



Annual Report & Accounts

For the Year Ended 31 March 2009

Registered Office: The Annexe, St Mellitus Church, 79a Tollington Park, London. N4 3AG
Tel: 020 7281 5200 Fax: 020 7281 5632 Email: carisislington@yahoo.co.uk
Registered Charity No. 1057737

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Legal & Administrative Information

Name	Caris Islington Ltd
Incorporated	14th August 1996

Company Number	03237809
Registered Charity Number	1057737
Chair of Trustees	Jeanette Cragg
Trustees*	Janine Bull (Resigned 27 January 2009) Bridget Butt Jeanette Cragg Robina Dyall Revd Fiona Green Valerie Lang MBE (Resigned 28 July 2008) Jacqueline Mair Denise O'Connor Revd Brian Purchase Gradleigh Ruderham (Resigned 7 April 2008) Mary Savory Guido Waldman Revd. Brian Wightwick
Company Secretary	Mary Savory (Appointed 1 April 2008)
Registered Office & Principal Office	The Annexe St Mellitus Church 79a Tollington Park London N4 3AG
Bankers	NatWest Bank PLC PO Box 8002 218 Upper Street London. N1 1SA

*All of the trustees are also directors of Caris Islington Ltd

CARIS Islington

Our Vision

A community service open to all in Islington affected by bereavement or homelessness, offering counselling and cold weather shelters, in partnership with local churches.

Our Values

We are committed to delivering a service that is free to all, rooted in Christian ideals and open to all without judgement.

Our Strategic Objectives

1. To provide a free, Cold Weather Shelter in Islington, to support people affected by problems of homelessness.
2. To provide a free Bereavement Counselling service Cold Weather Shelter in Islington to support people affected by death.
3. To develop and sustain a positive working relationship with all churches and places of worship within Islington.
4. To raise awareness of the realities and impact of bereavement and homelessness.
5. To ensure that models of best practice are used in CARIS.

Our History

Incorporated on 14 August 1996, CARIS Islington is a registered charity and a company limited by guarantee. It comprises three projects - the CARIS Bereavement Service (CBS), Rucksack, our child bereavement service and the CARIS Cold Weather Shelter (CCWS).

It is governed by a memorandum and articles of association which have not been amended since incorporation. Its objects are the promotion of charitable purposes for the benefit of the community within the London Borough of Islington (including the assisting of the bereaved and the homeless) as shall be an expression of Christian social concern.

CARIS Islington is headed by the Board of Trustees, who together are responsible for the management of all the various projects. For more details please contact the Chair of the Trustees, Jeanette Cragg, at the CARIS office.

All CARIS Islington projects are managed by project committees, which include members of the Board of Trustees as well as others. The CBS project committee is chaired by Valerie Lang and the CCWS project committee is chaired by Jacqueline Mair.

How You Can Help

Pray for us.

Apply to become a member of our project management committees.

Apply to become a Trustee of the Charity.

Volunteer in our office to help out with the administration work.

Make a donation towards the work of CARIS Islington.

Acknowledgements

Caris Islington would like to thank all of the individuals and organisations who provided the funding and other support which made our work possible.

The following is a list of grant giving bodies and churches that provided financial support in 2008-09.

Grant giving bodies

29th May 1961 Charitable Trust
Arsenal Regeneration
Beatrice Laing Trust
Church Urban Fund
Cloudesley Trust
Cripplegate Foundation
Henry Smith Charity
London Poor Grant
Maunsell Trust
Morris Charitable Trust
Royal Bank of Scotland
Sobell Foundation
The Quakers
Thomson Corporation
Tulchan Communications
Vintners Company

Churches

Canonbury Community Baptist Church
Christ Church, Highbury
St Augustine's Church
St James' Church, Prebend St
St Jude's Church
St Mellitus' Church
St Stephen's Church
St Thomas' Church
Union Chapel

Chair of Trustees Review of the Year

We are now well settled in to our new offices at St Mellitus Church in Finsbury Park. Having considerably more space and improved facilities is enabling us to offer better services to our clients and the volunteers of the Bereavement Service in particular. Many of our friends and volunteers have helped us with further decorating, providing furnishings and fittings, and doing gardening and electrical work. We were proud to take part in the St Mellitus' anniversary in March 2009 and show off our new space to their parishioners.

