

NOPANIC

England & Wales · Charity number 1018184

Details

Status Registered

Legal form Other

Registered 1993-03-04

Register [View on the Charity Commission register](#)

Contact

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Oakengates
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Activities

Objects: THE OBJECTS FOR WHICH THE ORGANISATION IS ESTABLISHED ARE THE RELIEF AND REHABILITATION, OF THOSE SUFFERING FROM PHOBIAS, OBSESSIVE COMPULSIVE DISORDER AND OTHER RELATED ANXIETY DISORDERS, WHICH INCLUDES THOSE WHO ARE SUFFERING FROM TRANQUILLISER WITHDRAWAL PROBLEMS.

Activities: Provides a confidential help-line, 0300 772 9844, 10-00am to 10-00pm Provides a night-time anxiety crisis telephone line, 01952 680835 Provides telephone recovery groups & one to one telephone mentoring to members. Provides books, CDs & DVDs to help overcome anxiety disorders. Provides information and support to families and carers of sufferers.

Classification

- **How:** Provides Human Resources, Provides Services
- **What:** General Charitable Purposes, Education/training, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** INTERNATIONAL
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£90,218	£72,094	-	-
2024-03-31	£83,112	£74,369	-	-
2023-03-31	£54,826	£71,165	-	-
2022-03-31	£63,872	£74,893	-	-
2021-03-31	£93,336	£74,394	-	-

Trustees

Name	Role	Appointed
CHRISTINE SCOTT		
Ciara Brimfield		2024-10-30
Jamie Sarsons		2023-08-30
LYNNE FREDRICK		
WAYNE SENIOR		2017-09-04
joel bates		2025-10-01

NOPANIC

England & Wales - Charity number 1018184

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2025

for
Nopanic

SKS Bailey Group Limited
Suite 32/33 Normanby Gateway,
Lysaghts Way,
Scunthorpe
North Lincolnshire
DN15 9YG

Nopanic

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for the Year Ended 31 March 2025

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Chairman's Report for the Year Ended 31 March 2025

Introduction

On 26 June 2024, I became Chair of No Panic. At our first AGM, our 2023-2024 Annual Report was presented. I didn't seek involvement in that report. I wanted it to stand as the last report before my chairmanship.

This report reflects the challenges No Panic has faced, and the actions we have taken to address the challenges. It is an honest report. My aim is to accurately document what has happened from 26 June last year to the date of our Annual General Meeting this year.

The report is structured in a way that reflects the structure of No Panic.

Management Committee

For several years, No Panic has struggled to attract new, talented people to the Management Committee. Thankfully, we have had some very loyal and dedicated Trustees. I joined No Panic in the days when Keith was Chair. Lynne was Vice-Chair. Chris was Personnel Officer, and she still is. I was not part of No Panic in the days of Colin, but I have heard from many people what a dedicated Chair he was. We have had other dedicated Trustees over the years.

When Lynne became Chair, she recognised that the charity needed to change to survive. One of her best decisions, was adding Jamie to the Management Committee. Jamie is responsible for the presence of No Panic in universities all over England. Jamie also campaigned to bring the upper age limit for youth membership up to 22, so students could benefit from our Youth Services.

When I became Chair, I wanted to build a stronger Management Committee. I contacted various people around the charity to ask them to join. Sandra and Craig have both asked questions that needed to be asked, and provided strong scrutiny where it was needed. Craig and Sandra have done some early work on Service Delivery and Improvement, on which we hope to build. Craig has also spent some time mapping the charity. I had a map in my head based on the map of England. Craig has worked to turn it into something everybody can understand.

I knew that to improve the Management Committee further, we would need some Trustees from outside the charity. After the change to the No Panic Constitution last year, we recruited Ciara. Ciara has been a brilliant addition to the Management Committee. She has built a strong relationship with some Patrons, and hopes to attract new Patrons. She has also overseen work on our marketing material. Ciara has been integral to the Awareness, Engagement and Marketing Sub-committee, and has hosted meetings bringing together various Co-ordinators in those areas of the charity. Ciara's aim is to get teams in these areas working in a co-ordinated way to mark various days, increasing awareness and engagement with No Panic. This work should start to be noticed in the coming months.

For the first time in several years, we have a Treasure. Naomi joined the Management Committee in July.

So we have a stable, united Management Committee, but there are gaps we have not filled. The reality in this charity and others, is people are not stepping up from the inside. In an anxiety charity, this is to be expected. What it means, is we have to be able to attract more Trustees from outside.

Services

Here I set out what has changed in services where there has been significant change. Although Anxiety Support Chat and our Youth Services are not covered in this report, they may be covered in a future report.

No Panic Helpline

It is hard to produce an accurate figure of calls we answer on the No Panic Helpline, but the number is likely to be between 11,000-15,000.

Lynne and Roz have put a huge effort into training new volunteers, and this has allowed us to more than double our capacity. We thank all who have committed to volunteering on the No Panic Helpline for the long-term, and all who have already made a long-term commitment.

Chairman's Report
for the Year Ended 31 March 2025

Chris and Caroline are among the people supervising volunteers, including new volunteers. The supervision of new volunteers is particularly important. There are also many volunteers who have backed up new volunteers, providing them with good support as they did their first few shifts, offering reassurance and lifting their confidence. No Panic has a better understanding of how new volunteers are doing, because back-ups now report on the volunteers they have been backing up.

As we increase capacity, we can ease pressure on trainers and back-ups. From next year, we will be timetabling training. The aim is that each group should start 6 weeks after the group before. We have already started to take steps to increase capacity in training, by recruiting volunteers based on their previous experience delivering training. This will further ease pressure, and allow trainers to be diverted to training volunteers in other services

CBT-Focused Mentoring

CBT-Focused Mentoring is not an area I knew much about prior to becoming Chair. I knew what we provided, but that was all. I decided to develop an understanding of CBT-Focused Mentoring, by having conversations with mentors.

Following my conversations, I decided that Email Mentoring should have its own Co-ordinator and appointed Linda. Lynne would continue to Co-ordinate the telephone mentoring services we provide to adults. Email mentors would be trained alongside telephone mentors.

Although I felt we needed to recruit new mentors, I wanted Roz to work on the programmes and training materials. That work has now been done. With our new timetabling, the aim is to train new mentors once a year, starting this September.

So we can further improve CBT-Focused Mentoring, we will aim to train a small number of mentors from outside the charity. They will be people who have years of experience providing CBT. They will be expected to deliver our programme, and will not be able to promote any services for which they work.

Extra Listening

Some of our callers do not want to be mentored. What they want is somebody to listen. One thing they would rather not have to do, is tell their story over and over again.

We launched Extra Listening, enabling callers to talk to the same volunteer for an hour a week for 6 weeks. These calls allow more space than members would have on the No Panic Helpline, where we aim to end calls after 20 minutes. Volunteers use the skills they learn when training for the No Panic Helpline.

Growth

When I became Chair, I was still Growth Officer. The Growth Officer role was quite expansive. At the beginning of 2024, I realised that somebody with more experience would need to be brought in to beginning of 2024, I realised that somebody with more experience would need to be brought in to improve how we engage with Patrons, publishers, partners and other professionals. That meant separating Growth into Awareness, and Engagement and Marketing. Fundraising is another type of growth, so I will also report on that in this section.

Awareness

The original Content Team editors left to pursue their careers. They were replaced with 2 new editors. The new editors had a more challenging year. There were times when we couldn't publish content due to website problems. I could not devote as much time to sourcing content from outside the charity. We built a new partnership with Leeds Trinity University, which led to us receiving several articles from 5 students. We have renewed our partnership with the University of East Anglia, and we hope to publish articles from their students from Autumn.

We have struggled to stabilise the Social Media Team. I decided to break the team in 2. The Social Media Awareness Team is now responsible for awareness videos on anxiety. To make the role easier for placement students, a list of topics has been developed.

The next academic year will be the third in which we have had Student Ambassadors. We have used our learning from the first 2 years to develop grading for applicants, which we hope will ensure we have more good-quality Student Ambassadors.

Chairman's Report
for the Year Ended 31 March 2025

The above teams raise awareness of anxiety, but we need to also be raising awareness of the No Panic Helpline among health services and mental health organisations. I am pleased that Harps has joined us to lead the General Awareness Team. That team has only recently been built, but I hope their work will lead to more people who have anxiety finding out about our helpline.

Engagement and Marketing

Before I became Chair, we decided that we should build a sense of community among members and volunteers. The Community Engagement Team was created. Unfortunately, this team went through a long period of instability. Co-ordinators were found, but they didn't get started. Then Harps came along. Harps rebuilt the team. It hosted a social for members, which was well attended. Arguably, this was a more successful social than the first members social, as most attendees from the first members social attended Anxiety Support Chat, which I moderated.

Following the success of the first social for members, I stepped back from the team. It is now overseen by the Engagement and Marketing Officer. I only continued to oversee the team for so long, because I wanted to get it back to where it was.

In addition to her Trustee role, Ciara co-ordinates the External Engagement and Marketing Team. This team works on our marketing materials, and is responsible for our engagement with external people and organisations.

Ciara now also co-ordinates the Social Media Engagement Team. This team is responsible for boosting engagement with content we post across social media platforms, and for interviewing professionals for our social media.

