

St. Martins's Centre Annual Report 2013



St. Martin's Centre.....part of the work of
St. Martin's Church, Charity No: 1131522

Contents

1.	Introduction	1
2.	Staffing	1
3.	Attendance	2
4.	The importance of our work	2
5.	Particular Activities in 2013	2
6.	Yet more recreational opportunities	3
7.	Other achievements	4
8.	Attending the Centre	4
9.	Volunteering	5
10.	Future Objectives	5
11.	Financial Review	5
12.	Reserves Policy	6
13.	Management Structure	6
14.	Management Committee Members in 2013	7
15.	CONTACTS	7

1. Introduction

St. Martin's Centre aims to enrich the lives of older people in southeast Cambridge by providing an independent day facility in a Christian environment.

The Centre's core service to older people provides a means of care and companionship, a hot mid-day meal, regular activities at the Centre, and two or three much anticipated day trips out each year. A purpose built minibus provides appropriate transport to and from the Centre, with tail-lift for wheelchair and more disabled passengers.



We provide support to older people, and help them access services, recreational opportunities and engagement with wider society. We also enable members of the local community to take part in worthwhile and valuable voluntary service. For older people, this gives a sense of purpose and place in society. For some younger people, it has even

provided a means of gaining experience and confidence to enter into the world of work



2. Staffing

The Centre's core team of paid staff consists of 1 full-time and 5 part-time employees. Around about 20 regular volunteers provide invaluable help in a variety of tasks ranging from provision of lunches to maintaining the premises. Other people help on a one-off basis by providing assistance to individual users on trips out away from the Centre



3. Attendance



57 different people (12 men, 45 women) attended the Centre in 2013; 15 were new users of our service. Around 40 different people were on the register at any one particular time.

4. The importance of our work

The value of getting out of the house and enjoying the company of others cannot be overstated. Our members enjoy the social interaction at the Centre and this contributes significantly to well-being. Any number of questions and concerns over daily issues of life are voiced to staff and the Centre is a valuable link between its service users and the local social and healthcare agencies. By being in weekly contact with 40 - 50 older people, the Centre is well placed to alert relevant agencies to any concerns its staff have about an individual and is a valuable partner in local collaborative care work. Many local social and healthcare professionals have a high regard for the Centre's activities.



5. Particular Activities in 2013

January : Cambridge Arts Theatre Pantomime.

July : Sunday afternoon tea and Songs of Praise.

August : 2 trips through the countryside to Upware where service users enjoyed a meal and refreshments by the riverside.

September: 2 trips to St. Ives with lunch at The Dolphin Hotel

December: A visit to St. John's School, Cambridge for a Christmas Concert and Afternoon Tea put on by pupils and staff.

Building work meant our Christmas Party was delayed to February 2014 and aptly renamed "The Spring Fling".



We are grateful to Cambridge City Council who help fund these outings and events so that they can be run at a much subsidised charge as the incidental cost of volunteer helpers is covered.

Regular activities at the Centre continue to be arranged around table top games, games using the floor surface such as carpet bowls and skittles, as well as quizzes and word games.

A monthly Holy Communion Service at the Centre continued to be an important occasion for those wishing to take part.

6. Yet more recreational opportunities

Twice weekly Art Classes thanks to funding from the City Council, with 18 different people benefitting.

Finance from the City Council also enabled us to run singing workshop during the Spring and Summer months





Carpet bowls for more active retired people who make their own way to the Centre

7. Other achievements

We are particularly pleased with how the Centre's services have developed to being a means by which people outside of employment can find valuable and enriching ways to spend a few hours a week in voluntary work. Thus, for example, appropriate people coping and/or recovering from a mental health illness can find much fulfilment and a sense of well-being by being part of this particular community work at St. Martins. Being part of the team here for some has also been part of an introduction back to paid employment.

8. Attending the Centre

Although most service users (or Members) of the Centre are referred by social and healthcare professionals we do have people who attend who are put in touch with us via a direct contact from a relative or friend. If you know of anyone who you think may benefit from this part of the Church's work, then please use the information on the CONTACTS page to get in touch.

9. Volunteering

Volunteering is a great way to make a difference to peoples' lives. Just 2 or 3 hours a week sharing a hobby or leading a games activity or simply getting alongside our members and being a friend to them would contribute so much. People to come in and help cook and serve lunchtime meals for our members are also very welcome. We also very much need volunteers with administration or marketing skills as we seek to promote our work and raise our profile in the community. If you think you can help in any way then get in touch using the information on the CONTACTS page.



10. Future Objectives

Much good work has been achieved at the Centre through the provision of good care and support of vulnerable older people and their carers, and the provision of voluntary placements are of real benefit to those that take them up. However the average number of older people who use the centre each day has decreased during 2013. This is surprising at a time when local and national demographics indicate that the percentage of older people in the population is at an all time high and is set to increase. A key objective in 2014 is therefore to highlight the work of the Centre in the local community and amongst social and healthcare professionals so that people become aware of our work and can avail themselves of our services. With cut backs in statutory provision in care work we believe that the services of the voluntary and not for profit sector is still very much needed.

11. Financial Review

The Accounts for the year ending 31st December 2013 have been accepted by the Management Committee and prepared and independently examined by Geoff Mann Ltd. Copies of the detailed accounts can be obtained from the Centre's office.

The Statement of Financial Activities shows unrestricted income to have been £115,772 with expenditure at £100, 723. The resulting surplus of £15,049 in unrestricted funds was largely due to one off grants totalling £10,000 from Skills for Care; this was awarded to St. Martins for playing our part in developing, managing and reporting to them on a "Skills around the Person" project which explored care planning by concentrating on the skill mix of people receiving and giving care and what they had to offer, rather than the sometimes negative aspect of focussing totally on peoples needs and problems. Thus we were able to increase our unrestricted reserves to £30,677, considered to be very necessary as explained on our reserves policy below.

A number of specific projects continued due to grant funding from Cambridge City Council. Our contract with the County Council for day centre places has also been maintained whilst we have continued to attract a number of attendees who pay the full cost of a place.

12. Reserves Policy

St. Martin's Centre recognises that income may not arise evenly throughout the year, or even year on year, and in order to maintain its level of service needs to ensure that sufficient funds are available in reserve to meet ongoing operating costs.

The Management Committee has determined that the Centre needs to maintain free reserves equivalent to 3 – 4 months of operating expenses.

This Reserves Policy will be continually monitored and may need to be revised as circumstances change.

13. Management Structure

The Centre is part of the work of St. Martin's Church, Suez Road, Cambridge and its activities are run on the Church premises from Monday to Friday all throughout the year. The Centre's work is overseen by the Parochial Church Council (PCC) which is elected each year. The PCC determines the overall purpose of the Centre and appoints a voluntary Management Committee to work on matters of strategy and operations. Day to day work is overseen by a full time Centre Manager who reports to the Management Committee. The Management Committee reports to the PCC every month.

14. Management Committee Members in 2013

David Hathaway	Chairperson
John Cousins	Treasurer
Canon Stephen Leeke	Vicar of St. Martins
Simon Hall	
Geraldine Miller	stepped down in February 2013

15. CONTACTS

St. Martin's Centre	Tel: 01223 508080
St. Martin's Church	E-mail: centre@st-martins-cambridge.org.uk
Suez Road	
Cambridge	
CB1 3QD	