Financing our projects, particularly the Bereavement Service, remains a concern for Trustees. A list of the organisations which have helped us with funding is opposite, and we are grateful for their support, which enables us to continue to help our clients and support our volunteers. A concerted programme of fund-raising leaves the Cold Weather Shelter in a more healthy position at the year end and Trustees will be looking at how best to plan ahead for the Shelter's future.

We were delighted to recruit Mark Brennan as Co-ordinator for the Cold Weather Shelter Project again. He has presided over another very successful season for the CWS, and developed some promising links with Heythrop College of the University of London. The Bereavement Service said goodbye to Anne Baker on her move to Birmingham. We were pleased to recruit in September Richard Sloan to a new post as Senior Counsellor for the Adult Bereavement Service, and to welcome also Michelle Casimir as Administrator.

Reviews of the individual projects follow. Each of them also produces their own project report with more details of the services we provide and the other groups and agencies with whom we work.

I would like to thank all the Trustees for their help and support over the past year, and our four part-time staff for their commitment and hard work for Caris, often beyond the requirements of their posts. There have been a few changes in Trustees and their roles over the past year. We are very grateful to Mary Savory for taking over the role of Company Secretary. We have had to say goodbye to two Trustees over the past year: Val Lang, a Trustee for many years and Acting Chair for a couple of years prior to 2005, stepped down as a Trustee. We are delighted however that she has agreed to stay on as Chair of the Bereavement Project Committee. Janine Bull resigned when she moved out of Islington. We hope to recruit more Trustees over the coming year to take their places, and welcome any expressions of interest from people who wish to help us with our work.

Jeanette Cragg
Chair of Trustees

CARIS Bereavement Service Report

Having settled into our new building, 2008 was another year of change for the Bereavement Service as Anne Baker, the Assistant Co-ordinator, left CARIS in the summer of 2008 after more than 12 years. She had an amazing career with us and kept us afloat through thick and thin. We were especially grateful for all her help during the move last year when she single-handedly contacted every one of our correspondents and told them about our new address, not to mention the number of boxes she

packed! Anne regularly did administrative tasks for us alongside her clinical duties, so when she left we decided to re-design her job description, and created two posts - a Senior Counsellor, and an Administrator.

In September 2008 Richard Sloan was appointed as our new Senior Counsellor, and Michelle Casimir was appointed as our Administrator. Both Richard and Michelle have settled in well and it feels like they've been here for ages.

All clients are seen for assessment before weekly counselling is arranged, and Richard conducts the majority of these initial meetings. He also runs supervision groups and helps Lydia with training. Michelle's duties are varied, but one of the most useful things she does is keep an eye on our room booking diary so that we don't get double booked. Although the majority of our clients are still seen in their own homes, there are now a significant number who are seen at the Annexe so the building can be busy at times. Our clients are very pleased to have the option of being seen at home or at St Mellitus, so we continue to be glad that we can now offer that choice.

In the financial year 08/09 we had 129 referrals - a few more than the year before, and considerably more than the 112 of the year before that. This increase in referrals may have something to do with the move to St Mellitus, and our offer to see people on the premises if they prefer.

We have had some lovely feedback from clients this year. One client said: "Your counsellors are a credit to the organisation; they should be very proud of the work they do making people feel better, getting rid of all that depression bereaved people feel".

Some statistics on our clients:

White UK	56%
Irish	11%
Brazilian	5%
Turkish	5%
Greek	4%
Chinese	3%
Black Caribbean	3%
Black African	2%
Black other	1%
Other	10%

Male	16%
Female	84%

Lydia Constantinou
Bereavement Service Co-ordinator

Rucksack Report

Our children's bereavement service, Rucksack, offers a selection of therapeutic programmes for bereaved children. Following the creation of our 'Rucksack Room' last year, we have been fortunate to have received grants from the Cloudesley Charity and the Clara E Burgess Charity to refurbish the room. So we now have a sink (very useful when children decide to paint!) and very big storage cupboards, plus of course a doll's house, pretend cooker, dressing up clothes, emergency corner (very important in bereavement work), sand tray and puppets. The room is used on most after school evenings.