I decided to move some work that was under Fundraising to Engagement and Marketing. The Fundraisers Engagement Team is responsible for engaging with people who do sponsored events for No Panic, such as marathons and triathlons. A new Co-ordinator was recently appointed to the team

Fundraising and Data

I declared the Chair's Intervention in Fundraising on 27 June, the first day of my chairmanship. Through this intervention, I hoped to bring people into the charity who would find the money No Panic needs to survive and grow.

My main approach has been to establish the Large Funding Applications Team, and recruit volunteers to apply for large amounts of money. Unfortunately, I did not have an adequate understanding of fundraisers. I did not realise that having good quality data was so essential, that without it, fundraisers would struggle to raise any money.

I recruited a Services Delivery and Improvement Team Co-ordinator, but this did not trigger further developments in data. We lost several fundraisers and other quality volunteers, due to our poor data organisation. I was the person who interacted with each of these people as they left. I took many criticisms for the charity. It has been very tough.

I have been learning. Currently, I am exploring options around building of data systems, and capacity building, and long-term staffing of new data and fundraising roles, leading to new staff in other areas if money is raised. I have been open to the suggestions of a couple of consultants with whom I have met online.

The Chair's Intervention in Fundraising has worn me down at times. The actions I am taking now are the last actions of the intervention. No matter the results, I intend to bring the intervention to an end so I can conserve energy for other tasks, and for the things I want to do away from No Panic. However, before I end the intervention, I hope to appoint a Community Fundraising Team Co-ordinator, who will lead a team of volunteers who raise money in their communities. Most of these people will be members or volunteers of No Panic. The money they raise may only be in the hundreds of pounds or low thousands, but I believe that by trying to fundraise in their communities, they will boost the profile of No Panic. This may help increase engagement with the charity, leading to more calls to the No Panic Helpline, more members, and more people using our members-only services.

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Chairman's Report
for the Year Ended 31 March 2025

Conclusion

There have been positive developments in No Panic. These include the launch of Extra Listening, the development of training materials in services, and the various developments in Awareness and Engagement and Marketing. We are improving recruitment processes and the timetabling of training. However, the financial position is concerning. We must find solutions to our funding and data problems quickly. I hope we can agree a way forward that enables us to ensure the sustainability and growth of No Panic, so the charity can support more people who have anxiety.

Nopanic

Report of the Trustees for the Year Ended 31 March 2025

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Summary of the objectives

The objects for which the Organisation is established shall be, the relief and rehabilitation, of those suffering from Phobias, Obsessive Compulsive Disorder and other related Anxiety Disorders, which shall include those who are suffering from Tranquillizer Withdrawal problems.

Summary of the main activities undertaken for the public benefit

Helpline:

The helpline is continuing to do well, receiving approximately 20000 calls per month. The helpline is now a 0300 number meaning it is local rate and included in free minutes, meaning no cost to the charity and low cost or free for callers, which is a huge improvement on the previous number. This accounts for the massive increase in calls. To cope with the demand, we recruited additional helpliners and in many instances helpline volunteers did extra shift duties in times of need and we cannot applaud their efforts enough. We continue to train volunteers who wish to further their knowledge of anxiety disorders and participate more actively within the charity. In the past, helpliners used their home land-lines but increasingly new volunteers use a mobile phone. The number of helpline volunteers we trained was insufficient to meet our needs due to limits in the number of courses we were able to run and some candidates not completing courses. However, despite the current financial restraints, we are extremely proud to say that we have a nucleus of volunteers who are of long standing and have been serving the needs of sufferers for 10 to 15 years.

Publicity:

The Publicity Officer reports that we are retaining good relationships with the Press and Media and they continue to help us spread the word about anxiety disorders and how NoPanic can help sufferers. We have done radio interviews and television programmes as well as magazines and we have had our resources printed in several publications.

We have developed good relationships with various universities and have a selection of student ambassadors who promote our services.

Social Media:

Social media such as Facebook and twitter have been key in promoting our work, we have a couple of active Facebook pages which themselves provide support to sufferers as well as publicise the charity.

We have seen a huge increase in followers across all social media platforms and a steady stream of support requests.

National development work:

The new website is continuing to be a success, it has more items added to the shop and provides a live chat facility. After the website went live it has been very active. And we have seen an increase in sales through the online shop. People are able to join and renew membership and also apply for volunteering opportunities. The shop is working well and has a range of useful products in and we are already seeing an increase in donations via the website.

Charity shop:

Since joining the Oakengates community we have become a popular shop amongst shoppers. We enjoy getting involved in the local community and we also provide information and support to those who come in the shop. Many are pleased to see a mental health organisation on the high street and is a very relevant cause as many people have been affected by anxiety. We take work experience students and the shop has generated much needed income and has seen another increase since the previous year.

We get many donations so we hope to continue to do well.

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Report of the Trustees for the Year Ended 31 March 2025

FINANCIAL REVIEW

Reserves policy

The Trustees continually review the charity's requirements for undesignated reserves in line with its current spending levels and Charity Commission guidance. The trustees are of the opinion that NoPanic requires a minimum level of reserves approximating to 6 months projected running costs and, at present, the Trustees believe that they have achieved this objective.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Type of governing document: Constitution

Charity constitution: Committee

Trustee selection method: Trustees are appointed by the Chair and reappointed annually at the AGM.

Additional governance issues

All trustees give their time voluntarily and receive no remuneration or other benefits.

Risk management

The Trustees continually assess the major risks to which the charity is exposed. The major risk being the loss of principal and continuous sources of funding. They believe by maintaining the reserves at the levels stated above this will provide sufficient resources in the event of adverse conditions. Internal risks are minimised by implementation of procedures for all aspects of the charity's work. These procedures are periodically reviewed to ensure they still meet the needs of the charity.

The Trustees have had regard to the guidance published by the Charity Commission on Public Benefit.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1018184

Principal address

51 Market Street

Oakengates

Telford

Shropshire

TF2 6EL

Trustees

J Sarsons

W Senior

L Fredrick

C Scott

Z Senior (resigned 31/3/2025)

B Robinson (resigned 31/3/2025)

S Seal (appointed 25/7/2024) (resigned 25/9/2025)

C Souter (appointed 24/7/2024) (resigned 25/9/2025)

C Brimfield (appointed 30/10/2024)

Independent Examiner

SKS Bailey Group Limited

Suite 32/33 Normanby Gateway,

Lysaghts Way,

Scunthorpe

North Lincolnshire

DN15 9YG

Nopanic

Report of the Trustees
for the Year Ended 31 March 2025

Approved by order of the board of trustees on and signed on its behalf by:

.....
L Fredrick - Trustee

Independent Examiner's Report to the Trustees of
Nopanic

Independent examiner's report to the trustees of Nopanic

I report to the charity trustees on my examination of the accounts of Nopanic (the Trust) for the year ended 31 March 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Amber-rose Rebar ACCA

SKS Bailey Group Limited
Suite 32/33 Normanby Gateway,
Lysaghts Way,
Scunthorpe
North Lincolnshire
DN15 9YG

Date:

Nopanic

Statement of Financial Activities
for the Year Ended 31 March 2025

	Notes	2025 Unrestricted fund £	2024 Total funds £
Income and endowments from			
Donations and legacies	2	44,100	29,720
Charitable activities			
Charitable Activities	5	20,011	24,068
Other trading activities	3	24,965	27,887
Investment income	4	1,142	1,127
Other income	6	-	310
Total		90,218	83,112
Expenditure on			
Charitable activities			
Charitable Activities	7	72,094	72,344
Other		2,059	2,025
Total		74,153	74,369
NET INCOME		16,065	8,743
Reconciliation of funds			
Total funds brought forward		73,734	64,991
Total funds carried forward		89,799	73,734

Continuing operations

The statement of financial activities includes all gains and losses of the year. All incoming resources and resources expended relate to continuing activities.

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Balance Sheet
31 March 2025

	Notes	2025 Unrestricted fund £	2024 Total funds £
Fixed assets			
Tangible assets	12	1,640	2,187
Current assets			
Stocks	13	1,138	1,489
Cash at bank and in hand		88,160	71,527
		<u>89,298</u>	<u>73,016</u>
Creditors			
Amounts falling due within one year	14	(1,139)	(1,469)
		<u>88,159</u>	<u>71,547</u>
Net current assets			
		89,799	73,734
Total assets less current liabilities		<u>89,799</u>	<u>73,734</u>
NET ASSETS		<u>89,799</u>	<u>73,734</u>
Funds	15		
Unrestricted funds		89,799	73,734
Total funds		<u>89,799</u>	<u>73,734</u>

The financial statements were approved by the Board of Trustees and authorised for issue on
and were signed on its behalf by:

.....
L Fredrick - Trustee

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charity, which is a public benefit entity under FRS102, have been prepared in accordance with the Charities SORP (FRS102)' Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019). The financial statements have been prepared on an accruals basis.

CHANGES IN ACCOUNTING POLICIES

Change In Basis

There have been no changes to the accounting policies since last year.

Changes To Previous Accounts

No changes have been made to accounts for previous years.

INCOME

Recognition Of Incoming Resources

These are included in the statement of financial activities when the Charity becomes entitled to the resources.

Incoming Resources With Related Expenditure

Where incoming resources have related expenditure the incoming resources and related expenditure are reported gross.

