly. People living with dementia are meeting others with dementia, carers are talking to carers, and a supportive setting is allowing fellowship to include all of the group. This includes love and support when someone is ill and can't attend, when a dementia friend dies, or goes into a care home. There has been an amazing volunteer response too, and the love and continuity they give to each setting is invaluable. I have seen true compassion in action, supported by churches who offer

their premises free and who support the groups in many ways including in prayer. A true community response.

In March 2022 there were 6 Memory Cafes across Shirley, Bitterne, Thornhill, and Highfield, that allows over 100 people to attend a local memory café supported by about 40 volunteers.

For feedback from service users of the memory café, please see the video posted on our website:

<https://www.caraway.uk.com/resources/memory-cafes/>

Transcript:

“What is good about these events, Memory Cafes?”

“Well,” said CB, “ It’s very uplifting for me as a carer, because I must say, especially over Covid, I have felt so isolated. You know, we were given a diagnosis (of dementia) and just left in limbo really. Then we heard about the groups and we thought we would come along. We didn’t expect much, I’ll be honest and talking to other carers, and my husband talking to other people who have dementia, it uplifts us all, it really does. We have made a lovely little community of friends. Thank you.”



Person with dementia, GB, “Yes, it’s meeting new people, and there’s chatting and all.... With the Alzheimer’s, it does restrict us a bit. But we’re getting on alright her, you know, even the women are talking to us!”

Another person with dementia, CM says “I like getting out and about, meeting people, having a laugh and a joke, all those sorts of things...”

Carer of a person with dementia , JM said, “We have made new friends who understand the situation and it’s absolutely marvellous.”



Working with Portswood Dementia Action Group, and Southampton Dementia Friendly Steering Group

During the pandemic, with Portswood Dementia Action Group, we produced a monthly publication called "Together we Stand" with articles, recipes, puzzles, stories and signposting. These were delivered by hand to 200 households living with dementia and 8 care homes. The publications stopped in September 2021, and have been replaced by groups in peoples' gardens when weather allows, meals out and in 2021, a virtual Southampton Dementia Festival. The festival had talks, yoga, music and chat sessions and was a great success. A face to face Southampton Dementia Festival is planned for July 2022.

Caraway is represented on the Citywide Dementia Steering Group to improve connection, services and to liaise with other Organisations. Through this group, we develop links and connections that provide opportunities to improve the service for people with dementia.

City support includes the Mayor who has been to social events, and by the city Dementia services leads.

Bereavement and Loss Listening Service in collaboration with Solent NHS Trust and NHS Admiral Nurses

In May 2020 we began a Bereavement and Loss Listening Service, starting with several referrals from the Admiral Nurses of those with a dementia related loss. This has grown in its remit to receive referrals by email , telephone or the website for a chaplain or trained volunteer to contact an older person in need. We are reviewing this service and possibly setting up the Caraway Chaplaincy Services. We have responded to almost 100 requests in 2021-22.

Combating Loneliness: Caraway aims to combat loneliness

Holidays@Home Reaching out to any housebound older people, we organised two Holidays @ Home, on the themes of Taste of Summer in July 2021, and Love Life and Laughter in February 2022. Both were well received and went to about 200 households, not including care homes.

The days have included a cream tea, flowers and activities. There were stories and articles of interest, recipes and craft activities. There was a zoom meeting for singing and activity on the day to which 25% came. The Zoom meeting included bingo (most popular) singing, movement and stories.

Celebration of Summer - 1 July 2021:



“Delighted with delivery. It is always presented beautifully and I appreciate it.”

“I was asked to pass on thanks for the delicious Tea and all the interesting reading, material. They were all amazed by how much thought and care

went into all the preparation. Renewed thanks for all your love and hard work”



“To all those involved with producing the Vintage Adventure bag and contents which were received today. All was very much appreciated and the scones and cream tea etc. so enjoyable. Thank you so much.”

“Once again many thanks to everyone involved in the production and delivery of such a lovely pack of goodies. There was something of interest for all tastes, including a delicious tea! I did and am enjoying it.”

“Thank you so much for the Celebration of Summer afternoon, which I thoroughly enjoyed.

So much work must have gone into the preparation of the gift bags and the home baking was much appreciated! The same lady who delivered to me last time, is like a beam of sunshine coming in and it was good to see her again.