Rucksack worked with 20 children and their families in 08/09. This is less than during the previous year. Building work in the Rucksack Room and changes in staffing meant that we didn't advertise the service. We are expecting to increase the pace in 09/10.

Some of the ways our visitors help children:

Talking

All the Rucksack activities are designed to help the child express his/her thoughts and feelings. Some children just want to talk. The Rucksack visitors are skilled listeners and will listen, and answer questions, throughout the visits. Sessions usually take place once a week.

Focussed play

If the child is affected by their loss, this may show in their play. The Rucksack visitor can facilitate play sessions and will focus the play in ways that allow the child to express their feelings. The visitor will bring and use play aids (eg puppets).

Art and craft

There are various art and craft activities that can be used to honour memories (eg making a picture frame to house a cherished photo) and to help a child to express feelings. The rucksack visitors can facilitate these activities and provide appropriate craft materials.

Memory Boxes

We can provide special memory boxes which can be filled with items for the child to keep. The rucksack visitor will spend time discussing the items in the box and will help the child add pictures, writing, poems etc and decorate the box if wanted. This activity requires the co-operation of the child's family to help the child find appropriate items to fill the box. This might include a personal item of the deceased.

Scrapbooking

It can be helpful for the child to record their thoughts and feelings about their loss. The rucksack visitors will visit the child at home to work on making the book, and will provide the basic materials for this activity. Some children may want to share this activity with their family.

Lydia Constantinou
Bereavement Service Co-ordinator

Cold Weather Shelter Report

In February 2008 Homeless Link, the national membership organisation for frontline homelessness agencies in England, published the first Survey of Needs and Provision (SNAP) ¹. It provides a picture of the extent and nature of services for single homeless people and couples without dependent children in England, and the clients that use them. It is a valuable source of information on the sector supporting homeless people, and provides a crucial understanding of a population that often falls outside the 'statutory' homeless statistics published by Government.

- There are at least 1,530 homelessness projects for single people or couples without dependent children in England offering between 40,000 and 50,000 bed spaces
- The sector is staffed by over 23,000 people, with just over one quarter of these being voluntary (i.e. unpaid)
- The sector has an estimated annual turnover of £800 million

Sixty-four percent (228) of England's district or unitary authorities do not have a direct access hostel ². Islington is one of these. The CARIS Islington Churches Cold Weather Shelter fulfils this role for the cold weather months of January, February and March. Church shelter projects like ours have been criticised and continue to be criticised in some quarters for hindering the natural development of statutory provision. The criticism runs along the lines of.....

“taxpayers should expect more from local, regional and national levels of government in addressing anti-social behaviour and cleaning up our streets given the significant fiscal contributions we make”
and
“church shelter projects are simply alleviating the necessary pressure on government to make this happen”

Despite our thriving homelessness industry, homelessness shows no sign of abating. Homelessness is a ubiquitous and apparently unquenchable dilemma. We believe homelessness is everyone's responsibility and requires a well orchestrated, joined-up approach across all three sectors so that the full scope of support these sectors offer - statutory, commercial and voluntary – is brought to bear, most appropriately, in addressing this complex problem that ripples across all aspects of society and goes way beyond simply rough-sleeping.

Church shelter projects like ours (there are currently 11 in London and growing) offer the unique opportunity for community members to confront and engage an aspect of their communities that is typically avoided, shunned and rebuked – an aspect we fear – to come together in an environment of genuine, simple hospitality. This is best exemplified in the words of one of our volunteers from an independent focus group conducted this year;

I've only ever done the breakfast shift... I volunteer because I could. Like others, you do it once and then you want to do it again. I think apart from enjoying it, it's a safe thing I could do... You see these Christmas Shelter appeals and you think "actually id love to do that but how do you do it?" it's somehow somewhere else. But this is local in our community and it's perfectly safe and feels really useful. Also the other real benefit for me is that I'm an older member of the church and the Church has changed a lot in recent years with a lot of young people coming in which is fantastic but I was finding it quite hard to meet them not having kids their age myself, but volunteering here has enabled me to meet many more younger members of the congregation. That's been a real bonus for me. As well as meeting the clients and as you say, its great to meet people who I might be frightened of approaching on the street or feel awkward about meeting. And now when I'm walking down the street I look at homeless people in a completely different way. I'm much more likely to buy someone a cup of coffee and have a chat with them instead of refusing them money .