Grants And Donations

Grants and donations are only included when the Charity has unconditional entitlement to the resources.

Volunteer Help

The value of any voluntary help received is not included in the accounts but is described in the Trustees' report.

Investment Income

This is included in the accounts when receivable.

OTHER EXPENDITURE COSTS

Include costs of the preparation and examination of statutory accounts and depreciation of fixed assets.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on reducing balance

These are capitalised if they can be used for more than one year and cost at least £500.

LIABILITY RECOGNITION

Liabilities are recognised as soon as there is a legal constructive obligation committing the charity to pay out resources.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

2. DONATIONS AND LEGACIES	2025	2024
	£	£
Donations	14,100	7,720
Grants	30,000	22,000
	<u>44,100</u>	<u>29,720</u>
3. OTHER TRADING ACTIVITIES	2025	2024
	£	£
Shop takings	24,837	26,927
Sale of goods	128	960
	<u>24,965</u>	<u>27,887</u>
4. INVESTMENT INCOME	2025	2024
	£	£
Bank Interest	1,142	1,127
	<u>1,142</u>	<u>1,127</u>
5. INCOME FROM CHARITABLE ACTIVITIES	2025	2024
	Charitable	Total
	Activities	activities
	£	£
Membership fees	18,893	21,785
Telephone support services	1,118	2,283
	<u>20,011</u>	<u>24,068</u>
6. OTHER INCOME	2025	2024
	£	£
Training	-	250
Miscellaneous receipts	-	60
	<u>-</u>	<u>310</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £
Charitable Activities	72,094

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2025 £	2024 £
Staff costs	49,271	49,029
Office Rent	8,500	9,315
Insurance	636	599
Telephone	353	423
Postage and stationery	1,415	1,783
Bank Charges	899	1,096
Office Expenses	6,711	8,065
IT Support	3,827	2,034
Hire of Plant and Machinery	482	-
	<u>72,094</u>	<u>72,344</u>

9. SUPPORT COSTS

	Governance costs £
Other resources expended	2,059

Support costs, included in the above, are as follows:

	2025 Other resources expended £	2024 Total activities £
Independent examiner's fees	1,512	1,296
Depreciation of tangible fixed assets	547	729
	<u>2,059</u>	<u>2,025</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

11. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	47,836	47,594
Other pension costs	1,435	1,435
	49,271	49,029
	49,271	49,029

The average monthly number of employees during the year was as follows:

	2025	2024
Average number of FTE employees	2	2
	2	2

No employees received emoluments in excess of £60,000.

12. TANGIBLE FIXED ASSETS

	Computer equipment
	£
COST	
At 1 April 2024 and 31 March 2025	39,873
DEPRECIATION	
At 1 April 2024	37,686
Charge for year	547
	38,233
At 31 March 2025	38,233
NET BOOK VALUE	
At 31 March 2025	1,640
At 31 March 2024	2,187

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

13. STOCKS

	2025	2024
	£	£
Stocks	1,138	1,489

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	-	240
Taxation and social security	(373)	(169)
Other creditors	1,512	1,398
	<u>1,139</u>	<u>1,469</u>

15. MOVEMENT IN FUNDS

	At 1.4.24	Net movement in funds	At 31.3.25
	£	£	£
Unrestricted funds			
General fund	73,734	16,065	89,799
	<u>73,734</u>	<u>16,065</u>	<u>89,799</u>
TOTAL FUNDS	<u>73,734</u>	<u>16,065</u>	<u>89,799</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	90,218	(74,153)	16,065
	<u>90,218</u>	<u>(74,153)</u>	<u>16,065</u>
TOTAL FUNDS	<u>90,218</u>	<u>(74,153)</u>	<u>16,065</u>

Comparatives for movement in funds

	At 1.4.23	Net movement in funds	At 31.3.24
	£	£	£
Unrestricted funds			
General fund	64,991	8,743	73,734
	<u>64,991</u>	<u>8,743</u>	<u>73,734</u>
TOTAL FUNDS	<u>64,991</u>	<u>8,743</u>	<u>73,734</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

15. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	83,112	(74,369)	8,743
	_____	_____	_____
TOTAL FUNDS	<u>83,112</u>	<u>(74,369)</u>	<u>8,743</u>

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

Nopanic

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	2025	2024
	£	£
Income and endowments		
Donations and legacies		
Donations	14,100	7,720
Grants	30,000	22,000
	<hr/>	<hr/>
	44,100	29,720
Other trading activities		
Shop takings	24,837	26,927
Sale of goods	128	960
	<hr/>	<hr/>
	24,965	27,887
Investment income		
Bank Interest	1,142	1,127
Charitable activities		
Membership fees	18,893	21,785
Telephone support services	1,118	2,283
	<hr/>	<hr/>
	20,011	24,068
Other income		
Training	-	250
Miscellaneous receipts	-	60
	<hr/>	<hr/>
	-	310
	<hr/>	<hr/>
Total incoming resources	90,218	83,112
Expenditure		
Charitable activities		
Wages	47,836	47,594
Pensions	1,435	1,435
Office Rent	8,500	9,315
Insurance	636	599
Telephone	353	423
Postage and stationery	1,415	1,783
Bank Charges	899	1,096
Office Expenses	6,711	8,065
IT Support	3,827	2,034
Hire of Plant and Machinery	482	-
	<hr/>	<hr/>
	72,094	72,344

This page does not form part of the statutory financial statements

Nopanic

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	2025	2024
	£	£
Support costs		
Governance costs		
Independent examiner's fees	1,512	1,296
Depreciation on computer Equipment	547	729
	<u>2,059</u>	<u>2,025</u>
Total resources expended	<u>74,153</u>	<u>74,369</u>
Net income	<u><u>16,065</u></u>	<u><u>8,743</u></u>

This page does not form part of the statutory financial statements

NOPANIC

England & Wales - Charity number 1018184

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2024

for
Nopanic

SKS Bailey Group Limited
Suite 32/33 Normany Gateway,
Lysaghts Way,
Scunthorpe
North Lincolnshire
DN15 9YG

Nopanic

Contents of the Financial Statements
for the Year Ended 31 March 2024

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Nopanic

Report of the Trustees
for the Year Ended 31 March 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Summary of the objectives

The objects for which the Organisation is established shall be, the relief and rehabilitation, of those suffering from Phobias, Obsessive Compulsive Disorder and other related Anxiety Disorders, which shall include those who are suffering from Tranquillizer Withdrawal problems.

Summary of the main activities undertaken for the public benefit

Helpline:

The helpline is continuing to do well, receiving approximately 20000 calls per month. The helpline is now a 0300 number meaning it is local rate and included in free minutes, meaning no cost to the charity and low cost or free for callers, which is a huge improvement on the previous number. This accounts for the massive increase in calls. To cope with the demand, we recruited additional helpliners and in many instances helpline volunteers did extra shift duties in times of need and we cannot applaud their efforts enough. We continue to train volunteers who wish to further their knowledge of anxiety disorders and participate more actively within the charity. In the past, helpliners used their home land-lines but increasingly new volunteers use a mobile phone. The number of helpline volunteers we trained was insufficient to meet our needs due to limits in the number of courses we were able to run and some candidates not completing courses. However, despite the current financial restraints, we are extremely proud to say that we have a nucleus of volunteers who are of long standing and have been serving the needs of sufferers for 10 to 15 years.

Publicity:

The Publicity Officer reports that we are retaining good relationships with the Press and Media and they continue to help us spread the word about anxiety disorders and how NoPanic can help sufferers. We have done radio interviews and television programmes as well as magazines and we have had our resources printed in several publications.

We have developed good relationships with various universities and have a selection of student ambassadors who promote our services.

Social Media:

Social media such as Facebook and twitter have been key in promoting our work, we have a couple of active Facebook pages which themselves provide support to sufferers as well as publicise the charity.

We have seen a huge increase in followers across all social media platforms and a steady stream of support requests.

National development work:

The new website is continuing to be a success, it has more items added to the shop and provides a live chat facility. After the website went live it has been very active. And we have seen an increase in sales through the online shop. People are able to join and renew membership and also apply for volunteering opportunities. The shop is working well and has a range of useful products in and we are already seeing an increase in donations via the website.

Charity shop:

Since joining the Oakengates community we have become a popular shop amongst shoppers. We enjoy getting involved in the local community and we also provide information and support to those who come in the shop. Many are pleased to see a mental health organisation on the high street and is a very relevant cause as many people have been affected by anxiety. We take work experience students and the shop has generated much needed income and has seen another increase since the previous year.

We get many donations so we hope to continue to do well.

Nopanic

Report of the Trustees for the Year Ended 31 March 2024

FINANCIAL REVIEW

Reserves policy

The Trustees continually review the charity's requirements for undesignated reserves in line with its current spending levels and Charity Commission guidance. The trustees are of the opinion that NoPanic requires a minimum level of reserves approximating to 6 months projected running costs and, at present, the Trustees believe that they have achieved this objective.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Type of governing document: Constitution

Charity constitution: Committee

Trustee selection method: Trustees are appointed by the Chair and reappointed annually at the AGM.

Additional governance issues

All trustees give their time voluntarily and receive no remuneration or other benefits.