I am looking forward to the next session and pray for you all and the wonderful work you do for us “Oldies”/“Recycled Teenagers”! Thank you.”



“Congratulations and a HUGE 'Thank you' to everyone who has worked so hard to make this afternoon such a happy special occasion. I was a guest at Jill’s lovely home in Bassett and took along a friend from Hedge End Baptist Church and we had a splendid time with much chat and laughter and we enjoyed it so much.

What a lot of hard work must have gone into the event and how kind people are to do so much - I'm sure it was much appreciated by everyone who joined in.

We all enjoyed the quiz and probably learnt quite a lot too! We got some of the questions right! Well done to all concerned.”

“Thank you for the delicious cream tea and for all the care of the Caraway team providing such a wonderful celebration of summer. The attention to detail is amazing.”

“Another lovely Holiday at Home package! Thank you all very much. My friend, June, and I had a great time unpacking our goodie bags, and then enjoyed our cream tea together. As always great attention to detail -we loved the addition of the little parasol.”

Love Life & Laughter - 17 February 2022:

“She was delighted with her bag, especially the presentation of the tea: she can't eat very much at a time so the little cakes were really appreciated for both their size and their appearance.”

“Five of us all enjoyed our Goody bags this afternoon, so please pass on HUGE THANKS to everyone involved. We were also able to join in the zoom, which was fun too.”

“Have explored the contents of the bag...but kept tea till tomorrow.

The clown was very fun to make I think”

“The Zoom meeting went well, the singing I think went particularly well. Delivery of bags worked perfectly.”

Holiday @ Home
Love Life & Laughter
Thursday 17th February 2022



For our older community a chance to meet with friends as you enjoy your gift bag contents and perhaps share the things that you love about life and that make you smile.

We will deliver our Gift Bag containing:

- Afternoon tea
- Activities & Crafts
- Interesting articles

There will be the opportunity to join our virtual community on Zoom in the afternoon

Creating Community: Vintage Adventure @ Home

Our Vintage Adventure @ Home project arose from transferring our monthly spiritual session and lunch club for older people into a pack delivered to your home. The pack includes activities, articles of interest, a recipe, songs and a worship and prayer sheet.



This has become a much valued and improved spiritual and social booklet researched, written, produced and delivered by a wonderful faithful group of volunteers. They vary the content, keep the picture to text ratio a happy one, and include local stories, recipes, quizzes and wordsearches.

The packs are widely available and are used by the Anna Chaplains to focus on supporting the housebound and their friends and neighbours. The chaplains say it is a rich and available resource that is instantly available to new contacts and referrals, and give a structure to community groups. The packs reflect the themes of the season and the country, such as the Older People Day in October, and faith events like Christmas and Easter.

This will continue and develop into an ongoing rich spiritual resource for housebound, and several Vintage Adventure meetings across the city.

All resources are available for free download on our website.

| Year | Month | Edition Title | Number sent | |
|-------------|--------------|--------------------------|--------------------------|-----|
| 2021 | April | Friendship | 241 | |
| | May | Living Water | 214 | |
| | June | Being Thankful | 218 | |
| | July | Gift of Gardens | 218 | |
| | August | Time and Eternity | 266 | |
| | September | Bread of Life | 243 | |
| | October | Celebrating Older People | 243 | |
| | November | Saints | 214 | |
| | December | Angels | 214 | |
| | 2022 | January | New Year New Chapter | 195 |
| | | February | God's Love for Us | 195 |
| | | March | God's Wonderful Creation | 190 |

An evaluation of the Vintage Adventure at Home project was done in March 2022, when an average of 220 packs were sent out monthly at a cost of about £10,000 a year. We were pleased to receive support from the All Churches Trust and Highfield Church for this project, which is ongoing.

Feedback

"I enjoy the sheer variety and interest of the pack, the stories, the poems, puzzles activities, worship and hymns. It makes me feel connected and not forgotten. I love to receive a letter in the post just for me. I have so few contacts so this is something I look forward to every month. "

"I liked the themed approach and the variety of content, both spiritual and general interest."

" I like to have something to read which is worth reading."

"It makes me think and reflect on all sorts of things."

"I appreciate the care and loving attention to detail that is given to every issue. Thank you."

Vintage Adventure is now happening face to face in churches.

