



# ANNUAL REPORT

Spring 2016

## A word from our Chair

It seems like no time since we were compiling last year's annual report and, as usual, it has been a very busy year for UCI. We have continued to be involved in a large number of consultations, and have provided a great deal of essential information to service users and Carers in the region, and all our staff have made great contributions in their respective fields.

I would like to take this opportunity to thank everyone who has contributed to this year's body of work: all those who responded to the consultations we facilitated, and to our staff team – Paul, Kalpana, Crawford, Steph, and, of course, Carolyn who continues to be the backbone of UCI. It is the sterling efforts of all our team that have made sure UCI continues to be so highly regarded and valued both in Dumfries and Galloway, and nationally.

Last, but not least, I would like to thank the members of the board of management who continue to give of their time and effort to ensure the smooth running of UCI.

**Marian Pagan, UCI Chair**

### Contact Us

Give us a call for more information about our services and products

### User and Carer Involvement

81-85 Irish Street  
Dumfries  
DG1 2PQ

01387 255330  
carolynlittle@userandcarer.co.uk

*"Very informative and helpful, allaying fears and making experience quite painless"*

*- Carer at UCI event*

### In This Report

- A word from our Chair page 1
- Commissioning Report page 2
- Core Report page 3/4/5
- CDFC Report page 6/7
- Older Adult Report page 8/9
- Our publications page 9
- Learning Disabilities Report page 10
- Annual Accounts page 11

# Report from Commissioning Officer

All Carers have a right to be able to access support, advice and services and opportunities for involvement when they need it. Advice and support is vital as early as possible to help Carers cope with their role and to protect the health and well-being of the Carer as well as the person they care for. Their role is often more complex where Carers are looking after people with Mental Health issues including those who may lack capacity.

*The Carers and their Rights under the Mental Health Act and Adults with Incapacity* projects managed by UCI, have produced many positive outcomes as highlighted in course evaluations.

We also know that unpaid care will grow in importance as people live longer and receive more care at home. Carers say that caring can be very rewarding however it can be very demanding and bring enormous stresses and strains. Carers themselves will also become older and will be more likely to have dual caring roles where they are caring for more than one person at one time. The experience and knowledge gained by Carers can make valuable contributions to service delivery, and UCI have enabled this engagement and contribution to a range of forums, including Dementia Champions and Commitment 11 work.

As a result of such stresses many Carers neglect their own health and well-being, become socially isolated, experience injuries as a result of their caring role and are often financially disadvantaged. That is why projects increasing awareness and understanding of Carers rights and legislation are vitally important to caregivers. UCI have been a great support to the Carers Interest Network and have played a significant role in other Carer related events including showcase events for council Elected members and NHS Board members. An Emergency planning event organised by UCI laid the foundations for the very successful Emergency Card now available to all Carers.

By offering access to information, advice and support to unpaid Carers in Dumfries and Galloway, and also by enabling engagement of Carers and service users in Integrated service development and involvement in Quality and Excellence in Specialist Dementia Care and Dementia Friendly Communities, UCI have made a significant difference to Carers across the region through the management of their projects in the contexts of Mental Health, Learning Disability and Older Adults Health.

Larel Currie  
Commissioning Officer.



# Core Report

User and Carer Involvement enjoyed another busy year in 2015. We would like to thank those members who became closely involved in a number of projects and actively supported our staff throughout the year. You brought many things to our attention. We are pleased to report that we are making progress in resolving or improving some of the very important issues you have highlighted.

Last year you were very actively involved in many consultations both at local and at national level. These included a national consultation around amendments to the Mental Health (Care and Treatment) (Scotland) Act 2003 and a national consultation on Carer's Legislation. On both of these topics more than 60 of you met with us across the region and gave your views on the proposed changes.

The Mental Health Strategy for Scotland 2012-2015 came to an end last year. Work is currently being undertaken to see what a further strategy would include. However as a direct result of the work around involving families and Carers as one of the original commitments under the current strategy, UCI has been part of meetings to feed in on this to the Mental Health Division of the Scottish Government.