Our work with Heythrop College has helped us bring clarity and definition to our project. Through theological reflection in the period outside the intense winter shelter months we have recognized the immense value of and need for simple, non-judgmental hospitality within that full scope of support. It is the combination of the “guest” relationship our project offers **together with** the “client” relationship that the professional and statutory services we link in with provide, that yields the greatest results.

For more information on our project - who we are, what we do and why we do it - please go to the CARIS Islington website and download the cold weather shelter project 2008 annual report in pdf format. We invite you to come and experience the project next year. Simply contact our project coordinator either via email at iccws@hotmail.co.uk or call the shelter line on 07960491151

Mark Brennan
CARIS Cold Weather Shelter Co-ordinator

¹ Homeless Link (2008) Survey of Needs and Provision (<http://www.homeless.org.uk/policyandinfo/research/mapping>).

² Direct Access Hostels are short-term accommodation open all year round that accept self-referrals, do not have a waiting list, provide 24-hour staff cover and have frequent vacancies

Trustees' Annual Report

Board of trustees

The trustees who acted during the period are set out on page 3. Election and re-election of trustees will be carried out according to the procedures set out in our Memorandum and Articles of Association, which is our governing document. An individual induction programme is agreed and implemented for each new trustee, covering all aspects of the trustee's role and the organisation.

The Board of Trustees acts on information and advice from monthly meetings with representatives of the various project committees and CARIS Islington employees. Trustees are able where appropriate to take independent professional advice at no personal expense.

The trustees delegate the day-to-day management of CARIS Islington to the project committees, who are responsible for ensuring that all control mechanisms are in place.

Trustees' responsibilities

UK company and charity law requires the Board of Trustees to prepare financial statements that give a true and fair view of the state of affairs of CARIS Islington and the results for the relevant period. In preparing the financial statements, the trustees have selected suitable accounting policies and applied them consistently, made judgements that are reasonable and prudent, followed applicable accounting standards and prepared the financial statements on a going-concern basis.

The trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy at any given time, the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of CARIS Islington and therefore take reasonable steps for the prevention and detection of fraud and other irregularities.

In preparing these financial statements and Annual Report, CARIS Islington has complied with the provisions of the Statement of Recommended Practice (SORP), Accounting and Reporting by Charities, issued in March 2005.

Equal opportunities

CARIS Islington is committed to the principle and practice of equal opportunities and aims to be an equal opportunities employer. Our employment policy seeks to ensure that no-one receives less favourable treatment on the grounds of sex, marital status, ethnicity, disability, age, sexual orientation or any other grounds that are unjustifiable in terms of equal opportunities for all.

Trustees' Annual Report

Risk management and internal control

The trustees review the major risks the charity faces as part of the annual business planning process and have established systems to manage these risks. The trustees are satisfied that the arrangements for managing these risks combined with the annual review of financial controls and the reserves policy, will ensure that sufficient resources are available to maintain services for the foreseeable future.

The control system includes several key elements:

1. The trustees meet at least 6 times during the year. A number of matters are specifically reserved for their approval.
2. There is a clear organisational structure, with appropriate levels of accountability and reporting lines.
3. Many trustees have expertise in a particular area (Human Resources, Finance etc).
4. The trustees receive a financial report at every trustees meeting.
5. CARIS Islington operates a range of detailed personnel policies to ensure compliance with employment legislation and good management practice.

Volunteer involvement

CARIS Islington depends on volunteers to help its projects run efficiently. All visitors for both the adult and child bereavement services are volunteers, as are the members of the project committees. All of the 7 churches that make up the cold weather shelter are staffed by up to 5 volunteers for every shift. Again all members of the project committee are also volunteers.

Performance against current objectives

At the start of the current year the following key objectives were set for the year ahead. Our performance against these is as follows:

1. To secure adequate continuation funding for all of CARIS Islington's projects.

Achieved - Additional funding was secured during the year.

2. To review and improve the office administration support, in the light of staff changes.

Achieved - A part-time administrator was recruited and started work in September.