Risk management

The Trustees continually assess the major risks to which the charity is exposed. The major risk being the loss of principal and continuous sources of funding. They believe by maintaining the reserves at the levels stated above this will provide sufficient resources in the event of adverse conditions. Internal risks are minimised by implementation of procedures for all aspects of the charity's work. These procedures are periodically reviewed to ensure they still meet the needs of the charity.

The Trustees have had regard to the guidance published by the Charity Commission on Public Benefit.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1018184

Principal address

51 Market Street

Oakengates

Telford

Shropshire

TF2 6EL

Trustees

J Sarsons (appointed 30/8/2023)

W Senior

L Fredrick

C Scott

Z Senior (appointed 29/4/2023)

B Robinson (appointed 10/4/2023)

Independent Examiner

SKS Bailey Group Limited

Suite 32/33 Normany Gateway,

Lysaghts Way,

Scunthorpe

North Lincolnshire

DN15 9YG

Nopanic

Report of the Trustees
for the Year Ended 31 March 2024

Approved by order of the board of trustees on 9 September 2024 and signed on its behalf by:

L Fredrick - Trustee

Independent Examiner's Report to the Trustees of
Nopanic

Independent examiner's report to the trustees of Nopanic

I report to the charity trustees on my examination of the accounts of Nopanic (the Trust) for the year ended 31 March 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Ben Soulby

SKS Bailey Group Limited
Suite 32/33 Normany Gateway,
Lysaghts Way,
Scunthorpe
North Lincolnshire
DN15 9YG

9 September 2024

Nopanic

Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	2024 Unrestricted fund £	2023 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2	29,720	21,773
Charitable activities	5		
Charitable Activities		24,068	13,215
Other trading activities	3	27,887	18,844
Investment income	4	1,127	417
Other income	6	310	577
Total		<u>83,112</u>	<u>54,826</u>
 EXPENDITURE ON			
Charitable activities	7		
Charitable Activities		72,344	68,830
Other		<u>2,025</u>	<u>2,335</u>
Total		<u>74,369</u>	<u>71,165</u>
 NET INCOME/(EXPENDITURE)		 8,743	 (16,339)
 RECONCILIATION OF FUNDS			
Total funds brought forward		64,991	81,330
 TOTAL FUNDS CARRIED FORWARD		 <u>73,734</u>	 <u>64,991</u>

CONTINUING OPERATIONS

The statement of financial activities includes all gains and losses of the year. All incoming resources and resources expended relate to continuing activities.

Nopanic

Balance Sheet
31 March 2024

		2024 Unrestricted fund £	2023 Total funds £
FIXED ASSETS	Notes		
Tangible assets	12	2,187	2,916
CURRENT ASSETS			
Stocks	13	1,489	1,638
Cash at bank and in hand		<u>71,527</u>	<u>62,975</u>
		73,016	64,613
CREDITORS			
Amounts falling due within one year	14	(1,469)	(2,538)
NET CURRENT ASSETS		<u>71,547</u>	<u>62,075</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		73,734	64,991
NET ASSETS		<u>73,734</u>	<u>64,991</u>
FUNDS	15		
Unrestricted funds		<u>73,734</u>	<u>64,991</u>
TOTAL FUNDS		<u>73,734</u>	<u>64,991</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 9 September 2024 and were signed on its behalf by:

L Fredrick - Trustee

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charity, which is a public benefit entity under FRS102, have been prepared in accordance with the Charities SORP (FRS102)' Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019). The financial statements have been prepared on an accruals basis.

CHANGES IN ACCOUNTING POLICIES

Change In Basis

There have been no changes to the accounting policies since last year.

Changes To Previous Accounts

No changes have been made to accounts for previous years.

INCOME

Recognition Of Incoming Resources

These are included in the statement of financial activities when the Charity becomes entitled to the resources.

Incoming Resources With Related Expenditure

Where incoming resources have related expenditure the incoming resources and related expenditure are reported gross.

Grants And Donations

Grants and donations are only included when the Charity has unconditional entitlement to the resources.

Volunteer Help

The value of any voluntary help received is not included in the accounts but is described in the Trustees' report.

Investment Income

This is included in the accounts when receivable.

OTHER EXPENDITURE COSTS

Include costs of the preparation and examination of statutory accounts and depreciation of fixed assets.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on reducing balance

These are capitalised if they can be used for more than one year and cost at least £500.

LIABILITY RECOGNITION

Liabilities are recognised as soon as there is a legal constructive obligation committing the charity to pay out resources.

Nopanic

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

2. DONATIONS AND LEGACIES	2024 £	2023 £
Donations	7,720	6,687
Grants	22,000	15,086
	29,720	21,773
	29,720	21,773
3. OTHER TRADING ACTIVITIES	2024 £	2023 £
Shop takings	26,927	18,051
Sale of goods	960	793
	27,887	18,844
	27,887	18,844
4. INVESTMENT INCOME	2024 £	2023 £
Bank Interest	1,127	417
	1,127	417
	1,127	417
5. INCOME FROM CHARITABLE ACTIVITIES	2024 Charitable Activities £	2023 Total activities £
Membership fees	21,785	9,510
Telephone support services	2,283	3,705
	24,068	13,215
	24,068	13,215
6. OTHER INCOME	2024 £	2023 £
Training	250	242
Miscellaneous receipts	60	335
	310	577
	310	577

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £
Charitable Activities	72,344
	<u>72,344</u>

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2024	2023
	£	£
Staff costs	49,029	43,691
Office Rent	9,315	8,816
Insurance	599	594
Telephone	423	378
Postage and stationery	1,783	1,734
Sundries	-	353
Bank Charges	1,096	1,461
Office Expenses	8,065	11,803
IT Support	2,034	-
	<u>72,344</u>	<u>68,830</u>

9. SUPPORT COSTS

	Governance costs £
Other resources expended	2,025
	<u>2,025</u>

Support costs, included in the above, are as follows:

	2024	2023
	Other resources expended £	Total activities £
Independent examiner's fees	1,296	1,398
Depreciation of tangible fixed assets	729	937
	<u>2,025</u>	<u>2,335</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

11. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	47,594	42,754
Other pension costs	1,435	937
	49,029	43,691
	49,029	43,691

The average monthly number of employees during the year was as follows:

	2024	2023
Average number of FTE employees	2	2
	2	2

No employees received emoluments in excess of £60,000.

12. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2023 and 31 March 2024	39,873
DEPRECIATION	
At 1 April 2023	36,957
Charge for year	729
At 31 March 2024	37,686
NET BOOK VALUE	
At 31 March 2024	2,187
At 31 March 2023	2,916

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

13. STOCKS

	2024	2023
	£	£
Stocks	1,489	1,638
	<u>1,489</u>	<u>1,638</u>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	240	1,140
Taxation and social security	(169)	-
Other creditors	1,398	1,398
	<u>1,469</u>	<u>2,538</u>

15. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	At 31.3.24
	£	£	£
Unrestricted funds			
General fund	64,991	8,743	73,734
	<u>64,991</u>	<u>8,743</u>	<u>73,734</u>
TOTAL FUNDS	<u>64,991</u>	<u>8,743</u>	<u>73,734</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	83,112	(74,369)	8,743
	<u>83,112</u>	<u>(74,369)</u>	<u>8,743</u>
TOTAL FUNDS	<u>83,112</u>	<u>(74,369)</u>	<u>8,743</u>

Comparatives for movement in funds

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	81,330	(16,339)	64,991
	<u>81,330</u>	<u>(16,339)</u>	<u>64,991</u>
TOTAL FUNDS	<u>81,330</u>	<u>(16,339)</u>	<u>64,991</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

15. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	54,826	(71,165)	(16,339)
TOTAL FUNDS	<u>54,826</u>	<u>(71,165)</u>	<u>(16,339)</u>

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

Nopanic

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	7,720	6,687
Grants	22,000	15,086
	29,720	21,773
Other trading activities		
Shop takings	26,927	18,051
Sale of goods	960	793
	27,887	18,844
Investment income		
Bank Interest	1,127	417
Charitable activities		
Membership fees	21,785	9,510
Telephone support services	2,283	3,705
	24,068	13,215
Other income		
Training	250	242
Miscellaneous receipts	60	335
	310	577
Total incoming resources	83,112	54,826
EXPENDITURE		
Charitable activities		
Wages	47,594	42,754
Pensions	1,435	937
Office Rent	9,315	8,816
Insurance	599	594
Telephone	423	378
Postage and stationery	1,783	1,734
Sundries	-	353
Bank Charges	1,096	1,461
Office Expenses	8,065	11,803
IT Support	2,034	-
	72,344	68,830

This page does not form part of the statutory financial statements

Nopanic

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	2024	2023
	£	£
Support costs		
Governance costs		
Independent examiner's fees	1,296	1,398
Depreciation on computer Equipment	729	937
	<u>2,025</u>	<u>2,335</u>
Total resources expended	<u>74,369</u>	<u>71,165</u>
Net income/(expenditure)	<u>8,743</u>	<u>(16,339)</u>

NOPANIC

England & Wales - Charity number 1018184

Accounts

NOPANIC

Charity Commission Registered Number 1018184

FINANCIAL STATEMENTS

for the year ended

31 March 2023

NOPANIC
Financial Statements
for the year ended 31 March 2023

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Page 2 to 4	Trustees Report
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Page 12	Independent Examiner's Report
Page 13	Income and Expenditure Account

NOPANIC
Financial Statements
for the year ended 31 March 2023

Trustees Annual Report 2023

Reference and administration details

Charity name: N O P A N I C
Registered charity number: 1018184
Charity's principal address: 51A Market Street
Oakengates
Telford
Shropshire
TF2 6EL

Names of charity trustees who manage the charity:

Lynne Fredrick
Christine Scott
Wayne Senior
Nicola Peck
Keith Stenning - Deceased

Structure governance and management

Type of governing document: Constitution
Charity constitution: Committee
Trustee selection method: Trustees are appointed by the Chair and reappointed annually at the AGM.