Another strand of this work is the work that we are undertaking with VOX – Voices of Experience, a National organisation for those who have a mental illness. Several agencies from around Scotland now meet on a twice yearly basis to discuss the issues that are important to our members and find a way to address them as a collective group. Recently we have banded together to make representation to the Government on the banning of smoking in NHS mental health facilities and grounds. Whether you agree with smoking or not, those with mental illness are one of the few groups of people to have treatment forced upon them and may have no choice in being hospitalised. Many smokers feel that this is unfair. Additionally we have listened to your concerns that if you are not allowed to smoke then you may be more reluctant to access the support you need until you are very unwell. The feedback we have had from the minister is that it is actually up to individual

health boards to make this decision around smoking and not the Government.

The advantage of being members of the national groups is to ensure that local groups – such as the Mental Health Forum can have input to things that affect many people and organisations but until now has remained a local issue. These forums and groups allow for a higher profile for people voices of both concern and of praise.

Following on from the Carer's in Crisis courses we undertook a few years ago there was a request for more information on coping with a relative or friend who was having a crisis in their mental illness and how best Carer's could be prepared to cope with this. We are now starting to look at this and Carer's have been invited to have input into designing any training that we might undertake. Having Carers on board at the start will make all the difference to getting the content right.

For those who have been affected by suicide or have lived with someone who is suicidal the input to The Suicide Prevention Strategy is vital to ensure that there are services in place in a crisis. We will continue to work with Claire Thirlwall on this. Claire is the Health & Wellbeing Officer and a member of the DG Health & Wellbeing Adults and Older Adults team.

We have been revisiting 'Advance Statements' with you and have held a few meetings to discuss what you can include in these documents. Those of you who have gone on to complete the documents...which does take time, have said that you feel relieved that you have done this. There is now more emphasis on the personal part of the paperwork – from what to do with your pets, to who could open your mail, pay your bills etc. while you are unwell. It was recognised that many of the issues that can cause additional anxiety to folks include not having the practical arrangements in place when you are unwell. We will continue to hold these workshops across the region. Several of you have recently completed Advance Statements and this will continue to be a focus of the work that UCI undertake.

The rights of mental health Carers has formed a large part of work over the last year. This has been extremely successful with more than 40 Carers attending these workshops to find out

Continued .....

more. This work is now identifying a huge gap in service around individual knowledge of accessing information, support and advice. Some Carers have asked to meet with me individually to go through their own needs and I have now met with 8 Carers to give them specific information on their own particular circumstances. A report on this work has been submitted to the commissioner on this. Please ask us for more details and how you can get involved in this.

Last year I briefly mentioned the work that we are doing around Patient Safety. This has now been a major focus of work both locally and nationally. 'The Scottish Patient Safety Programme in Mental Health aims to systematically reduce harm experienced by people receiving care from mental health services in Scotland, by supporting frontline staff to test, gather real-time data and reliably implement interventions, before spreading across their NHS board area. The work is being delivered through a four year programme, running from September 2012 to September 2016'.

Janet Morgan, UCI Board member, recently attended the Scottish Patient Safety Programme National Conference - Integrating Safety Across Scotland: Compassion, Connection, Community on behalf of UCI. The main objective of the event was to provide a varied learning and sharing experience. Key to delivering NHS three quality ambitions of safe, effective and person centred care, delegates were encouraged to look at other NHS boards with a view to improving safety. This all to comply with the Scottish Governments' vision, to provide high quality care.

*"Very friendly, frank approach from presenters"  
- Carer at UCI course*

In brief the findings for the Mental Health programme were as follows:- Focusing on a couple of areas: Patients are and feel safe, Staff are and feel safe.

At last, recognising the vital role of service users and carers also the third sector have and are involved in this process. The development and implementation (users/carers) has been designed by VOX. It is therefore a Scottish innovation providing safe, person centred care, and the survey takes everything into account all aspects of a client's situation: environment, relevant relational, medical also personal safety and to date more than 400 patients (Scotland)

had participated.  
Current data favourable results:

63% reduction in the need for restraint  
57% reduction in self-harm  
54% reduction in violence.