3. To consider and revise the role of Assistant Co-ordinator, and recruit to fill this post.

Achieved - A new post of Senior Counsellor was established and the post filled by recruitment in September 2008.

4. To Review and improve our relationship with partner organisations.

Achieved - A review was undertaken of our partners and contacts and a project to establish a data-base is under way.

Trustees' Annual Report

Future developments

Some of the key objectives to be addressed during the coming financial year are:

1. To secure adequate continuation funding for all projects
2. To raise awareness of impact of bereavement and homelessness within Islington, and of Caris Islington's work in these areas.
3. To build capacity for extending the Cold Weather Shelter service.

All of the key objectives above require no specific funding as yet and will be carried out by members of staff already in post supported by members of the Board of Trustees.

Financial performance

CARIS Islington has again had a successful year, with all projects holding reserves as at 31 March 2009.

Overall the charity's income increased significantly, from £62.3k to £110.8k, an increase of £48k. This represents a return to a level of income closer to that in previous years (£81.5k in 2007 and £137.1k in 2006). Our income in 2007-8 was unusually low reflecting the fact that during our office move in that year, less fundraising was carried out than in previous years. Now that CARIS Islington has settled into its new offices, we have been able to concentrate once again on fundraising. Expenditure, at £84.1k was similar to what we spent in the previous year (£84.8k), which is somewhat higher than in previous years (£77.1k in 2007 and £77.8k in 2006), reflecting the higher rent we pay for our new offices and some further expenditure to make as full use as possible of our new premises, in particular the refurbishment and development of the Rucksack room.

Independent Examiner

Kathleen Reed was re-appointed as independent examiner of CARIS Islington during the period and a resolution for her re-appointment will be proposed at the forthcoming Annual General Meeting.

Trustees' Annual Report

Reserves policy

The Board of Trustees reviews CARIS Islington's reserves policy annually. There are 3 categories of reserves: the General Fund, Designated Funds and Restricted Funds.

Unrestricted Funds - General fund

In considering the level of the General Fund that CARIS Islington should aim to hold, a range of factors needs to be taken into account. The overall aim is to distribute funds quickly to our charitable activities, whilst maintaining a prudent level of reserves to ensure stability and flexibility. It is assumed that on occasions fluctuations will occur in both income and requirements for funding which cannot be fully anticipated in the planning process. Therefore the trustees of CARIS Islington consider it prudent to maintain a General Fund equivalent to 4 to 6 months of total expenditure. Taking into account expected expenditure in the year ahead, this equates to an acceptable range of reserves in the General Fund of £29,300 to £44,000. At the period end the balance on the General Fund was £34,335, which is within the acceptable range. The trustees have agreed to monitor the level of this reserve and transfer funds to the charitable projects if the balance becomes too large.

Restricted funds

Restricted funds are funds subject to specific conditions imposed by donors and balances arise due to timing differences between receipt of the income and expenditure on the specified purpose. We aim to spend all such funds promptly, consistent with meeting the purposes of the funding and of Caris Islington. Balances for the two bereavement funds will be spent in full in the next financial year. We also aim to spend the cold weather shelter funds in full next financial year, or as soon as possible thereafter.

Jeanette Cragg
Chair of Trustees

Statement of Financial Activities

For the Year Ended 31 March

2009

	Note	Unrestricted £	Restricted £	2009 Total £	2008 Total £
Incoming Resources					
Incoming Resources from Generated Funds					
Voluntary income	2	14,135	96,502	110,637	60,996
Investment income	3	204	0	204	1,279
Total Incoming Resources		14,339	96,502	110,841	62,275
Resources Expended					
Costs of Generating Funds					
Costs of Generating Voluntary income	4	0	3,072	3,072	3,160
Charitable Activities	5	0	81,032	81,032	81,624
Governance Costs		0	0	0	0
Total Resources Expended		0	84,104	84,104	84,784
Net income/(expenditure)		14,339	12,398	26,737	(22,509)
Transfers Between Funds	12	(10,000)	10,000	0	0
Net Movement In Funds		4,339	22,398	26,737	(22,509)
Reconciliation of Funds					
Funds Brought Forward	12	30,017	40,363	70,380	92,889
Net Movement in Funds	12	4,339	22,398	26,737	(22,509)
Funds Carried Forward		34,356	62,761	97,117	70,380

