

# **Caraway Trustees Annual Report**



**for year-ending  
31 March 2023**

Registered Charity Number 1177743  
(CIO Foundation Registered March 2018)

[www.caraway.uk.com](http://www.caraway.uk.com)



## Caraway Trustees Annual Report

### Charitable Objectives

Spiritually Resourcing the Older Person "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 are developing Chaplaincy Services with 11 Chaplains for older people 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.

We have Dementia Services that deliver 9 Memory Cafés a month across the City of Southampton, run a course for new carers of people living with dementia and train and support 70 volunteers to do this work.



## 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.

## Erica Roberts City Chaplain for Older People



We have had an exciting year and it is encouraging to see the energy that is being generated amongst our amazing volunteers. Our regular training sessions for our dementia volunteers and care home support are well-attended, with new skills being learnt, and resources shared. Watching partnerships and connections grow across the city embeds the work that Caraway is achieving and enables us to serve more of the older community than if we worked in isolation.

As we begin to develop our Chaplaincy Services, it has been particularly exciting to support more individuals who are exploring Anna Chaplaincy. Our vision, along with the National Anna Chaplaincy Network is to have an Anna Chaplain for every community and I'm delighted to see this beginning to be a reality. Anna Chaplains are supported by their local church and commissioned to serve the spiritual well-being of the older person in both community and care. Caraway offers supervision, resources, and training depending on each individual context, and it is exciting to be working together to spiritually resource the older person in this way.

One of my highlights each year is our annual Refresh and Resource Day. In 2023 we tackled the challenging area of Death, Dying and Bereavement, with over eighty gathering across the south of England to learn, share, and network together. We had some inspiring speakers, thought-provoking workshops along with space to privately reflect on our own journey. It is always so encouraging to hear the buzz in the room and reminds me of the joy that comes from the privilege of being part of this important work.

## **Dr Ros Simpson, Chair of Trustees says**



If there is one word to sum up Caraway's work in 2022-3 it is growth. All areas. We have more Chaplains and Chaplains Assistants, connecting with more people. We have more community opportunities especially for the Dementia Community in Southampton, stronger connections with other voluntary and NHS bodies, and we have more trustees each working hard in a defined role for the greater good of Caraway.

The volunteer body has grown, and there is new regular training for volunteers who provide 9 memory cafés a month and a course for carers. 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.

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

The landscape is changing within the charity sector, and we are collaborating more to achieve better outcomes citywide as there is considerable disarray in the services by NHS and City Council for older people. We work with inclusion, compassion, energy, training and safe practice to provide an excellent service within our remit as a charity for older people.

Well done to all our trustees, staff, volunteers and area workers for all you have achieved as teams in 2022-23 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 provide spiritual care appropriate for their local community. ([www.annachaplaincy.org.uk](http://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 supported by their local church and serve those of strong, little or no faith at all. They are all self funded except one, for Southampton West (see below)



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

Anna Chaplains supported by Caraway are:

- Marion Hitchins Southampton East  
and Kathy Hyde, Sholing and moving to Portswood
- Esther Clift, Shirley  
and Margaret Hague, Lordshill and Maybush (Southampton West)
- Jackie Cooper, Bitterne Park in Southampton
- Carol Kidd, Harefield and West End in Southampton
- Rev Penny Thatcher, Curate with Caraway

We anticipate that at least a further three Chaplains will be commissioned over the coming year.

A Chaplain comes alongside those older people who are isolated, lonely or navigating the challenges of later years. They listen to the family's story as appropriate and 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.

Caraway has begun a process to explore how to structure our Chaplaincy Services, receiving referrals, providing one to one care where appropriate and connecting others into local community groups. We hope to see this launched and embedded into our wider work over the coming year.

Plans for a new role of a City Chaplain for Dementia continue to be developed and we anticipate having this role bridging our dementia and chaplaincy services as a substantive post by the end of 2023.

**Developing our Dementia work: in collaboration with Solent NHS, Hampshire and Isle Of Wight Integrated Care Board and Admiral Nurses, we provide:**

- Regular local Memory Cafés,
- Courses for new carers and
- Wellbeing Support for Carers

This is developing a Dementia Community across Southampton, connecting, informing and facilitating excellent joined up help for families and individuals living with dementia as far as our remit allows. We realise that there are a majority of households living with dementia who do not go out to community opportunities. This is for cultural and financial reasons, but also because of, mobility problems and severity of dementia. For these people more one to one help is needed, and we are working with other agencies to go towards those who need more help in this difficult journey.