This information is promising and proved to be a real improvement. This is on-going and data continues to be collated.

The future for the Mental Health programme will be expanding into these areas: Community - Adult Psychiatry, Child and Adolescent Mental Health Services (CAMHS), Older Adult Perinatal. The above mentioned topics are being discussed and considered by multiple stakeholders to shape the future programme.

We continue to have input to training a range of professionals and students. Some of you have been involved in talking to nurses around your experience of using services from a learning disability aspect and how the service could be improved. Some of this has been as part of the Learning Disability Champions Programme but also to others who you come into contact with. Carer's of people with dementia have also continued to meet with nurses and others who have been undertaking the Dementia Champions Programme at the University of the West of Scotland.

Both the Older Adults and Learning Disabilities projects continue to grow and develop. There are reports from both Paul Thomas and Kalpana Ratnam-Roarty which give more details.

We also started a new project around Creating Dementia Friendly Communities which is being funded by the Life Changes Trust. The Project is governed locally by the Dementia Standards Strategic Group, which is an Integrated Committee, comprising D&G NHS, Council, Scottish Care and both Alzheimer Scotland and UCI from the 3rd Sector. The purpose of the CDFC Project is to support, empower and involve people affected by dementia across Dumfries and Galloway so that, regardless of where they live, they feel valued and understood and are part of a supportive and enabling community. Crawford Little has joined the team as the Regional Involvement Officer and has also produced a report which gives more details.

Continued .....

## Looking to the future

We also continue to work on reviewing services with users and Carers and for a wide range of providers from the voluntary sector to statutory services. Many of the findings from the reviews are then used to inform training and development and improvement of services.

Volunteers continue to be involved in many areas of service provision and attend regular meetings about dementia, mental illness and learning disability. We continue to look for people to attend meetings to feed in the user and Carer perspective on a range of work. Full training will be given to anyone who has an interest.

We continued to work in partnership with a range of agencies over the last year and this is proving to be extremely worthwhile - particularly where we have shared interests and concerns. The Mental Health Forum meets on a regular basis and consists of Richmond Fellowship, Turning Point Scotland, CIC, Support in Mind Scotland, Mental Health Association, Alzheimer Scotland, Key and UCI. As a forum of providers we can share ideas and information and raise issues as a collective group. UCI also attends the Special Interest Group which is a forum for those providing a service to those with a learning disability. Additionally we attend the Older People' Consultative Group which is very useful for raising issues. All of these are very useful forums in terms of sharing concerns and identifying any gaps in the service.

The next year will be just as hectic as the last, and we are very grateful to all of you for giving your time to get involved in such a wide range of work. We do hope that you will continue to do so. More opportunities for involvement come along on a regular basis and wherever possible we will let you know about this on the website. Or get in touch if you want to raise any issues.

I would like to thank everyone who has taken part this year and look forward to your input in the coming one.

## Staff and Committee

We welcome Kalpana Ratnam-Roarty who has taken over the role of Learning Disabilities Project Worker from Kevin Keogh who left us in September. Kalpana has many years of experience working with folks with learning

disabilities and their Carers and has a wide knowledge of differing communication skills to bring to this post.

We also welcomed Crawford Little to the team who is the Regional Involvement Officer – Dementia Friendly Communities. Crawford has been a volunteer for UCI for 12 years, has written our award winning Mental Health Act booklets and contributed at national level to issues around the Mental Health Act, and other large of work in partnership with the Government and Mental Welfare Commission. As a freelance writer (many books and articles published) he is experienced in interviewing and it one of the skills that he will bring to the post.

I would like to take the opportunity for thanking the staff – Paul Thomas, Kalpana Ratnam-Roarty, Crawford Little and Stephanie Gaw for all their hard work during the last year.

I would also like to thank our band of volunteers without whose help our work would not be possible.

Board members work hard too and I would like to thank all the Board members of UCI for their commitment and to our funders, NHS Dumfries and Galloway and Dumfries and Galloway Council and more recently to the Life Changes Trust for their ongoing support.