**Balance Sheet
As At 31st March 2009**

	Note	2009		2008	
		£	£	£	£
Fixed Assets			0		0
Total Fixed Assets			0		0
Current Assets					
Debtors	9	154		0	
Bank & Cash in Hand		101,050		70,380	
Total Current Assets		101,204		70,380	
Current Liabilities					
Creditors: Amounts due within 1 year	10	4,087		0	
Total Current Liabilities		4,087		0	
Net Current Assets / (Liabilities)			97,117		70,380
Total Net Assets / (Liabilities)			97,117		70,380
Represented by:					
Unrestricted Funds					
General Fund	12		34,356		30,017
Designated Funds			0		0
Innovations Fund	12		0		0
Total Unrestricted Funds			34,356		30,017
Restricted Funds	12		62,761		40,363
Total Funds			97,117		70,380

a) For the year ended 31 March 2009 the company was entitled to exemption under s249A(1) of the Companies Act 1985.

b) Members have not required the company to obtain an audit in accordance with s249B(2) of the Companies Act 1985.

c) The directors acknowledge their responsibility for:-

- ensuring the company keeps accounting records which comply with s221: and
- preparing accounts which give a true and fair view of the state of the affairs of the company as at the end of the financial year, and of its profit and loss for the financial year, in accordance with s226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company:

These financial statements were approved by the Board of Trustees. Signed on behalf of the Board of Trustees:

Signed (Director):

Date:

Independent Examiner's Report

I have examined the above financial statements and in my opinion they properly present the receipts, payments and balances of CARIS Islington for the year ended 31 March 2009.

Signed (Independent Examiner):

Date:

Notes to the accounts For the Year Ended 31 March 2009

1. Accounting policies

(a) Basis of preparation

The accounts are prepared in accordance with the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' published in March 2005, the Companies Act 1985 and applicable Accounting Standards. The particular accounting policies adopted by the Board of Trustees are described below:

(b) Accounting convention

These accounts have been prepared under the historical cost convention.

(c) Fund accounting

General Funds - these are funds which can be used at the discretion of the Board of Trustees in furtherance of the general charitable objectives of CARIS Islington. Accumulated surpluses in the General Fund are included within unrestricted funds Designated funds - these are funds set aside by the Trustees out of unrestricted general funds for specific future purposes or projects. No such funds were designated in 2008-09.

Restricted funds - these are funds subject to specific conditions imposed by donors. Where possible any fund deficits are eliminated by a transfer from the General Fund at the year end, except where the Trustees are of the opinion that such deficits will be eliminated by future committed giving.

(d) Incoming resources

All income is recognised in the Statement of Financial Activities when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy, and receipt of the income is certain.

Gifts in kind

Gifts in kind are included in income at their estimated market value and recognised when they are utilised.

Grants receivable

All grants received which relate to the year are credited to income within the Statement of Financial Activities.

Donations

Donations and all other receipts from fundraising are reported gross and are accounted for on a receivable basis. The related fundraising costs are reported in costs of generating voluntary income.

(e) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Cost of generating funds

These are costs incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities.

Notes to the accounts For the Year Ended 31 March 2009

1. Accounting policies (continued)

Governance costs

These are costs associated with the governance arrangements of the charity that relate to the general running of the charity as opposed to those costs associated with fundraising or charitable activity. Included within this category are costs associated with the strategic as opposed to day to day management of the charity's activities.

Direct charitable expenditure

These are costs directly related to the objects of the Charity, namely the adult bereavement service, rucksack and the cold weather shelter.

Support costs

These costs represent the staffing and associated costs of finance, human resources, office costs, information technology and general administration in supporting the operational projects of the charity. These are allocated across the costs of generating funds, governance costs and direct charitable expenditure. The basis of the cost allocation has been explained in the notes to the accounts.

(f) Tax

CARIS Islington is a registered charity and, as such, is exempt from taxation on its income and gains to the extent that they are applied to its charitable purposes.