Additional governance issues

All trustees give their time voluntarily and receive no remuneration or other benefits.

Objectives and activities

Summary of the objectives

The objects for which the Organisation is established shall be, the relief and rehabilitation, of those suffering from Phobias, Obsessive Compulsive Disorder and other related Anxiety Disorders, which shall include those who are suffering from Tranquillizer Withdrawal problems.

Summary of the main activities undertaken for the public benefit.

Helpline: The helpline is continuing to do well receiving approximately 20000 calls this per month. The helpline is now a 0300 number meaning it local rate and included in free minutes meaning no cost to the charity and low or free for callers which is a huge improvement on the previous number. This accounts for the massive increase of calls. To cope with the demand we trained additional helpliners and volunteers took on every shifts in many instances helpline volunteers did extra shift duties in times of need and we cannot applaud their efforts enough. We continue to train volunteers who wish to further their knowledge of anxiety disorders and participate more actively within the charity. The number of helpline volunteers we trained was insufficient to meet our needs due to the fact that our helpline volunteers work from home and require a land-line and many young potential volunteers now only have a mobile phone. However, despite the current financial restraints, we are extremely proud to say that we have a nucleus of volunteers who are of long standing and have been serving the needs of sufferers for 10 to 15 years.

NOPANIC
Financial Statements
for the year ended 31 March 2023

Summary of the main activities undertaken for the public benefit. (cont'd)

Publicity:

The Publicity Officer reports that we are retaining good relationships with the Press and Media and they continue to help us spread the word about anxiety disorders and how No Panic can help sufferers. We have done radio interviews and television programmes as well as magazines and we have had our resources printed in several publications.

- Whatson guide
- Student Guide
- Radio Shropshire
- GP magazine

Social Media:

Social media such as Facebook and twitter have been key in promoting our work, we have a couple of active Facebook pages which themselves provide support to sufferers as well as publicise the charity.

We have seen a huge increase in followers across all social media platforms and a steady stream of support requests.

National development work:

The new website is continuing to be a success, it has more items added to the shop and provides a live chat facility. After the website went live it has been very active. And we have seen an increase in sales through the online shop. People are able to join and renew membership and also apply for volunteering opportunities. The shop is working well and has a range of useful products in and we are already seeing an increase in donations via the website.

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Since joining the Oakengates community we have become a popular shop amongst shoppers. We enjoy getting involved in the local community and we also provide information and support to those who come in the shop. Many are pleased to see a mental health organisation on the high street and is a very relevant cause as many people have been affected by anxiety. We take work experience students and The shop has generated much needed income to the organisation bringing in £6053 in the last year.

We get many donations so we hope to continue to do well.

Reserves policy:

The Trustees continually review the charity's requirements for undesignated reserves in line with its current spending levels and Charity Commission guidance. The trustees are of the opinion that No Panic requires a minimum level of reserves approximating to 6 months projected running costs and, at present, the Trustees believe that they have achieved this objective.

**NOPANIC
Financial Statements
for the year ended 31 March 2023**

Summary of the main activities undertaken for the public benefit. (cont'd)

Risk management:

The Trustees continually assess the major risks to which the charity is exposed. The major risk being the loss of principal and continuous sources of funding. They believe by maintaining the reserves at the levels stated above this will provide sufficient resources in the event of adverse conditions. Internal risks are minimised by implementation of procedures for all aspects of the charity's work. These procedures are periodically reviewed to ensure they still meet the needs of the charity.

The Trustees have had regard to the guidance published by the Charity Commission on Public Benefit.

Declaration:

The Trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature:

Name: Lynne Fredrick

Date: 21-Dec-2023

NOPANIC
Financial Statements
for the year ended 31 March 2023

Statement of financial activities

	Unrestricted funds	Total funds 2023	Total funds 2022
	£	£	£
Incoming resources: (Note 3)			
Incoming and endowments from:			
Donations and legacies	21,773	21,773	24,156
Charitable activities	13,215	13,215	20,161
Other trading activities	18,844	18,844	16,893
Investment income	417	417	12
Other income	578	578	2,649
Total incoming resources	<u>54,826</u>	<u>54,826</u>	<u>63,872</u>
Resources expended: (Notes 4-7)			
Expenditure on:			
Charitable activities	68,830	68,830	72,529
Other expenditure	2,335	2,335	2,364
Total outgoing resources	<u>71,165</u>	<u>71,165</u>	<u>74,893</u>
Net outgoing/incoming resources for the year	<u>(16,339)</u>	<u>(16,339)</u>	<u>(11,021)</u>
Total funds brought forward	<u>81,330</u>	<u>81,330</u>	<u>92,351</u>
Total funds carried forward	<u>64,991</u>	<u>64,991</u>	<u>81,330</u>

The statement of financial activities includes all gains and losses of the year. All incoming resources and resources expended relate to continuing activities.

NOPANIC
Financial Statements
for the year ended 31 March 2023

Balance sheet

	Note	2023 £	2022 £
Tangible fixed assets	7	2,916	2,605
Current assets			
Stocks	8	1,638	1,672
Cash in hand		473	1,663
Bank current accounts		3,367	6,136
Bank deposit account		59,135	72,826
		<u>64,613</u>	<u>82,297</u>
Creditors: amounts falling due within one year	9	<u>2,538</u>	<u>3,573</u>
		62,075	78,724
Total assets less current liabilities		<u>64,991</u>	<u>81,330</u>
Funds of the charity			
Unrestricted funds	10	<u>64,991</u>	<u>81,330</u>

These financial statements have been prepared in accordance with the provisions of FRS102 SORP.

The financial statements were approved by the Board of Trustees on 21st December 2023 and are signed on their behalf by:

Trustee : Lynne Fredrick

The notes on pages 7 to 11 form part of the financial statements.

NOPANIC
Financial Statements
for the year ended 31 March 2023

1 Basis of preparation of preparation

1a Basis of accounting

The financial statements of the charity, which is a public benefit entity under FRS102, have been prepared in accordance with the Charities SORP (FRS102)' Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019). The financial statements have been prepared on an accruals basis.

1b Change in basis

There have been no changes to the accounting policies since last year.

1c Changes to previous accounts

No changes have been made to accounts for previous years.

2 Accounting policies

2a Recognition of incoming resources

These are included in the statement of financial activities when the Charity becomes entitled to the resources.

2b Incoming resources with related expenditure

Where incoming resources have related expenditure the incoming resources and related expenditure are reported gross.

2c Grants and donations

Grants and donations are only included when the Charity has unconditional entitlement to the resources.

2d Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the Trustees' report.

2e Investment income

This is included in the accounts when receivable.

2f Liability recognition

Liabilities are recognised as soon as there is a legal constructive obligation committing the charity to pay out resources.

NOPANIC
Financial Statements
for the year ended 31 March 2023

2 Accounting policies (continued)

2g Other expenditure costs

Include costs of the preparation and examination of statutory accounts and depreciation of fixed assets.

2h Tangible fixed assets

These are capitalised if they can be used for more than one year and cost at least £500.

3 Analysis of incoming resources

3a Donation and legacies

	Unrestricted funds	Total funds 2023	Total funds 2022
	£	£	£
Donations	6,687	6,687	11,489
Grants	15,086	15,086	12,667
	<u>21,773</u>	<u>21,773</u>	<u>24,156</u>

3b Charitable activities

	Unrestricted funds	Total funds 2023	Total funds 2022
	£	£	£
Membership fees	9,510	9,510	15,715
Telephone support services	3,705	3,705	4,446
	<u>13,215</u>	<u>13,215</u>	<u>20,161</u>

3c Other trading activities

	Unrestricted funds	Total funds 2023	Total funds 2022
	£	£	£
Sale of goods	793	793	1,194
Shop takings	18,051	18,051	15,699
	<u>18,844</u>	<u>18,844</u>	<u>16,893</u>

3d Investment income

	Unrestricted funds	Total funds 2023	Total funds 2022
	£	£	£
Bank interest	417	417	12
	<u>417</u>	<u>417</u>	<u>12</u>

NOPANIC
Financial Statements
for the year ended 31 March 2023

3 Analysis of incoming resources (continued)

3e Other income

	Unrestricted funds	Total funds 2023	Total funds 2022
	£	£	£
Training	242	242	826
Other misc. income	336	336	1,823
	<u>578</u>	<u>578</u>	<u>2,649</u>

4 Analysis of resources expended

4a Charitable activities

	Unrestricted funds	Total funds 2023	Total funds 2022
	£	£	£
Office and volunteers expenses	13,995	13,995	19,738
Photocopies, postage and stationery	1,734	1,734	1,818
Office rent	8,816	8,816	8,164
Insurance	594	594	-
Secretarial support	43,691	43,691	42,809
	<u>68,830</u>	<u>68,830</u>	<u>72,529</u>