Carolyn Little  
Project Manager

### Contact Us

Give us a call for more information about our services and products

### User and Carer Involvement

81-85 Irish Street  
Dumfries  
DG1 2PQ

01387 255330  
carolynlittle@userandcarer.co.uk

# Dementia Friendly Communities Report

***Today in the UK, more than 800,000 people are living with dementia. By 2021 it will be more than a million. It has been said that dementia is the biggest health and social care challenge facing our society...***

The Dementia Friendly Communities Project (DFCP) in Dumfries and Galloway is funded by the Life Changes Trust, and governed locally by the Dementia Standards Strategic Group, which is an Integrated Committee comprising D&G NHS, D&G Regional Council, Scottish Care and both Alzheimer Scotland and UCI from the 3<sup>rd</sup> Sector.

The purpose of the DFCP is to increase awareness of dementia in the community of Dumfries and Galloway, increase community capacity for the social inclusion of people affected by dementia, and improve the quality of life of those affected by dementia throughout the region. Supporting, empowering and involving people affected by dementia across Dumfries and Galloway so that, regardless of where they live, they feel valued and understood.

Raising awareness of dementia across the region will help to address the lingering stigma surrounding the condition and ensure that more people can benefit from an early diagnosis - which in turn will allow all involved to make important arrangements for the future and gain improved access to the services, information, advice and support that are available to help them maintain their independence and live well for years after their diagnosis.

The majority of causes of dementia cannot be cured. However, there is a lot

that can be done to enable someone with dementia to live well with the condition. Support for the person and their carer(s) after a diagnosis should give them a chance to talk things over with a specialist, ask questions about the diagnosis, and prepare for the future. Information should be given on where to get help if needed in the future, and how to stay physically and mentally well. For example, cognitive rehabilitation can enable an individual to retain mental skills and raise their confidence.

There are drugs that can help to improve the symptoms of dementia or that, in some cases, may stop them progressing for a while. However, health professionals will generally advise that a non-drug approach is tried first before prescribing medication. There is also lots that can be done at home to help someone with dementia remain independent and live well with memory loss. Activities that help to keep the mind active are popular. It is vital that people with dementia stay as active as they can - physically, mentally and socially. Everyone needs meaningful activities that they enjoy doing and which bring confidence and self-esteem.

There is evidence that a healthy lifestyle, especially in mid-life, can help reduce the risk of dementia. Regular physical exercise (such as cycling or brisk walking), maintaining a healthy weight, not smoking, and drinking only in moderation are all linked to a reduced risk of dementia. It is important that conditions such as diabetes, heart problems, high blood pressure and high cholesterol are all kept under control. Getting depression treated early is also important. A balanced diet may help to reduce risk. That is one which is low in saturated fat, does not have too much salt, dairy or meat, and includes plenty of fish and fresh fruit and vegetables.

Continued .....

All these healthy lifestyle choices will also reduce the risk of other serious conditions such as stroke, heart disease and cancer. It also seems that keeping socially and mentally active into later life may help lower the risk of dementia.

Over the next three years, and working in partnership with Alzheimer Scotland, we shall be investigating a number of aspects of people's experiences of living with dementia in Dumfries and Galloway. Looking at knowledge, attitudes and behaviour concerning dementia; ways in which people experience living with dementia; barriers to people seeking early support for dementia; service requirements of people with dementia and their carers; and challenges in developing services for people with dementia – particularly in a time of austerity.

In cooperation with other local stakeholders, we will help to develop an effective strategy to enable residents of care homes and users of home care services, their families and carers to be involved in all aspects of consultation, development and service delivery. This will enable independent user and carer perspectives to be included structurally in local and national developments in the Care Home and Home Care sectors.

At the same time, we are seeking to interact with "harder to reach individuals and groups". Examples would be those with learning disability or mental illness who develop dementia, the deaf and/or blind, members of minority ethnic communities, and some of those living in our remotest areas. Both to raise awareness of dementia, and to ensure that each and all are properly supported within the community, acknowledging the broad spectrum of faith, social, intellectual and cultural backgrounds.