2. Voluntary income

	2009	2008
Grants	£	£
Trusts and other grant giving bodies	90,045	32,750
	90,045	32,750
Gifts and donations		
Individuals & Churches	20,592	28,246
	20,592	28,246
Total voluntary income	110,637	60,996

Notes to the accounts
For the Year Ended 31 March 2009

3. Investment income

	2009	2008
	£	£
Bank interest	204	1,279
	204	1,279

4. Costs of generating voluntary income

	2009	2008
	£	£
From trusts and other grant giving bodies	3,072	3,160
	3,072	3,160

5. Charitable activities

	2009		
	Direct	Support	Total
	Exp		
	£	£	£
Islington Churches Bereavement Service	32,382	9,642	42,024
Rucksack - Child Bereavement Service	12,387	2,023	14,410
Islington Churches Cold Weather Shelter	20,049	4,549	24,598
Designated Funds - Innovation	0	0	0
	64,818	16,214	81,032

6. Basis of allocation for support costs

Support costs are allocated to each individual project based on total staff hours spent on that activity. The support costs for the year are listed below

	2009	2008
	£	£
General Management	8,214	6,685
Premises & Facilities	8,000	1,500
	16,214	8,185

Notes to the accounts
For the Year Ended 31 March 2009

7. Trustee costs

No remuneration or expenses were paid to trustees

8. Staff costs

	2009	2008
	£	£
Costs of CARIS Islington employees		
Gross Wages and salaries	50,435	50,089
Employers National insurance	4,400	4,742
	54,835	54,831

	2009	2008
	Number	Number
Average number of employees during the year		
Charitable activities	3	2
	3	2

No employees received emoluments greater than £60,000.

9 Debtors

	2009	2008
	£	£
Prepayments and accrued income	154	0
	154	0

10. Creditors: amounts falling due within 1 year

	2009	2008
	£	£
Accruals and deferred income	4,087	0
	4,087	0

Notes to the accounts
For the Year Ended 31 March 2009

11. Analysis of net assets between funds

	Restricted Fund £	General Fund £	Total £
Fixed assets	0	0	0
Cash	66,694	34,356	101,050
Other current assets	154	0	154
	66,848	34,356	101,204
Creditors due within one year	(4,087)		(4,087)
	62,761	34,356	97,117

12. Statement of funds

	As at 1 Apr 2008 £	Income £	Expenditure £	Transfers Between Funds £	As at 31 Mar 2009 £
Unrestricted Funds					
General Fund	30,017	14,339	0	(10,000)	34,356
Designated Fund	0	0	0	0	0
Total Unrestricted Funds	30,017	14,339	0	(10,000)	34,356
Restricted Funds					
Islington Churches Bereavement Service	18,359	32,597	(44,997)	10,000	15,959
Rucksack - Child Bereavement Service	5,269	18,070	(14,440)	0	8,899
Islington Churches Cold Weather Shelter	16,735	45,835	(24,667)	0	37,903
Total Restricted Funds	40,363	96,502	(84,104)	10,000	62,761
Total Funds	70,380	110,841	(84,104)	0	97,117

GIFT AID - MAKING YOUR DONATION GO FURTHER

Do you know if you are a UK tax payer, charities can reclaim tax on any donation you make? All it requires is completing a simple declaration as shown below. So if you are thinking of making a donation to Caris or have already done so (since 6 April 2000) then please consider completing one of these. It means that we can reclaim 28p from the Inland Revenue for every £1 you donate.

If you have any questions or are unsure about anything then please contact the Treasurer, c/o the Caris office.

GIFT AID DECLARATION	
CARIS ISLINGTON	REGISTERED CHARITY NO: 1057737
NAME :	
ADDRESS: POST CODE:	
I would like the above charity to treat all donations I have made since 6 April 2000, and all donations I make from the date of this declaration until I notify otherwise as Gift Aid donations.	
Date:	Signed :
Notes	
1. To comply with above declaration, you must be paying an amount of income/capital gains tax equal to the tax claimable by the charity (currently 28p for every £1 you give).	
2. You can cancel this declaration at any time by contacting the Treasurer c/o the CARIS Islington office	
3. Please let us know if you at any time no longer pay enough tax or if you change your name or address. (We must keep accurate records of our donors in order for us to reclaim tax).	