4b Other expenditure

	Unrestricted funds	Total funds 2023	Total funds 2022
	£	£	£
Independent examiner's fees	1,398	1,398	1,496
Depreciation and amounts written off fixed assets	937	937	868
	<u>2,335</u>	<u>2,335</u>	<u>2,364</u>

5 Trustees expenses

	Unrestricted funds	Total funds 2023	Total funds 2022
	£	£	£
Reimbursement of expenses	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>

NOPANIC
Financial Statements
for the year ended 31 March 2023

Notes to the accounts

6 Paid employees

6a Staff costs

	Unrestricted funds	Total funds 2023	Total funds 2022
	£	£	£
Gross wages and salaries	42,754	42,754	41,981
Pensions	937	937	828
	<u>43,691</u>	<u>43,691</u>	<u>42,809</u>

6b Average number of full-time equivalent employees in the year

No.	No.
<u>2</u>	<u>2</u>

7 Tangible fixed assets

	Office Equipment £
Cost	
Balances 1 April 2022	38,625
Additions	1,248
Balances 31 March 2023	<u>39,873</u>
Depreciation	
Balances 1 April 2022	36,019
Charge for the year	937
Balances 31 March 2023	<u>36,957</u>
Net book values	
As at 31 March 2023	<u>2,916</u>
As at 31 March 2022	<u>2,605</u>

8 Stocks

	2023	2022
	£	£
Goods for resale at the lower of cost or net realisable value	<u>1,638</u>	<u>1,672</u>

NOPANIC
Financial Statements
for the year ended 31 March 2023

Notes to the accounts

9 Creditors and accruals

	2023	2022
	£	£
Social security and other tax	0	2,249
Trade creditors	1,140	28
Accruals and deferred income	1,398	1,296
	<u>2,538</u>	<u>3,573</u>

10 Unrestricted funds

	General	Total
	Fund	£
	£	£
As at 1 April 2022	81,330	81,330
Incoming resources	54,826	54,826
Outgoing resources	(71,165)	(71,165)
As at 31 March 2023	<u>64,991</u>	<u>64,991</u>

NOPANIC
Financial Statements
for the year ended 31 March 2023

Independent Examiner's Report to the Trustees of NOPANIC

I report on the accounts of the charity for the year ended 31st March 2023 which are set out on pages 5 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed. I am qualified to undertake the examination by being a Fellow member of the Association of Charity Independent Examiners.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the applicable Directions given by the Charity Commission under section 145 (5)(b) of the Act, and
- to state 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 Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, 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 no opinion is given to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

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

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

Ben Soulby
SKS Bailey Group Limited
Chartered Accountants
Suite 32/33 Normanby Gateway
Lysaghts Way, Scunthorpe
North Lincolnshire
DN15 9YG
Date: 21-Dec-2023

NOPANIC
Financial Statements
for the year ended 31 March 2023

Income and expenditure account

	2023	2022
	£	£
Incoming resources:		
Donations	6,687	11,489
Grants	15,086	12,667
Membership new	8,370	14,646
Membership renewal	1,140	1,069
Telephone support services	3,705	4,446
Audio/video tapes	793	1,194
Shop takings	18,051	15,699
Cafcash account interest	138	3
Cafgold account interest	271	9
CAF Bank Interest	7	-
Training	242	826
Miscellaneous receipts	219	1,139
Facebook	117	684
	<u>54,826</u>	<u>63,872</u>
 Resources expended:		
Expenses offices	11,803	18,759
Independent examiner's fees	1,398	1,496
Office supplies	1,734	1,818
Office rent	8,816	8,164
Insurance	594	-
Telephone	378	291
Bank charges	1,461	190
Wages, salaries & Employer's NIC	43,691	42,809
Depreciation and amounts written off fixed assets	937	868
Other misc. costs	353	497
	<u>71,165</u>	<u>74,893</u>
 Net outgoing/incoming resources	 <u>(16,338)</u>	 <u>(11,021)</u>

This page does not form part of the statutory financial statements.

NOPANIC

England & Wales - Charity number 1018184

Accounts

Document Details:

Filename:	1. NO004HNS-Charity report 31.03.2022_Final v1.pdf
Client of:	SKS Bailey Group Limited

Signature Details

Name:	Michelle D'Ambrosio
Email:	admin@nopanic.org.uk
Date & Time:	11/04/2023 13:54:11 PM (BST)
IP Address:	92.207.143.88
Signing Statement:	Michelle D'Ambrosio agrees and approves the contents of this document.

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NOPANIC

Charity Commission Registered Number 1018184

FINANCIAL STATEMENTS

for the year ended

31 March 2022

NOPANIC
Financial Statements
for the year ended 31 March 2022

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Page 5	Statement of Financial Activities
Page 6	Balance Sheet
Page 7 to 11	Notes to the Financial Statements
Page 12	Independent Examiner's Report
Page 13	Income and Expenditure Account

NOPANIC

Financial Statements

for the year ended 31 March 2022

Trustees Annual Report 2022

Reference and administration details

Charity name: NOPANIC
Registered charity number: 1018184
Charity's principal address: 51a Market Street
Oakengates
Telford
Shropshire
TF2 6EL

Names of charity trustees who manage the charity:

Lynne Frederick
Wayne Senior
Christine Scott
Nicola Peck
Keith Stenning

Structure governance and management

Type of governing document: Constitution
Charity constitution: Committee
Trustee selection method:

Trustees are appointed by the Chair and reappointed annually at the AGM.

Additional governance issues

All trustees give their time voluntarily and receive no remuneration or other benefits.

Objectives and activities

Summary of the objectives

The objects for which the Organisation is established shall be, the relief and rehabilitation, of those suffering from Phobias, Obsessive Compulsive Disorder and other related Anxiety Disorders, which shall include those who are suffering from Tranquillizer Withdrawal problems.

Summary of the main activities undertaken for the public benefit.

Helpline: The helpline is continuing to do well receiving approximately 20000 calls this per month. The helpline is now a 0300 number meaning it local rate and included in free minutes meaning no cost to the charity and low or free for callers which is a huge improvement on the previous number. This accounts for the massive increase of calls. To cope with the demand we trained additional helpliners and volunteers took on every shifts in many instances helpline volunteers did extra shift duties in times of need and we cannot applaud their efforts enough. We continue to train volunteers who wish to further their knowledge of anxiety disorders and participate more actively within the charity. The number of helpline volunteers we trained was insufficient to meet our needs due to the fact that our helpline volunteers work from home and require a land-line and many young potential volunteers now only have a mobile phone. However, despite the current financial restraints, we are extremely proud to say that we have a nucleus of volunteers who are of long standing and have been serving the needs of sufferers for 10 to 15 years.

NOPANIC

Financial Statements

for the year ended 31 March 2022

Summary of the main activities undertaken for the public benefit. (cont'd)

Publicity:

The Publicity Officer reports that we are retaining good relationships with the Press and Media and they continue to help us spread the word about anxiety disorders and how No Panic can help sufferers. We have done radio interviews and television programmes as well as magazines and we have had our resources printed in several publications.

- Whatson guide
- Student Guide
- Radio Shropshire
- GP magazine

Social Media:

Social media such as Facebook and twitter have been key in promoting our work, we have a couple of active Facebook pages which themselves provide support to sufferers as well as publicise the charity.

We have seen a huge increase in followers across all social media platforms and a steady stream of support requests.

National development work:

The new website is continuing to be a success, it has more items added to the shop and provides a live chat facility. After the website went live it has been very active. And we have seen an increase in sales through the online shop People are able to join and renew membership and also apply for volunteering opportunities. The shop is working well and has a range of useful products in and we are already seeing an increase in donations via the website.

Charity shop:

Since joining the Oakengates community we have become a popular shop amongst shoppers. We enjoy getting involved in the local community and we also provide information and support to those who come in the shop. Many are pleased to see a mental health organisation on the high street and is a very relevant cause as many people have been affected by anxiety. We take work experience students and The shop has generated much needed income to the organisation bringing in £6053 in the last year.

We get many donations so we hope to continue to do well.

Reserves policy:

The Trustees continually review the charity's requirements for undesignated reserves in line with its current spending levels and Charity Commission guidance. The trustees are of the opinion that No Panic requires a minimum level of reserves approximating to 6 months projected running costs and, at present, the Trustees believe that they have achieved this objective.

NOPANIC

Financial Statements

for the year ended 31 March 2022

Summary of the main activities undertaken for the public benefit. (cont'd)

Risk management:

The Trustees continually assess the major risks to which the charity is exposed. The major risk being the loss of principal and continuous sources of funding. They believe by maintaining the reserves at the levels stated above this will provide sufficient resources in the event of adverse conditions. Internal risks are minimised by implementation of procedures for all aspects of the charity's work. These procedures are periodically reviewed to ensure they still meet the needs of the charity.

The Trustees have had regard to the guidance published by the Charity Commission on Public Benefit.