Dumfries and Galloway has a diverse population, with over 4000 people from minority ethnic communities - predominately Indian, Pakistani, Turkish, Eastern European and Chinese origin. The number of individuals with dementia from these communities will increase rapidly in the coming decades.

At a national level, it is considered likely that dementia is more common among Asian and Black Caribbean communities. This is because high blood pressure, diabetes, stroke and heart disease, which are risk factors for dementia, are more common among these communities. These are modifiable risk factors and preventative work is vital to reduce significantly the burden of dementia among minority ethnic communities. Improved awareness leads to improved access to services. However, government public awareness campaigns to date have had limited impact. Evidence shows that knowledge and understanding about dementia in many communities is low. Low levels of awareness surrounding dementia make it more difficult for people to get the support they need. Social isolation and delays in diagnosis are significant risks. It is unacceptable that people from harder to reach groups have poorer access to diagnosis and support. And this is just one of the important and challenging issues that UCI will be addressing, in partnership with Alzheimer Scotland, in the coming months and years.

Crawford Little,  
Regional Involvement Officer,  
Dementia Friendly Communities Project.

# Older Adult Report

The past year has been extremely stimulating, rewarding and interesting, with some significant developments and increases in activity for UCI's Older Adults Project.

Sincere and heartfelt thanks to the volunteers and others who have helped us to make sure that User and Carer Voices are heard and that those voices are listened to, which, while not exactly the same thing, are part and parcel of the same process.

We have rediscovered how important it is that people living with Dementia are listened to, and that their insights have real value. The same is true for Carers, of course, and it has been a privilege to be able to offer support to Carers of Older Adults, at the same time as being funded by the Carer's Strategy to support and guide people through the complexities of Attorney and Guardianship applications. This work will continue into 2016-17, with a particular emphasis on Users and Carers affected by minority or harder to reach communities of interest.

Our learning from this is that with User Friendly Guidance and Support, and an increasing awareness among service providers of the importance of anticipatory planning and awareness of Legal and Human Rights, some of the trauma of the crises relating to the onset of Dementia or other real life transitions can be alleviated. Analysis of our work around issues relating to the Adults with Incapacity Act shows that an informed and enabling person centred approach can be invaluable at times of stress and crisis. The independence of UCI's input is appreciated by those who approach us for help. At the same time it seems that awareness among service providers and Carers themselves of the benefits of Anticipatory planning, Attorneyships and Guardianships is increasing, to everybody's benefit.

It has helped our work enormously to adopt a Human Rights Based approach, for it is a very reliable and easy to access base line template of principles. Working in clinical settings on behalf of patients living with Dementia and their Carers, having a shared Rights based approach with NHS staff and others helps partnership working, for it is a common language. We have learned so

*"It is only now that I look back that I realise how helpful UCI have been"*

much, and are encouraged that the expertise of patients themselves is now informing the development of staff training and the standards of service delivery at least in part through our independent facilitation. It is a privilege to be involved, and to benefit from the input of volunteer support and expertise.

UCI's Older Adults Project is now beginning to develop similar work in Care Homes in the Region, as well as supporting Dementia Friendly Communities work, in partnership with the Health and Social Care Partnership and Alzheimer Scotland. It is early days, but our contacts with the VERDe (Values, Ethics and Rights in Dementia) and DEEP (Dementia Empowerment and Engagement Project) and Life Changes Trust networks promise very positive future involvement work.

We are now partners in an exciting new three year project, with the launch of the "Creating A Dementia Friendly Community" project in Dumfries and Galloway. This project is funded by the Life Changes Trust and UCI's role is to make sure that the voices and experiences of people living with Dementia, who find themselves in hard to reach situations or communities, (for example care homes, isolated or minority communities) contribute to the development of a Dementia Friendly Community in Dumfries and Galloway. UCI is working in partnership with Alzheimer Scotland, the Life Changes Trust, Scottish Care and the Local Authority and NHS to ensure that every person affected with Dementia, wherever they live in Dumfries and Galloway, feels and is valued, respected and supported, not

only by services but by their community. As ever, those with lived experience have powerful contributions to make, but Dementia is a matter which touches us all. UCI would love to hear from you if you want to get involved. Get in touch with

us and tell us what you think would make Dumfries and Galloway Dementia Friendly. It is often the simple things which make a difference. As Wolf Wolfensberger wrote in the 1960's "The situation might be complex, but the solution is often simple and down to common sense." Such impacts are often made directly, for example during the training of Dementia Champions, or the development of service planning around "Step Up – Step Down" services.