The combination of a social event with familiar hymns, worship, a bible reading and a story that arises, with some discussion is really appreciated. It is dementia and disability friendly, and includes some associated activities and crafts as well as opportunities for prayer.

Resourcing Chaplaincy: The Omega Course



Caraway has run and enables the Omega Course (in collaboration with

Southampton Family Trust

<http://www.sftrust.org.uk/>) several times online for training of chaplains and other older persons workers as well as it being an open course for any older people to attend. It has been run face to face in Chandlers Ford, but not online in the past year. More churches are taking it up for the rest of 2022.

A weekly meeting lasting up to 2 hours for 6 weeks, available online or face to face.

The course explores:

What does it mean to grow old?

How can I embrace the increasing challenges of old age?

What do I have to look forward to?

What is a good death?

What will be my legacy?



Caraway is available in collaboration with churches across the city to provide support and resources for use for older people. Caraway works to engage, empower and encourage all those involved with the ministry for older people in churches and in the community.

Feedback from the Omega Course. (Chandlers Ford)

March 21 feedback: *"This course has been carefully thought about and prepared. The time and effort in producing the booklet and video input was well spent! The pace of the course was about right, allowing time for discussion and reflection either individually or in small groups was good. (it would be even better 'face to face' than over Zoom!)."*

"Thank you for having me on the course and for all the hard work that was put into it in the first place. The whole concept was divinely inspired."

Annual Refresh and Resource Day March 2022



This was a face to face full day event held at St Nicolas Church, Swaythling with a focus on Dementia. About 70 people attended, mostly chaplains and their volunteers, and our memory café leaders and volunteers.

The keynote speakers were Dr Jennifer Bute and Debbie Thrower, CEO of the national Anna Chaplaincy Organisation.

The day was bright and sunny in a beautiful old church and guests enjoyed networking, and learning about dementia from the inside, music therapy, a carers reflections, all held by some lovely worship music and prayers.



Feedback:

"Lots of useful resources to take away and also those you sent afterwards. I want to make the time to re-look and think it through further. A very warm atmosphere amongst people, a sense of God's hand being on the day, a good variety of content ... just a great day! Thank you all."

"Understanding My Dementia - for the unique insight"

"Jennifer Bute's first session insights into her own experience of the way people approach her and how we can improve our communication with people with dementia"

"Welcoming group of people, great food, good ambience."

Supporting Care Homes: Spiritual Care Boxes and prayer cards, virtual Christian Services

With restricted visiting rules still in place for the much of the year, we have had little opportunity to interact with care homes. We have provided Spiritual Care Boxes, resources for the care home to use for residents.

A monthly prayer card is delivered to care homes and to named residents and we are starting to reintegrate with the residents.

We have found that a communal Christian worship service every 3 months is well received and up to 20 care homes, care hubs or individuals link on Zoom for the service. Our

volunteers who provide this service are excellent, and there is a good mix of stories, prayers and the events of the Christian calendar. Packs of resources and gifts are circulated in advance.



Anna Chaplain for Southampton West

Revd Margaret Hague is our paid Anna Chaplain for Southampton West: Maybush, Lordshill and Rownhams, sponsored by the Henry Smith Charity.

This area has the highest density of older people in the city in deprived situations. There are 850 people living in sheltered accommodation in the west of

Southampton. This is a needy population, not well off, and with poor physical and mental health. During Covid they were isolated and lonely. As Chaplain I am able to meet with many of the residents either through one of



the two coffee drop ins we run per week or other coffee mornings the residents attend in

their Housing blocks. I get many requests for one to one visits or phone calls for loneliness, bereavement, end of life care or to help someone re-engage with their faith. I have excellent monthly printed resources from my support charity, Caraway, a spiritual pack and prayer cards to extend my effectiveness.



I have 8 volunteers who help to run the sessions twice a week and I hope to engage more volunteers to be a presence in each supporting housing complex. I am grateful for support from the local churches, St Peter's and Lordshill Church who have looked after me too.

There is no doubt that the funding from the Henry Smith Charity has allowed a large number of people in a poor area to receive spiritual support, and that considerable awareness and energy to help older people to help each other has occurred. There is so much more that can be done!





One resident celebrated her 100th birthday this year. I had got to know her by blessing her new home, helping her get to the drop in sessions, where she loved the crafts and won the quizzes! When her health declined, I visited to provide end of life spiritual care providing comfort to her and her family.