Declaration:

The Trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature:

Name: Keith Stenning

Date: 27 March 2023

NOPANIC
Financial Statements
for the year ended 31 March 2022

Statement of financial activities

	Unrestricted funds	Total funds 2022	Total funds 2021
	£	£	£
Incoming resources: (Note 3)			
Incoming and endowments from:			
Donations and legacies	24,156	24,156	63,487
Charitable activities	20,161	20,161	20,662
Other trading activities	16,893	16,893	8,096
Investment income	12	12	26
Other income	2,649	2,649	1,066
Total incoming resources	<u>63,872</u>	<u>63,872</u>	<u>93,336</u>
Resources expended: (Notes 4-7)			
Expenditure on:			
Charitable activities	72,529	72,529	72,560
Other expenditure	2,364	2,364	1,834
Total outgoing resources	<u>74,893</u>	<u>74,893</u>	<u>74,394</u>
Net outgoing/incoming resources for the year	<u>(11,021)</u>	<u>(11,021)</u>	<u>18,942</u>
Total funds brought forward	<u>92,351</u>	<u>92,351</u>	<u>73,409</u>
Total funds carried forward	<u>81,330</u>	<u>81,330</u>	<u>92,351</u>

The statement of financial activities includes all gains and losses of the year. All incoming resources and resources expended relate to continuing activities.

NOPANIC
Financial Statements
for the year ended 31 March 2022

Balance sheet

	Note	2022 £	2021 £
Tangible fixed assets	7	2,605	3,474
Current assets			
Stocks	8	1,672	2,007
Cash in hand		1,663	2,155
Prepayment		-	7,869
Bank current accounts		6,136	6,787
Bank deposit account		72,826	72,813
		<u>82,297</u>	<u>91,630</u>
Creditors: amounts falling due within one year	9	<u>3,573</u>	<u>2,753</u>
		78,724	88,877
Total assets less current liabilities		<u>81,330</u>	<u>92,351</u>
Funds of the charity			
Unrestricted funds	10	<u>81,330</u>	<u>92,351</u>

These financial statements have been prepared in accordance with the provisions of FRS102 SORP.

The financial statements were approved by the Board of Trustees on 27 March 2023 and are signed on their behalf by:

Trustee : Keith Stenning

The notes on pages 7 to 11 form part of the financial statements.

NOPANIC

Financial Statements

for the year ended 31 March 2022

1 Basis of preparation of preparation

1a Basis of accounting

The financial statements of the charity, which is a public benefit entity under FRS102, have been prepared in accordance with the Charities SORP (FRS102)' Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019). The financial statements have been prepared on an accruals basis.

1b Change in basis

There have been no changes to the accounting policies since last year.

1c Changes to previous accounts

No changes have been made to accounts for previous years.

2 Accounting policies

2a Recognition of incoming resources

These are included in the statement of financial activities when the Charity becomes entitled to the resources.

2b Incoming resources with related expenditure

Where incoming resources have related expenditure the incoming resources and related expenditure are reported gross.

2c Grants and donations

Grants and donations are only included when the Charity has unconditional entitlement to the resources.

2d Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the Trustees' report.

2e Investment income

This is included in the accounts when receivable.

2f Liability recognition

Liabilities are recognised as soon as there is a legal constructive obligation committing the charity to pay out resources.

NOPANIC
Financial Statements
for the year ended 31 March 2022

2 Accounting policies (continued)

2g Other expenditure costs

Include costs of the preparation and examination of statutory accounts and depreciation of fixed assets.

2h Tangible fixed assets

These are capitalised if they can be used for more than one year and cost at least £500.

3 Analysis of incoming resources

3a Donation and legacies

	Unrestricted funds	Total funds 2022	Total funds 2021
	£	£	£
Donations	11,489	11,489	9,806
Grants	12,667	12,667	53,681
	<u>24,156</u>	<u>24,156</u>	<u>63,487</u>

3b Charitable activities

	Unrestricted funds	Total funds 2022	Total funds 2021
	£	£	£
Membership fees	15,715	15,715	17,006
Telephone support services	4,446	4,446	3,656
	<u>20,161</u>	<u>20,161</u>	<u>20,662</u>

3c Other trading activities

	Unrestricted funds	Total funds 2022	Total funds 2021
	£	£	£
Sale of goods	1,194	1,194	712
Shop takings	15,699	15,699	7,384
	<u>16,893</u>	<u>16,893</u>	<u>8,096</u>

3d Investment income

	Unrestricted funds	Total funds 2022	Total funds 2021
	£	£	£
Bank interest	12	12	26
	<u>12</u>	<u>12</u>	<u>26</u>

NOPANIC
Financial Statements
for the year ended 31 March 2022

3 Analysis of incoming resources (continued)

3e Other income

	Unrestricted funds	Total funds 2022	Total funds 2021
	£	£	£
Training	826	826	25
Other misc. income	1,823	1,823	1,041
	<u>2,649</u>	<u>2,649</u>	<u>1,066</u>

4 Analysis of resources expended

4a Charitable activities

	Unrestricted funds	Total funds 2022	Total funds 2021
	£	£	£
Office and volunteers expenses	19,738	19,738	21,544
Photocopies, postage and stationery	1,818	1,818	1,248
Office rent	8,164	8,164	7,869
Secretarial support	41,981	41,981	41,071
	<u>71,700</u>	<u>71,700</u>	<u>71,732</u>

4b Other expenditure

	Unrestricted funds	Total funds 2022	Total funds 2021
	£	£	£
Independent examiner's fees	1,496	1,496	887
Depreciation and amounts written off fixed assets	868	868	947
	<u>2,364</u>	<u>2,364</u>	<u>1,834</u>

5 Trustees expenses

	Unrestricted funds	Total funds 2022	Total funds 2021
	£	£	£
Reimbursement of expenses	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>

NOPANIC
Financial Statements
for the year ended 31 March 2022

Notes to the accounts

6 Paid employees

6a Staff costs

	Unrestricted funds	Total funds 2022	Total funds 2021
	£	£	£
Gross wages and salaries	41,981	41,981	41,071
Pensions	828	828	828
	<u>42,809</u>	<u>42,809</u>	<u>41,899</u>

6b Average number of full-time equivalent employees in the year

No.	No.
<u>2</u>	<u>2</u>

7 Tangible fixed assets

	Office Equipment £
Cost	
Balances 1 April 2021	38,625
Additions	-
Balances 31 March 2022	<u>38,625</u>
Depreciation	
Balances 1 April 2021	35,151
Charge for the year	868
Balances 31 March 2022	<u>36,019</u>
Net book values	
As at 31 March 2022	<u>2,605</u>
As at 31 March 2021	<u>3,474</u>

8 Stocks

	2022	2021
	£	£
Goods for resale at the lower of cost or net realisable value	<u>1,672</u>	<u>2,007</u>

NOPANIC
Financial Statements
for the year ended 31 March 2022

Notes to the accounts

9 Creditors and accruals

	2022	2021
	£	£
Social security and other tax	2249.18	-190.37
Trade creditors	28	744
Accruals and deferred income	<u>1,296</u>	<u>2,200</u>
	<u>3,573</u>	<u>2,753</u>

10 Unrestricted funds

	General	
	Fund	Total
	£	£
As at 1 April 2021	92,351	92,351
Incoming resources	63,872	63,872
Outgoing resources	<u>(74,893)</u>	<u>(74,893)</u>
As at 31 March 2022	<u>81,330</u>	<u>81,330</u>

NOPANIC

Financial Statements

for the year ended 31 March 2022

Independent Examiner's Report to the Trustees of NOPANIC

I report on the accounts of the charity for the year ended 31st March 2022 which are set out on pages 5 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed. I am qualified to undertake the examination by being a Fellow member of the Association of Charity Independent Examiners.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the applicable Directions given by the Charity Commission under section 145 (5)(b) of the Act, and
- to state 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 Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, 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 no opinion is given to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

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

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

H N Sanderson FCIE
SKS Bailey Group Limited
Chartered Accountants
Suite 9 Normanby Gateway
Lysaghts Way, Scunthorpe
North Lincolnshire
DN15 9YG

Date:

NOPANIC
Financial Statements
for the year ended 31 March 2022

Income and expenditure account

	2022	2021
	£	£
Incoming resources:		
Audio/video tapes	1,194	712
Cafcash account interest	3	9
Cafgold account interest	9	16
Donations	11,489	9,806
Grants	12,667	53,681
Membership new	14,646	12,911
Membership renewal	1,069	4,095
Miscellaneous receipts	1,139	182
Training	826	25
Telephone support services	4,446	3,656
Facebook	684	859
Shop takings	15,699	7,384
	<u>63,872</u>	<u>93,336</u>
 Resources expended:		
Expenses offices	18,759	21,332
Independent examiner's fees	1,496	887
Office supplies	1,818	1,248
Office rent	8,164	7,869
Telephone	291	126
Bank charges	190	86
Wages, salaries & Employer's NIC	42,809	41,899
Depreciation and amounts written off fixed assets	868	947
Other misc. costs	497	-
	<u>74,893</u>	<u>74,394</u>
 Net outgoing/incoming resources	 <u>(11,021)</u>	 <u>18,942</u>

This page does not form part of the statutory financial statements.