On behalf of UCI, I wish to thank the Life

*Continued .....*

Changes Trust, the NHS and the Council for the confidence and funding they have given to UCI over the past year. Partnership working on various groups and committees, such as the Older person's Consultative Group, the Care Home Project Board, the Dementia Standards Strategy Group, Commitment 11 Project Group and the Scottish Patient Safety Programme to name but a few has been productive, and shown that it is possible to maintain a relevant independence on behalf of Users and Carers, during the challenges of Integration. The process of Integration of Health and Social Care under the Public Bodies Act has given a new impetus to the importance of User and Carer Involvement, and UCI's Older Adults Project has been willing, when invited, to provide consultancy to the Local Authority and NHS on a number of issues and processes and I hope that independent facilitation and engagement work has been both recognised and valuable, having as it does the interests of users, carers and their views as our priority focus.

We look forward to developing all our project work and making a real difference to the future for those of us affected by Dementia and Older Adults' broader issues. My thanks to the volunteers and wonderful people living with Dementia who contribute their expertise and time so wisely and kindly. Without their input, often while we are helping to support their own self advocacy and their collective voice, our input is without value. It is an honour to be a listening ear.



### Who can join UCI?

User and Carer Involvement is open to everyone in Dumfries and Galloway who is a mental health service user or someone who cares for a person with mental health problems, dementia or learning disabilities, and who are in agreement with the U.C.I. mission and values. Professionals and other interested parties are also welcome.

81-85 Irish Street, Dumfries, DG1 2PQ

Phone: 01387 255330

E-mail: [carolyn@userandcarer.co.uk](mailto:carolyn@userandcarer.co.uk)

Web: [www.userandcarer.co.uk](http://www.userandcarer.co.uk)

Thank you.

Paul Thomas  
Older Adults Worker

## Our Publications

### Guidance for Named Persons

This booklet consists of seven parts:

- Named Persons and Mental Health Act
- Named Persons-Paperwork and Procedures

### Know your rights

This booklet covers:

- Voluntary and Compulsory patients
- Explaining the treatment

### F.A.Q about Advance Statement

This booklet includes answers to questions like:

- "What is an Advance Statement?"
- "Who can make an Advance Statement?"

### A Guide for Carers of people with Learning Disabilities

This booklet contains information about:

- Legal incapacity
- Making decisions for another adult – the options

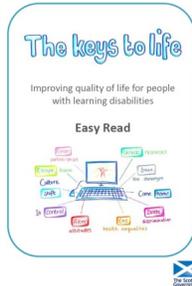
### Rights of People affected by the Act

This book has been produced in an easy read format and concerns with:

- Intervention Orders
- Guardianship Orders

# Learning Disability Report

The 'Keys to Life' Is Scotland's learning disability strategy. It is a long-term strategy based on a commitment to human rights for people with learning disabilities. The principles of choice, control and independence for people with learning disabilities are central to the strategy. The Keys to Life strategy has been at the centre of the work carried out by the User and Carer Involvement (UCI) learning disability project over the past 12 months. UCI have continued to work on Recommendation 2 of the Keys to Life by raising awareness of Human Rights and in the following year will support people to engage with other Recommendations as they develop.



UCI continue to be involved in the Learning Disability Champions training programme. Working with people with learning disabilities and Carers to provide health care professionals with the views of the people who use their services. I attended the second of the course days in November. This is now cohort 5. The course content has been slightly changed and I will be delivering slightly different aspects to my predecessor. I am very excited to be part of this course and feel that there is real potential to link in with what happens on the course and putting it into practice in the work place.

