

Mid–Cornwall Lifestyles

Annual Report

2020-2021



## **Background to Mid-Cornwall Lifestyles**

### **Our Vision:**

Our vision is that everyone lives life to their tune.

### **Our Mission Statement:**

We will support individuals with additional needs to fulfil their own personal ambitions and to live the lifestyle of their choice with the help of our trained and dedicated Support Workers.

### **Aim**

The aim of Mid-Cornwall Lifestyles is to offer disabled people the opportunity to develop the lifestyle of their choice. 'Lifestyles' describes a way of working with people as equal partners in a service. The participant is the central focus of any work undertaken; they have the responsibility for deciding the nature, direction and pace of that work. They have the right to expect to take informed risks; learn from experience; have fun; make mistakes; lead a life that has the same opportunities for happiness, disappointment and fulfilment as anyone else.

### **History**

Mid-Cornwall Lifestyles emerged from a short-term Social Services initiative based in St Austell that people did not want to lose. A group of disabled people who had been receiving the service sought the help of Scope through its Community Field Worker and received a grant of £5,000

for development work. That year's work produced a successful lottery bid worth nearly £123,000 over three years and so enabled the project to begin. The project manager took up the post in September 1999 and remains in post with 2019 – 2020 being a transitional year handing over the overall management to the new manager in January 2020.

## **Management**

The original management committee has been extended from within the participants of the project and all the Trustees of the charity are people with disabilities. The Chair of the Trustees is the sole remaining founder member of the original management committee. The CEO who led the Charity since its inception in 1999 handed over the overall management responsibility to the new CEO in 2020. A team of 20 dedicated and skilled Support Workers and 2 admin / digital project workers (10.7 Full-Time Equivalent) assist the manager in the delivery of the service to the people of Cornwall.

## **Participants**

Mid-Cornwall Lifestyles offers a service to people over the age of 16 with no upper age limit. The project offers a service to any person with any disability (we operate a self-definition of disability) and a request can be made by the individual or by referral from a close companion or family member, Adult Social Care, G.Ps, NHS, Occupational Health or via partner organisations.

Our core work has four elements:

## 1. Individual Support

- a) Formal contractual agreements have been in place for many years providing individual services for a variety of agencies: Department of Adult Social Care, Cornwall Partnership NHS Foundation Trust; DisAbility Cornwall.
- b) Assisting individuals through their Direct Payment Personal Budgets.

Both elements of personal support include any or all of the following: befriending, advocacy, attending court, liaising with police, providing transport and support to attend appointments, negotiating with debt support and other agencies, assisting with benefits forms and claims and attending appeals, writing letters, organising holidays, shopping, exercising, attending rock concerts, sporting events and developing online digital skills – all in the name of choice and increased access to the things in life that most people take for granted, thus increasing independence, health and well-being.

An important ongoing activity this year has been the development of our Digital Inclusion offer. Supporting the development of our staff and client's digital skills and access to equipment to improve communications and remote support as well as having fun as an online social group

## 2. Accessible Transport

We use our Nissan Primastar wheelchair-adapted minibus for group outings, visits to other organisations and to disability community events. The vehicle is also used for individuals needing transport for hospital visits or attendance at meetings for some of our participants to fulfil their voluntary committee duties for other organisations.

We also have access to a 16-seater wheelchair-adapted minibus. This vehicle is owned by the St Austell PHAB club and used for their regular weekly meetings, mystery trips at weekends and for group holidays. Both vehicles are available and insured for members of the disabled community to borrow for their own visits or holidays.

### 3. Advocacy

The project continues to work specifically on advocacy issues separate to general care and support. The range of intervention on behalf of individuals has included support in meetings with the Police, Solicitors and attendance at Courts, Citizens Advice Bureau, Adult Social Care, Safeguarding and Vulnerable Adult meetings, Debt Management Agencies, Care Agencies, Banks, Benefits Agency, Funding Agencies. This intervention covers a whole range of issues from debt to persecution and abuse.

### 4. Support of other charitable organisations

The project continues to support other charitable groups. We are members of the Cornwall Disability Alliance and Local Alliance network.

## **CEO's Report for Year ending 31<sup>st</sup> August 2021**

This report year began in September 2020 when the COVID-19 pandemic was seemingly easing. Temporarily. We knew that the issues that we and our clients had faced in the early months of the pandemic would continue to be felt and the ongoing effects at that stage were only beginning to become apparent.

In the period to 31<sup>st</sup> August 2021 we have all been working hard to maintain the important support for our clients. That is the core of our charitable work and the resilience, commitment and support shown by our team in adversity has been great.

There haven't been as many organisational developments and changes as last year when we introduced new ways of communication, recording, training and working.

This year has been one of consolidating the organisational developments and delivering our support work in a Covid 19 world. The CEO has also continued the development of the effective Disability Alliance work which has proved a powerful alliance for disabled people in Cornwall and has led to significant projects, activities and grant funding success.

We have faced challenges with staffing capacity in this past year which has meant at times we have struggled to deliver all required support hours and have reluctantly had to turn down requests for help from commissioners. Some people have left the organisation and some new people have joined. We have started working with 2 new clients who have been referred to us and 2 who found us through word of mouth and our website that went live in November 2020.