## Memory Cafés, people helping people

There are now 7 memory café sessions across the city per month facilitated by Caraway. In these settings, 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 2023 the 7 Memory Cafés were across Shirley, Bitterne, Thornhill, Lordshill, Lordswood, MAST Theatre and Highfield, that allows over 100 people to attend a local memory café supported by about 70 volunteers.



We have been running Memory Cafés for 6 years now and have seen more than 1 entire cohort of people living with dementia go from attending alone, attending with a carer, needing residential care and then sadly dying. Some carers continue to attend the cafés even after the death of their loved one as it is supportive and familiar. They are a tremendous help to others on the journey.

### **The Memory Café service was evaluated in September 2022:**

Evaluation of participants (carers) at Memory cafés in September - October 2022 showed 9 cafés a month in 5 venues attended by about 120 people per month, served by about 40 volunteers on a regular basis.



**Comments Included:**

- *I like mixing with others with shared problems / experiences, helping us realise we are not alone. Empathy goes without saying or explanation. New friendships. No one is ever left alone, volunteers always pick up on anyone who seems isolated.*
- *The café is a lifesaver, talking to Admiral Nurse after feeling suicidal, they ease your pain. She introduced me to carers tea and another club.*
- *We very much feel that we belong to the dementia community. We cannot thank the Caraway Organization enough. Well done Caraway, may you continue developing the commitment.*
- *I like to meet friends, have contact with other people for friendship and support. I look forward to the memory café meetings.*
- *It's my escape and something we both look forward to!*

**Caraway Courses for New Carers are due to start In April 2023**



These will be for carers of people with a new diagnosis of dementia In the last 2 years. It will provide emotional and informational support, and allow true choice about how their dementia journey will progress.

Wellbeing calls to carers continue and we have 11 volunteers telephoning 17 families living with dementia on a regular basis. We are looking at how to extend this role to become closer to the carers.

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 setting up the Caraway Chaplaincy Services.

**Caraway Dementia Services have been supported in 2022-3 by the McCarthy Stone Foundation, by Southampton City Council, and The National Lottery.**

## Combating Loneliness: Caraway aims to combat loneliness

### Jubilee Tea Dance – 31<sup>st</sup> May 2022

We held a Tea Dance to celebrate the Queen’s Platinum Jubilee. We welcomed over 60 people to an afternoon of live music and dancing and of course afternoon tea. We particularly enjoyed having some University students join us who entertained us with their energetic ballroom dancing – a truly intergenerational event.



### Creating Community: Vintage Adventure @ Home

Our Vintage Adventure @ Home project continues and every month we send out an A5 booklet filled with worship, reflections, poems and activities all based around a theme for that month. We currently reach over 200 people, mostly within Southampton, but we do send to friends across the country as well.

It remains a much valued spiritual and social booklet researched, written, produced and delivered by a wonderful faithful group of volunteers.

The packs are used by the Anna Chaplains to focus on supporting the housebound and their friends and neighbours and we plan to continue to provide this resource where we can.

All resources are available for free download on our website.

Year	Month	Edition Title	Number sent	
2022	April	Easter	198	
	May	Living in the Light of Easter	195	
	June	Our Faithful Queen	190	
	July	The Good Shepherd	187	
	August	God's Gift of Rest	187	
	September	God's Gift of Music	187	
	October	All Different! All Welcome!	190	
	November	The Power of Words	192	
	December	Messiah	192	
	2023	January	I am the Gate	192
		February	I am the Light of the World	205
		March	I am the Good Shepherd	209



VINTAGE ADVENTURE

@ HOME

ALL DIFFERENT! ALL WELCOME!



VINTAGE ADVENTURE

@ HOME

GOD'S GIFT OF MUSIC



VINTAGE ADVENTURE

@ HOME

I AM THE GATE

We send out over 200 booklets every month. We were pleased to receive continued support from Highfield Church and The Listeners Trust for this project.