UCI will carry on supporting the self-advocacy network within the region – working with members of the Learning Disability Involvement Group. The newest of these self-advocacy groups was helped to be set up by UCI and is called The Speaking Up Group. The group meet every 6 weeks and we now have 8 members. We hope that in the following year we attract new members.

As a new member of the UCI team I am making myself known to existing partners and making contacts with new ones.

In the following year UCI hope to further support Service Users and Carers in their continued involvement in consultation/strategic process regarding the new General Hospital. We will aim to do this by working with local service providers and NHS liaison staff to facilitate involvement and inclusion of users and carers in consultation processes enabling them to develop communication strategy plans in relation to the hospital, UCI will provide accessible materials to support this process.

UCI will also in the year ahead be supporting service users and Carers to be actively involved in service reviews as requested by commissioning. To do this we will create forums as appropriate for



reviews with service users/carers and produce Easy Read Reports and info to service users and carers, prepare groups around the scope of the review. UCI will also work with Service

Provider/s as appropriate to set up groups of the relevant stakeholders.

The Learning Disability Project continues to be involved in a number of other groups and activities, making sure that people with learning disabilities have access to information and participate in things that have an impact on their lives.

Kalpana Ratnam-Roarty  
Learning Disabilities Worker.

# Annual Accounts

Balance Sheet	2014/15	2013/14
<b>Fixed Assets</b>	<b>£1,165</b>	£860
<b>Current Assets</b>		
Prepayments	<b>£1,000</b>	£1,000
Cash at bank and in hand	<b>£50,591</b>	£44,382
	<b>£51,591</b>	£45,382
Creditors: amounts falling due within one year	<b>(£821)</b>	(£6,800)
<b>Net current assets</b>	<b>£50,770</b>	£38,582
<b>Total Assets less current liabilities</b>	<b>£51,935</b>	£39,442
<b>Available Funds</b>		
Unrestricted Funds	<b>£51,935</b>	£39,442
<b>Total Funds</b>	<b>£51,935</b>	£39,442

Profit & Loss Account	2014/15	2013/14
<b>Income</b>		
Grants & Donations Received	<b>£99,333</b>	£82,334
Bank Interest Received	<b>£ 27</b>	£ 11
<b>Total Income</b>	<b>£99,360</b>	£82,345
<b>Expenditure</b>		
Salaries & NI	<b>£71,075</b>	£68,721
Travel Costs	<b>£ 3,055</b>	£ 3,294
Training Costs	<b>£ 71</b>	£ 455
Post & Stationery	<b>£ 4,118</b>	£ 1,624
Telephone	<b>£ 637</b>	£ 713
Sundry Expenses	<b>£ 2,240</b>	£ 2,191
Governance Costs	<b>£ 788</b>	£ 756
Rent	<b>£ 2,500</b>	£ 2,500
Insurance	<b>£ 1,064</b>	£ 1,064
Information Technology Purchase & Support	<b>£ 1,319</b>	£ 2,841
<b>Total Expenditure</b>	<b>£86,867</b>	£84,159
<b>Net (expenditure)/ income</b>	<b>£12,493</b>	(£1,814)

## Farries, Kirk & McVean

Chartered Accountants

Dumfries Enterprise Park, Heathhall, Dumfries DG1 3SJ

Tel: 01387 252127 Fax: 01387 250501 Email: info@fkmvc.co.uk Web: www.fkmvc.co.uk

Thanks to an increase in funded activity this financial year the Charity has operated within budget and achieved a surplus of £12,493, of income over expenditure. The increase in the level of funded activity is, I would suggest, an indication of the Charity's standing as the Region's leading independent organisation which assists and ensures the views of the Cared For and their Carers are taken into consideration by those making decisions which has the likelihood of impacting on these individuals. Well done to all the Charity's Staff who ensure this happens.

On behalf of my fellow Trustees I also wish to record our thanks to our Funders, D&G NHS, D&G Council and The Life Changes Trust, whose generosity has allowed our quality service to be provided for another year. Thanks also need to go to Gerald McGill of Farries, Kirk and McVean who has ensured our accounts have been prepared and examined to the required standard expected by the regularity authorities.

Jim Carruthers  
Treasurer