After her death, her daughter said:

"I don't think I could ever put into words the help, inspiration and kindness you have been to my dear departed Mum, myself and indeed all our family. We all agree that your coming into Mum's life was truly uplifting for her. Mum had a great faith and dear Margaret you enhanced this for her. Then I had the privilege of meeting you and little did I know what comfort and help you were going to bring into my life. After meeting you I began to feel uplifted in a way I had not felt for a long time and you certainly were to me one of life's earth angels. I will never forget the calm that you brought to that moment in my life."

Beneficiary quote

Our Volunteers: People helping people helping people.....

It is true that apart from their badges, it is difficult to know at a Caraway event, who are the volunteers and who the guests. The majority of our volunteers are over 70 years old, and have a real heart for helping people. They are bright, resourceful, and work really well in their teams. They say they get a lot out of helping others less fortunate than themselves. Or maybe the volunteer helps because he or she knows what it is like to travel the dementia or old age journey, and they just want to help others through it. Such compassion and heart.

We have about 70 volunteers participating in:

- Dementia Wellbeing Volunteers for dementia.
- Memory Cafes and other Dementia Community Events
- Care Home Support
- Vintage Adventure @ Home

- Holiday @ Home
- The Omega Course
- Administrative and Operational support
- Other community supports such as Together We Stand, Hope Blooms and Prayer Cards



All volunteers are registered with Caraway and receive training and ongoing support.

One of our advisers spoke to our volunteers at their summer retreat:
"Caraway is like the garden, and contains many different personalities with different gifts. If there was only one type of flower blooming, It would be glorious for 2 weeks of the year and then nothing. But Caraway is richer than that. As part of Caraway volunteers, you have your own unique time to bloom. You need the support of the other plants, to show your buds of promise before you explode into bloom for what might be a short time but a glorious time. We are all different, some roses that smell lovely, some sunflowers bright and showy, and some, maybe shrubs that faithfully bloom year after year, or maybe you are like the rosemary bringing flavour and perfume to where you are planted. Ask God what you are like and know that you are what he means you to be, planted where he wants."

Regular training and resourcing events, also social events link our volunteers together.



Our Website and Publications: www.caraway.uk.com

The Caraway website provides an excellent window into our work and stores details of events, publications and is a safe way for anyone in Southampton to access the services of an Anna Chaplain or Caraway Volunteer.

Google suite for charities is providing a safe, efficient information and communication hub for our chaplains, volunteers and community contacts with other agencies and organisations. It gives a link to our regular newsletters, prayer letters and training documents.

The Important Role of Caraway

Our unique niche is providing spiritual care for the older person. It is about connecting them with community, hearing their sorrows and joys, being with them in times of loss, and providing meaning to life in the community. We do this with the abundance of God's provision, with love for the older person, and with an understanding of what it is to age and stay valued and engaged with our local community and or faith groups.

Our work with people living with Dementia has really grown in the last 12 months and we hold a vital connecting place for people living with dementia and their carers and health and social professionals.

The charity works with people of any faith or none and supports churches in Southampton providing services for older people.

What is Spiritual Care?

Spiritual care supports a person to explore their awareness of their meaning, purpose and connectiveness in life. It is listening and being present for that person, who may have a faith or not, and responding to their needs in the areas of grief and loss, crisis, ethical and moral issues and when in distress.



Our Aspirations for 2022-23

So, what do we expect over the coming year?

We have been thrilled at the creativity that we're already seeing in our teams to engage, sustain, support and resource the older community.

1. Develop the Caraway Chaplaincy structure for older people

We aim to develop the Anna Chaplaincy work in Southampton, supporting and encouraging our existing Anna Chaplains, helping them recruit Anna Friends, and welcome new local chaplains from surrounding areas. This is needed as a safe and clear referral route and a safe response is needed as we are better known and have more chaplains covering more of Southampton. This will encompass the Bereavement and Loss Listening Service.

2. A new Anna Chaplain for Dementia

We aim to fund raise for an Anna Chaplain for Dementia in the city to be part of the strategic vision for Southampton and to be an advocate for the spiritual well-being of this group.

3. Supporting carers of and those who live with dementia

Continuation and development of the Memory cafes, Dementia Community and Wellbeing Volunteers for Dementia Scheme. We plan to expand these schemes to cover some of the more deprived areas of our city and continue developing our supportive role for volunteers and helping them support each other. We are working to evaluate the schemes and improve signposting opportunities. We will continue to work with the Admiral Nurses to run the area memory cafes for carers of and those who have dementia, and our Dementia Wellbeing volunteers.