## Feedback

*"We both would like to send a personal thank you from us and our group. With ref to the letter, prayers from Caraway which we receive every month. To all the people who produce all that we get from you may we send a personal thanks. Please keep this going as all prayers and literature from Caraway is awaited with great thanks. May our Lord send his blessings to you all."*

*"Many thanks for your faithfulness in sending Vintage Adventure each month. I really appreciate it and particularly enjoy those that concentrate on the Bible, as the most recent one does showing Jesus to be the Light of the world. Thank you again for your ministry. We older people are truly grateful."*

*"Just to say how much I appreciated the latest VA Adventure @ Home. I am amazed at the information shared about the life of a middle eastern shepherd; where did she get it all? and lots of other stuff worth chewing over. Thanks to the team. I missed the chocolate, even though I think you had warned us, but I have been programmed like Pavlova's dogs!"*

**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 and time to just sit and chat over a cup of tea and cake. We were able to meet together to celebrate Easter and Christmas and more regularly since.



**Home Prayer Card**

Every month we post over 150 copies of our Home Prayer Card to people across the city. Each month has a different theme and different people contribute. Our Anna Chaplains not only deliver them to those they care for but also use them for praying with those who are now unable to get to church.



**Feedback:**

*"Just some feedback re: HPC. Please can you thank the author? I visited 2 Christian gentlemen this afternoon in 2 separate care homes and was able to use this - it was so appropriate."*

*"He couldn't see to read the HPC as nobody has taken his glasses in - but as I read it, he cried during the reading of Romans 8. It was so special to remind him that although he has been through a rough time and isn't sure even now what is happening and he still misses his wife, that nothing can separate him from God's love."*

## A Taste of Caraway – our Annual Fundraiser

We held our first annual fundraising event on 1<sup>st</sup> October 2022.

We invited people to come along for the afternoon, to experience a taste of what Caraway does.

We charged a small admission fee and guests were able to enjoy an afternoon tea, browse some craft stalls and enjoy some musical entertainment amongst other things. All activities that happen at many of our Memory Cafés across the city. We closed the event with an Auction of Promises and were delighted to raise over £2000.00 from the afternoon. Join us again on 7<sup>th</sup> October 2023!



## Annual Refresh and Resource Day March 2023

This year's theme was 'The Final Frontier, Facing death, dying and bereavement'. Over 80 people joined us for a challenging day of how we can help our older people and their carers support those who are dying and those looking after them.

While an emotional day for many it was also an uplifting day, contradictory to the days title. Guest speakers shared their personal and practical insights as we explored many important issues around end of life and bereavement. Sessions were:

- Can we Die Well?
- Beginning the Grief Journey
- Being Alongside the Dying
- Final Wishes

The morning session closed with a panel discussion with our speakers.





We enjoyed a light lunch of sandwiches and delicious cakes after which we divided into smaller groups to explore a range of topics discussed through interactive practical workshops.

- Grave Talk
- Living with Loss
- Sharing Resources for the Journey
- Creative Space

The inspiring day closed with a reflective time.

### **Feedback from those attending:**

*"This event is a real highpoint in the year for Anna Chaplaincy and prepared with such thoughtfulness and skill. Each of the speakers gave us important messages in helping understand how spiritual care makes a profound difference. They were fluent and engaging in their delivery, showing their passion for best practice at end of life and drawing us in with brilliant examples and case studies. Please convey our sincere thanks for their generosity in sharing their wealth of experience and wisdom."*

*"Thank you very much for such a well-planned and thoughtful day!"*

*"Thank you so much. It was a very well organised day (as always!) with well chosen speakers ----- and a delicious lunch! It was so good as well to connect again with folk with the same heart for our dear older people. Looking forward to next year now!!"*

*"Thank you all for a really helpful and well organised day."*

*"I got a lot from the R&R Day, and am really grateful for the opportunity to hear so many speakers able to give such honest insights. The atmosphere was really good and it felt like a safe space to be honest about the pain of loss and grief, while still offering much hope for healing and that good days can still come. It also changed my own perspective on grief and gave me a lot to reflect on. Thank you very much for such a well-planned and thoughtful day!"*



*As always, the day was a wonderful time of refreshment, inspiration and food for thought, as well as lovely refreshments. I have always enjoyed these days, learned so much and pinched lots of ideas!"*

### **Supporting Care Homes: Virtual Christian Services**

We continue to provide a regular Communal Christian worship service to our Care Homes via Zoom and now with less restriction on visiting Care Homes one of our team is usually able to join with the residents for the service. 6 Care homes regularly join us along with Care Hubs as well. We provide a gift bag for each session with the orders of service, some activity sheets and an edible treat for them. We are very blessed by our wonderful team of volunteers who assist with the service, giving a talk, leading the prayers, dealing with the technology, they help to make this all possible.