A success to celebrate has been the delivery and development of our Digital Skills offer which has evolved from some initial grant funding from the Cornwall Community Fund and The Clare Milne Trust that enabled Becky Rowland to deliver weekly online fun “socials” for clients, family members and staff and has increased to include people from other organisations. In the period from 17<sup>th</sup> December 2020 to 26<sup>th</sup> May 2021 20 online socials were held with 265 attendances from disabled adults, carers and family members. Individual IT skills support was provided to people who required it to enable them to access the sessions. This success led us to receive further grant funding from the European Social Funded Inclusivity Project and National Emergencies Trust which enabled us to start up our “Loan IT” scheme and purchase ICT equipment loaned to staff to help them complete online training and for staff and clients to use to access the socials and develop IT skills with the help of partnership with the Cornwall Rural Community Charity. It really has been beneficial and enjoyable and the good news is that it continues to develop!

We have come through a turbulent and uncertain year where our generated income was reduced but have been able to reward our staff with a 9% pay increase and generate a small net profit. This is a cause for optimism for the future!



Edward Whitefield

Date: 03/12/2021

CEO Mid-Cornwall Lifestyles

## **Chair of Trustee's Report for year ending 31st August 2021**

Our year for 2020 – 2021 came to a close at the end of August and looking back at my report for the year 2019 – 2020 I see I said;

“It is safe to say that last year saw challenges the likes we have never seen before and the valuable work we are committed to has never been more important for our clients.”

I think it is safe to re-use that line for this year too!

The Covid 19 pandemic has continued and if anything the effects have been felt more over the past year. The effects of isolation, lock downs and pressures on health services as well as a downturn in the economy have been the backdrop to our continued efforts to support our clients and also the staff who deliver the valuable support.

We thank them for this. As a small organisation we get to know our clients and staff well and recognise the toll that this has been taking on us all. There have been challenges for individuals as well as Lifestyles as an organisation.

But it isn't all doom and gloom!

Not only have we successfully come through another turbulent year as an organisation we have some highlights to mention.

We have continued to build on the success of our Digital Inclusion project and this has run all through last winter and Spring on a weekly basis led by Becky who has done a great job as entertainer and trainer!

We have had fun, we have learned things and the success has led to more grant funding from the National Emergencies Trust, Cornwall Community Foundation and South West Water. What started as a way for us to get together online during lock downs has progressed into a great Digital Skills project that Lifestyles is leading on for the Cornwall Disability Alliance!



Over the Spring and Summer we have been able to start getting back to some of the fun “Lifestyles” activities we enjoy. Clients have been supported to re start some of the things they enjoy and getting out and about again. When we report next year we will be able to tell you more about trips to sporting events and music gigs, respite holidays and more that are planned!

In order for these great things to happen we need to ensure we deliver on the core of our service which is the personalised support we provide to our clients. With the team, led by Ed, we continue to do this.

Thanks go as always to the whole team at MCL – staff, volunteers and to my colleagues on the Trustee board and to all the participants who make everything we do so worthwhile.

We also thank our partner organisations and funders for their continued support.

CAB

Claire Milne Trust

Cornwall Department of Adult Care and Support

Cornwall Disability Alliance

Cornwall Voluntary Services

Cornwall Voluntary Sector Forum

Cornwall Partnership NHS Foundation Trust

Cornwall Community Foundation

Cornwall Rural Communities Charity

DisAbility Cornwall

Federation of Small Businesses

Food Banks


Neetside Community Centre, Bude

National Council for Voluntary Organisations

National Emergencies Trust

NHS Kernow CCG  
Scope for St Austell  
South West Water  
Sovereign Payroll Solutions  
St Austell PHAB

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Ewan Morris

Date: 03/12/2021

Chair of the Trustees, Mid-Cornwall Lifestyles

### **Treasurer's Report for Year ending 31<sup>st</sup> August 2021**

I am pleased to report a successful financial year.

This is an achievement for us in a year dominated by Covid 19.

Restrictions and lockdowns have meant that some of the income generating work we would normally deliver hasn't been possible or has been reduced for much of the year which is reflected in the reduction of £22,782.94 in Generated Income and £3,987 in contracted delivery work with the Cornwall Foundation Trust.

Financial assistance has been provided from the increase in Grants & Bids funding that we have received during this period. £17,573.68 has enabled us to fund the Digital Skills project work and some administration support for the CEO. We have also been able to use the

Covid 19 benefits such as furlough, HMRC and statutory sick pay support which is reflected in the increased Other income line.

Overall, the Total Income Resources increased by £558.00 compared to the year ending 31/08/2020.

The overall Expenditure has increased by £12,424.57 since last year. We have an increase in staff on our payroll with a reduction in Sub Contractors and this also affected the increase in Staff travel and expenses line which also includes Sub Contractor travel expenses. We should note that we pay our Support Staff for all their travel to and from support work which is not the case with many other care providers. The increase in expenditure on Office includes the purchase of ICT equipment and there has been an increase in investment in Training.