4. Encourage older people to engage in helping their own community

As the older population engages, new groups will spring up, and we will continue our new resources for the care home residents and housebound older people in our city. We plan to encourage collaborative projects where older people contribute to our city in meaningful ways.

5. Continued development of communications, volunteer and promotional support

Jo Ladkin and Lo Cuoghi are our administrator and volunteer coordinator and publicity officer, paid for by Caraway. We are expanding the roles as the



administrative demands for promoting and supporting the work of Caraway evolve. We hope that we will gain more funding for a paid coordinator for an Anna Chaplain for Dementia, the Dementia Community Development work and the Caraway Chaplaincy Service.

6. To develop Caraway Care, a new Bereavement and Loss service for older people

This telephone bereavement listening service has started in collaboration with the NHS Admiral Nurses. A demand was identified, and Caraway has responded, with training and supervision in place. Part of the task over this next period will be the development of the volunteer base, with telephone support, with the possibility of a Bereavement Group by next year.

7. Development of the Omega Course

This course has been updated and needs to be published in a new version for sale in collaboration with Southampton Family Trust.

8. Refresh and Resource Day March 2023

A day of training and reflection for all those involved in the ministry of older people in the South Of England and beyond. Focus will be on End of Life issues and our response to those involved in this care. It will be thought provoking, inspiring, creative, prayerful and fun. Date to be confirmed.

9. Raise funds to support these aspirations

We have received several grants for our projects with older people. We will continue this fundraising activity to maintain our activity level and grow the chaplaincy service for volunteer and paid roles. We have received support from:

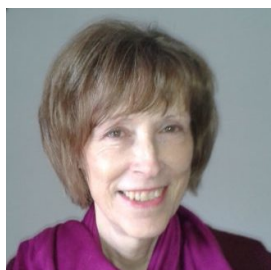
- Henry Smith Trust to support Anna Chaplaincy in Southampton West.
- Charles Hayward Fund for development of Holiday @ Home
- National Lottery Covid fund for Bereavement and Loss Listening Service development.
- Solent NHS for wellbeing volunteers for dementia.
- Allchurches Hope Beyond grant for development of Vintage Adventure @ Home.
- The Listeners Trust for publication of "Together We Stand."

We are incredibly grateful for these grant giving organisations.

The Caraway Team: Thank you for supporting Caraway, from the team...

Our Anna Chaplains (left to right):

- Margaret Hague,
- Marion Hitchins
- Kathy Hyde
- Carol Kidd
- Esther Clift
- Jackie Cooper (no photo)



Our Trustees (left to right):

- Revd Canon Dr Erica Roberts, City Chaplain for Older People in Southampton and Anna Chaplain
- Dr Rosalind Simpson, GP and Chair of Trustees
- Mr Terry Martin, Retired University Lecturer
- Esther Clift, Anna Chaplain and Consultant in Frailty at Southern Health Foundation Trust
- Katherine Barbour
- Dorenda Chapman

Rev Chris Knights was an inaugural trustee for Caraway and left Southampton in November 2021 to take up a new exciting post in Durham. We are very grateful for his help in setting up Caraway and wish him well for his new post and life in the North. Thanks Chris.



Our Admin Team (left to right):

- Jo, Communications & Operations Assistant
- Lo, Communications & Volunteer Coordinator
- Maggie, Secretary
- Jill, Treasurer



Our Finances

Reserve's policy:

It is the policy of Caraway to maintain unrestricted funds which are our free reserves, at a minimum level of 3 m unrestricted expenditure. At April 1st 2022, there were reserves available to cover 6 m of expenditure.

Risk review:

The trustees have a risk register that sums up the main risks to the charity and we have put in place policies and systems to mitigate these risks. Volunteers are protected under the insurance of Ansvar.

We have a wide range of policies including safeguarding, equal opportunities, lone working, volunteer and data protection.