We have provided more Spiritual Care boxes this year and have some already prepared to go into new Care Homes in the coming year.



### **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 year has seen significant progress being made in being able to visit residents living in the Sheltered Housing Blocks within Lordshill on a regular basis. I visit 3 different blocks once a month and now have a volunteer assistant who visits a 4<sup>th</sup> block also once a month (plus any extra home visits I am unable to take on), where we sit and chat with residents who attend the Courts' weekly coffee mornings. These events are a great way to informally build relationships with residents in a safe, relaxing space. Many have then shared their upsets and hurts with us and we have supported them through some quite significant life changes.



Regular visits have also been made to a resident living in a Sheltered Housing block in Maybush and to another in a Care Home. I continue to run 'Coffee, Cake & Connect' coffee drop-in one afternoon a week at Lords Hill Church along with a committed team of 5, sometimes 6, volunteers. One of the volunteers is commencing training to become a volunteer Anna Chaplain working alongside me in Lordshill. The

Coffee, Cake & Connect sessions are often quite labour intensive as the older people who come require a lot of support, some of whom have special needs.



It has been sad to see some struggling in the financial climate or with an addiction or mental health issue but encouraging to see others of no faith, warming to the love of Christ which is so evident at our sessions. We are able to help attendees navigate some upsetting times and changes and it is rewarding to see so many feel at ease in being to share their problems and worries with us. The number of home visits I do is increasing and so is the need to offer a spiritual connection to those who are no longer able to attend their place of worship. Visiting them in the role of Chaplain is an immense honour and pleasure for me, but being able to spend time praying together and sharing a word from the Bible means such a lot to them, as I have been told on many occasions! I also still continue to make support phone calls and pray with others on the phone.

Over 100 Vintage Adventure packs and a fewer number of Home Prayer Cards are delivered in the area each month and the feedback from these continues to be amazing. These are indeed a valued lifeline to those who have once attended church but who are no longer able to, but also to those who are seeking God's peace for the first time in their lives.



The funding from the Henry Smith Charity is making a very big difference in the number of older people I am able to meet and support, however there are still a



great many we haven't yet met. There are always more doors opening to us and our plan for the future is to grow a bigger team. With over 850 older people living in Lordshill alone, many of whom are unable to walk to the Church, it remains so vital that we reach out to them.

### **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 are the guests. The majority of our volunteers are over 60 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 in the following roles:

- Chaplain or a Chaplain's Assistant
- Dementia Wellbeing Volunteer
- Memory Cafés volunteer and other Dementia Community Events
- Courses for Carers Facilitator
- Care Home Supporter
- Vintage Adventure @ Home team member
- Holiday @ Home team member
- Administrative and Operational support

All volunteers are registered with Caraway and receive training and ongoing support. We are focussing on safe working, understanding people's needs, active listening and proactive responses. We are developing an app for safe data management of dementia community groups and manage people's needs with

confidential but effective responses, advocating for them with their consent and knowledge.



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.”*





**Our Website and Publications:** [www.caraway.uk.com](http://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.

In the past year we have developed a resources directory for dementia opportunities, an app for volunteers to safely manage client data, and we send out a weekly email telling the dementia community about community opportunities, including all memory cafés in the coming week. It goes to 165 people weekly.

### **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 care 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 2023-24

### 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 Caraway Chaplaincy Services for Older People

We aim to develop the Anna Chaplaincy work in Southampton, supporting and encouraging our existing Anna Chaplains, helping them recruit Chaplain's Assistants, 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 fundraise for an Anna Chaplain for Dementia in the city to be part of the dementia services 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

We are starting regular courses for new carers of people living with dementia, starting in April 2023, and including the "We Care Dementia Care" course with Dr Kellyn Lee from the Dementia Care in Totton, Southampton. We will continue and develop the Memory Cafés 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.