During this year we also took the decision to increase the hourly rate we charge for the support work we deliver, where possible, from £16.61 to £18.00 per hour. This puts us in line with other care providers.


We are a not-for-profit CIO. This increase was intended to enable us to provide a deserved hourly rate pay increase to our staff which was equal to a 9% increase rising from £9.50 to £10.50.

We have also recognised and incentivised professional development with financial rewards for training and qualifications with an increasing amount of our team receiving £11.00 per hour. We awarded a salary increase for the new CEO.

This all meant we ended the year with Net Incoming Resources of £8,363.28.

I would like to thank our clients, commissioner payments teams and Disability Cornwall managed payment team for their prompt payment of invoices during the pandemic period as well as Sovereign Payroll Solutions for their help navigating the employer Covid regulations and Erna Beaton Secretarial & Accounting Services for her Independent Examination for Mid-Cornwall Lifestyles.

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Lynda Osman – Treasurer Mid-Cornwall Lifestyles

Date: 03/12/2021

**MID -CORNWALL LIFESTYLES**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE 12 MONTH PERIOD ENDED**  
**31st AUGUST 2021**

	<b>31/08/2021</b>	<b>31/08/2020</b>
<b>INCOMING RESOURCES</b>		
SSD Spots/ACWB/ASC	5,135.92	5,752.91
CPT/CFT	166.10	4,153.89
Generated Income	182,435.76	205,218.70
Donations	1,255.00	0.00
Grants & Bid	17,573.68	4,000.00
Vehicle	893.50	75.00
Other	27,050.91	13,570.48
Client Exp.	0.00	1,181.89
<b><u>TOTAL INCOME RESOURCES</u></b>	<u>234,510.87</u>	<u>233,952.87</u>
<b>RESOURCES EXPENDED</b>		
Salaries	154,374.23	129,335.27
Staff travel costs/expenses	26,191.92	12,037.43
Subcontractors	13,218.68	31,063.49
Volunteer Travel	7,879.02	11,175.08
Promotional Expenses	587.10	1,507.00
Office consumables.postage etc.	5,514.77	1,698.12
Telephone	851.19	387.61
Rent	1,330.00	3,449.74
Insurance	1,300.47	618.40
Training	1,527.25	111.00
Recruitment	212.80	472.00
Other	790.07	1,067.90
Client Support	9,456.10	15,017.77
Vehicle Maintenance/Fuel	1,686.99	3,449.02
Vehicle Depreciation	1,030.00	2,060.00
Other Depreciation	113.00	151.00
Bank Charges	84.00	122.19
<b><u>TOTAL RESOURCES EXPENDED</u></b>	<u>226,147.59</u>	<u>213,723.02</u>
<b>NET INCOMING RESOURCES</b>	<u><u>8,363.28</u></u>	<u><u>20,229.85</u></u>

**MID-CORNWALL LIFESTYLES**

**BALANCE SHEET AS AT 31ST AUGUST 2020**

	<b>year ending 31.08.2021</b>	<b>year ending 31.08.2020</b>
<b>FIXED ASSETS</b>		
Tangible Assets - Office Equipment	338.00	451.00
- Vehicles	<u>1,030.00</u>	<u>2,060.00</u>
	1,368.00	2,511.00
<b>CURRENT ASSETS</b>		
Cash at Bank and in Hand	36,677.48	32,354.88
Prepayments/Debtors	<u>2,668.00</u>	<u>4,615.91</u>
	39,345.48	36,970.79
<b>LIABILITIES</b>		
Creditors - Amount falling due within one year	<u>0.00</u>	<u>0.00</u>
<b>CURRENT ASSETS LESS CURRENT LIABILITIES</b>	39,345.48	36,970.79
<b>NET ASSETS</b>	<u>40,713.48</u>	<u>39,481.79</u>
<b>TOTAL FUNDS</b>	<u>40,713.48</u>	<u>39,481.79</u>

## Independent Examiner's Report to the Trustees of Mid Cornwall Lifestyles

I have prepared the accounts as set out on pages 3 & 4 for the period ended 31st August 2021 from the accounting records and from information as provided and explanations supplied.

### Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the financial statements, you consider that the audit requirement of section 43 (2) of the Charities Act 1993 (the Act) does not apply. It is my responsibility to state, based on procedures specified in the General Directions given by the Charity Commissioners under section 43 (7)(b) of the Act, whether particular matters have come to my attention.

### Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the financial statements.

In connection with my examination, no matter has come to my attention:

- a. Which gives me reasonable cause to believe that in any material respect the requirements o to keep accounting records in accordance with section 41 of the Act, and
- b. to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of the Act

Have not been met; or to which in my opinion, requires attention to be drawn to enable a proper understanding of the financial statements to be reached.



Mrs E Beaton  
S.A.S. [Secretarial & Accounting Services]  
10 Hollabury Road  
Bude  
EX23 8JA

October 2021

If you would like more information about Mid Cornwall Lifestyles then please contact us by post, telephone or e-mail.

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website [www.lifestyles-cornwall.org.uk](http://www.lifestyles-cornwall.org.uk)

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