Accounts 2021-22

| | | | | | |
|--------------------------------|------------|------------|-----------------|------------|--|
| CARAWAY | | Charity No | 1177743 | | |
| | | Company No | | | |
| Annual accounts for the period | | | | | |
| Period start date | 01/04/2021 | To | Period end date | 31/03/2022 | |

Section A Statement of financial activities (including summary income and expenditure account)

| Recommended categories by activity | Guidance Note | Unrestricted funds | Restricted income funds | Endowment funds | Total funds | Prior year funds |
|------------------------------------|---------------|--------------------|-------------------------|-----------------|-------------|------------------|
| | | £ | £ | £ | £ | £ |
| | | F01 | F02 | F03 | F04 | F05 |
| Income (Note 3) | | | | | | |
| Income and endowments from: | | | | | | |
| Donations and legacies | S01 | 8,165 | - | - | 8,165 | 9,516 |
| Charitable activities | S02 | 2,338 | 24,213 | - | 26,551 | 34,082 |
| Other trading activities | S03 | - | - | - | - | - |
| Investments | S04 | - | - | - | - | - |
| Separate material item of income | S05 | - | - | - | - | - |

| | | | | | | |
|--------------|-----|--------|--------|---|--------|--------|
| Other | S06 | - | - | - | - | - |
| Total | S07 | 10,503 | 24,213 | - | 34,716 | 43,598 |

Expenditure (Notes 6)

Expenditure on:

| | | | | | | |
|--------------------------------|-----|-------|--------|---|--------|--------|
| Raising funds | S08 | - | - | - | - | - |
| Charitable activities | S09 | 4,859 | 26,422 | - | 31,281 | 19,216 |
| Separate material expense item | S10 | | | | | |
| Other | S11 | - | - | - | - | - |
| Total | S12 | 4,859 | 26,422 | - | 31,281 | 19,216 |

Net income/(expenditure) before tax for the reporting period

Tax payable

Net income/(expenditure) after tax before investment gains/(losses)

Net gains/(losses) on investments

Net income/(expenditure) Extraordinary items

Transfers between funds

Other recognised gains/(losses):

Gains and losses on revaluation of fixed assets for the charity's own use

Other gains/(losses)


Net movement in funds

Reconciliation of funds:

Total funds brought forward

Total funds carried forward

| | | | | | | | |
|--|-----|--------|--------|-------|---|--------|--------|
| | S13 | 5,644 | - | 2,209 | - | 3,435 | 24,382 |
| | S14 | - | - | - | - | - | - |
| | S15 | 5,644 | - | 2,209 | - | 3,435 | 24,382 |
| | S16 | - | - | - | - | - | - |
| | S17 | 5,644 | - | 2,209 | - | 3,435 | 24,382 |
| | S18 | - | - | - | - | - | - |
| | S19 | - | - | - | - | - | - |
| | S20 | - | - | - | - | - | - |
| | S21 | - | - | - | - | - | - |
| | S22 | 5,644 | - | 2,209 | - | 3,435 | 24,382 |
| | S23 | 9,534 | 26,029 | - | - | 35,563 | 11,181 |
| | S24 | 15,178 | 23,820 | - | - | 38,998 | 35,563 |

| | | |
|---|---|---|
|  | CHARITY COMMISSION FOR ENGLAND AND WALES | Independent examiner's report on the accounts |
|---|---|---|

Section A

Independent Examiner's Report

| | | | |
|---|--|----------------------------|---------|
| Report to the trustees/ members of | Charity Name CARAWAY | | |
| On accounts for the year ended | 31/03/2022 | Charity no. (if any) | 1177743 |
| Set out on pages | 1-34 | | |
| Responsibilities and basis of report | <p>I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2022</p> <p>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").</p> <p>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.</p> | | |

| | | | |
|---|--|-------|------------|
| Independent examiner's statement | <p>I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:</p> <ul style="list-style-type: none"> • 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. <p>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.</p> <p><i>* Please delete the words in the brackets if they do not apply.</i></p> | | |
| Signed: | A Rush | Date: | 06/06/2022 |
| Name: | Amanda Rush | | |
| Relevant professional qualification(s) or body (if any): | ICEAW Membership number 8124863 | | |
| Address: | Three Oaks Kew Lane Bursledon SO31 8DD | | |

| Section B Disclosure | |
|----------------------|---|
| | <p>Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).</p> |

| | |
|---|-------------|
| <p>Give here brief details of any items that the examiner wishes to disclose.</p> | <p>None</p> |
|---|-------------|

Thank you for reading

End of Report!



@spirituallyresourcingtheolderperson