#### 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. Refresh and Resource Day March 2024

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 loneliness and social isolation issues and ways of responding. It will be thought provoking, inspiring, creative, prayerful and fun. Date to be confirmed.

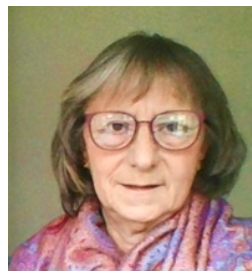
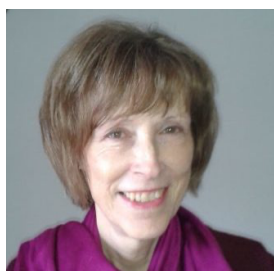
## 7. Raise funds to support these aspirations

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.

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

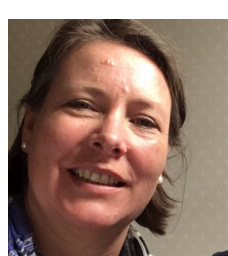
**Our Anna Chaplains** (left to right):

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



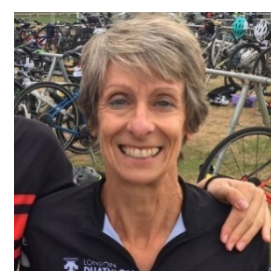
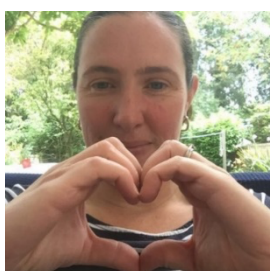
**Our Trustees** (left to right):

- 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
- Keith Fox
- Barry Toward



**Our Admin Team** (left to right):

- Jo, Administration & Operations Manager
- Lo, Communications & Volunteer Coordinator
- Catherine, Chaplaincy Services Co-ordinator
- Janet, Secretary to Trustees
- 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 months unrestricted expenditure. At April 1<sup>st</sup> 2023, there were reserves of about £6000 available to cover 6 months of expenditure including potential redundancy.

**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 2022-23

CARAWAY		Charity No	1177743	
		Company No		
Annual accounts for the period				
Period start date	01/04/2022	To	Period end date	31/03/2023

### 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
<b>Income (Note 3)</b>						
<b>Income and endowments from:</b>						
Donations and legacies	S01	9,520	-	-	9,520	8,165
Charitable activities	S02	4,782	34,642	-	39,424	26,551
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
<b>Total</b>	S07	14,302	34,642	-	48,944	34,716
<b>Expenditure (Notes 6)</b>						
<b>Expenditure on:</b>						
Raising funds	S08	-	-	-	-	-
Charitable activities	S09	6,772	30,891	-	37,663	31,281
Separate material expense item	S10	-	-	-	-	-
Other	S11	-	-	-	-	-
<b>Total</b>	S12	6,772	30,891	-	37,663	31,281
<b>Net income/(expenditure) before tax for the reporting period</b>	S13	7,530	3,751	-	11,281	3,435
Tax payable	S14	-	-	-	-	-
<b>Net income/(expenditure) after tax before investment gains/(losses)</b>	S15	7,530	3,751	-	11,281	3,435
Net gains/(losses) on investments	S16	-	-	-	-	-



**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**

S17	7,530	3,751	-	11,281	3,435
S18	-	-	-	-	-
S19	-	-	-	-	-
S20	-	-	-	-	-
S21	-	-	-	-	-
S22	7,530	3,751	-	11,281	3,435
S23	15,178	23,820	-	38,998	35,563
S24	22,708	27,571	-	50,279	38,998



**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**

31/03/2023

**Charity no  
(if any)**

1177743

**Set out on pages**

1-34

I report to the trustees on my examination of the accounts of the above charity (“the Trust”) for the year ended 31/03/2023

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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:

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

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

**Signed:**

**Date:**

**Name:**

**Relevant professional qualification(s) or body (if any):**

**Address:**



Thank you for reading

End of Report!



@spirituallyresourcingtheolderperson