NOPANIC

England & Wales - Charity number 1018184

Accounts

NOPANIC

Charity Commission Registered Number 1018184

FINANCIAL STATEMENTS

for the year ended

31 MARCH 2021

NOPANIC
Financial Statements
for the year ended 31 March 2021

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NOPANIC
Financial Statements
for the year ended 31 March 2021

Trustees Annual Report 2021

Reference and administration details

Charity name: NOPANIC
Registered charity number: 1018184
Charity's principal address: 51a Market Street
Oakengates
Telford
Shropshire
TF2 6EL

Names of charity trustees who manage the charity:

Lynne Frederick
Wayne Senior
Christine Scott
Nicola Peck
Keith Stenning

Structure governance and management

Type of governing document: Constitution
Charity constitution: Committee
Trustee selection method: Trustees are appointed by the Chair and reappointed annually at the AGM.

Additional governance issues

All trustees give their time voluntarily and receive no remuneration or other benefits.

Objectives and activities

Summary of the objectives

The objects for which the Charity is established shall be, the relief and rehabilitation, of those suffering from Phobias, Obsessive Compulsive Disorder and other related Anxiety Disorders, which shall include those who are suffering from Tranquilizer withdrawal problems.

Summary of the main activities undertaken for the public benefit.

Helpline: There has been huge changes to the helpline. We have successfully changed the helpline number to and 0300 number which means the charity doesn't have to pay for the calls and the callers pay a local rate or use their free minutes so it is often free for them. This has led to a dramatic increase in calls and huge demand for new volunteers.

During the Covid pandemic we found an increase in requests for support and helpline volunteers were covering extra shifts to cope with the call volume. We also managed to train further 40 helpline volunteers and 8 mentors to cope with the demand. In many instances helpline volunteers did extra shift duties in times of need and we cannot applaud their efforts enough. We continue to train volunteers who wish to further their knowledge of anxiety disorders and participate more actively within the charity. The youth helpline continues to do well and we have seen an increase in youth mentoring and membership clients. The waiting time for both the mentoring and group recovery is now greatly reduced due to a huge effort from the mentors and group leaders. We do intend to train a further 20 mentor and group leaders in the current year.

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Summary of the main activities undertaken for the public benefit. (cont'd)

Telephone conferencing:

The new telephone conferencing service continues to be hugely successful , creating a much needed saving for the charity and enabling us to continue to provide our vital services.

Newsletter:

Our newsletter continues to be a source of support to members. It is now sent out quarterly in order to save the charity money. It continues to be of the same high standard.

Publicity:

The Publicity Officer reports that we are retaining good relationships with the Press and Media and they continue to help us spread the word about anxiety disorders and how No Panic can help sufferers.

We have done radio interviews and television programmes as well as magazines and we have had our resources printed in several publications.

Indirect publicity is engendered too through the many calls we receive from extraneous sources. These calls are from professionals and lay people who are involved in caring projects, authorship, group activities and those who want knowledge regarding anxiety disorders and cognitive, behaviour therapy.

Social media such as Facebook and twitter have been key in promoting our work, we have a couple of active Facebook pages which themselves provide support to sufferers as well as publicise the charity.

National development work:

The website is continuing to be a success, it has more items added to the shop and provides a live chat facility. After the website went live it has been very active. People are able to join and renew membership and also apply for volunteering opportunities. The shop is working well and has a range of useful products in and we are already seeing an increase in donations via the website.

Charity shop

No Panic moved to its new charity shop premises in March and has found that it is providing a much needed income for the charity. We have been getting lots of fantastic donations. It would be nice though to get additional staff to help run the shop but finances aren't allowing just yet.

Reserves policy:

The Trustees continually review the charity's requirements for undesignated reserves in line with its current spending levels and Charity Commission guidance. The Trustees are of the opinion that No Panic requires a minimum level of reserves approximating to 6 months projected running costs and, at present, the Trustees believe that they have achieved this objective.

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Summary of the main activities undertaken for the public benefit. (cont'd)

Risk management: The Trustees continually assess the major risks to which the charity is exposed. The major risk being the loss of principal and continuous sources of funding. They believe by maintaining the reserves at the levels stated above this will provide sufficient resources in the event of adverse conditions. Internal risks are minimised by implementation of procedures for all aspects of the charity's work. These procedures are periodically reviewed to ensure they still meet the needs of the charity.

The Trustees have had regard to the guidance published by the Charity Commission on Public Benefit.

Declaration:

The Trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature:

Name: Keith Stenning

Date:

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Statement of financial activities

	Unrestricted funds	Total funds 2021	Total funds 2020
	£	£	£
Incoming resources: (Note 3)			
Incoming and endowments from:			
Donations and legacies	63,487	63,487	35,947
Charitable activities	20,662	20,662	15,202
Other trading activities	8,096	8,096	9,135
Investment income	26	26	89
Other income	1,066	1,066	1,564
Total incoming resources	<u>93,336</u>	<u>93,336</u>	<u>61,937</u>
Resources expended: (Notes 4-7)			
Expenditure on:			
Charitable activities	72,560	72,560	59,735
Other expenditure	1,834	1,834	1,318
Total outgoing resources	<u>74,394</u>	<u>74,394</u>	<u>61,053</u>
Net outgoing/incoming resources for the year	<u>18,942</u>	<u>18,942</u>	<u>884</u>
Total funds brought forward	<u>73,409</u>	<u>73,409</u>	<u>72,525</u>
Total funds carried forward	<u>92,351</u>	<u>92,351</u>	<u>73,409</u>

The statement of financial activities includes all gains and losses of the year. All incoming resources and resources expended relate to continuing activities.

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Balance sheet

	Note	2021 £	2020 £
Tangible fixed assets	8	3,474	4,421
Current assets			
Stocks	9	2,007	2,417
Cash in hand		2,155	1,355
Prepayment		7,869	-
Bank current accounts		6,787	17,598
Bank deposit account		<u>72,813</u>	<u>53,889</u>
		<u>91,630</u>	<u>75,259</u>
Creditors: amounts falling due within one year	10	<u>2,753</u>	<u>6,271</u>
		88,877	68,988
Total assets less current liabilities		<u>92,351</u>	<u>73,409</u>
Funds of the charity			
Unrestricted funds	11	<u>92,351</u>	<u>73,409</u>

These financial statements have been prepared in accordance with the provisions of FRS102 SORP.

The financial statements were approved by the Board of Trustees on _____ and are signed
on their behalf by:

Trustee : Keith Stenning

The notes on pages 7 to 11 form part of the financial statements.

NOPANIC
Financial Statements
for the year ended 31 March 2021

1 Basis of preparation of preparation

1a Basis of accounting

The financial statements of the charity, which is a public benefit entity under FRS102, have been prepared in accordance with the Charities SORP (FRS102)' Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019). The financial statements have been prepared on an accruals basis.

1b Change in basis

There have been no changes to the accounting policies since last year.

1c Changes to previous accounts

No changes have been made to accounts for previous years.

2 Accounting policies

2a Recognition of incoming resources

These are included in the statement of financial activities when the Charity becomes entitled to the resources.

2b Incoming resources with related expenditure

Where incoming resources have related expenditure the incoming resources and related expenditure are reported gross.

2c Grants and donations

Grants and donations are only included when the Charity has unconditional entitlement to the resources.

2d Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the Trustees' report.

2e Investment income

This is included in the accounts when receivable.

2f Liability recognition

Liabilities are recognised as soon as there is a legal constructive obligation committing the charity to pay out resources.

2g Other expenditure costs

Include costs of the preparation and examination of statutory accounts and depreciation of fixed assets.

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2 Accounting policies (continued)

2h Tangible fixed assets

These are capitalised if they can be used for more than one year and cost at least £500.

3 Analysis of incoming resources

3a Donation and legacies

	Unrestricted funds	Total funds 2021	Total funds 2020
	£	£	£
Donations	9,806	9,806	8,647
Grants	53,681	53,681	27,300
	<u>63,487</u>	<u>63,487</u>	<u>35,947</u>

3b Charitable activities

	Unrestricted funds	Total funds 2021	Total funds 2020
	£	£	£
Membership fees	17,006	17,006	14,092
Telephone support services	3,656	3,656	1,110
	<u>20,662</u>	<u>20,662</u>	<u>15,202</u>

3c Other trading activities

	Unrestricted funds	Total funds 2021	Total funds 2020
	£	£	£
Sale of goods	712	712	765
Shop takings	7,384	7,384	8,369
	<u>8,096</u>	<u>8,096</u>	<u>9,135</u>

3d Investment income

	Unrestricted funds	Total funds 2021	Total funds 2020
	£	£	£
Bank interest	26	26	89

3e Other income

	Unrestricted funds	Total funds 2021	Total funds 2020
	£	£	£
Training	25	25	-
Other misc. income	1,041	1,041	1,564
	<u>1,066</u>	<u>1,066</u>	<u>1,564</u>

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Notes to the accounts

4 Analysis of resources expended

4a Charitable activities

	Unrestricted funds	Total funds 2021	Total funds 2020
	£	£	£
Office and volunteers expenses	21,544	21,544	14,928
Photocopies, postage and stationery	1,248	1,248	3,121
Office rent	7,869	7,869	450
Secretarial support	41,899	41,899	41,236
	<u>72,560</u>	<u>72,560</u>	<u>59,735</u>

4b Other expenditure

	Unrestricted funds	Total funds 2021	Total funds 2020
	£	£	£
Independent examiner's fees	887	887	371
Depreciation and amounts written off fixed assets	947	947	947
	<u>1,834</u>	<u>1,834</u>	<u>1,318</u>

5 Trustees expenses

	Unrestricted funds	Total funds 2021	Total funds 2020
	£	£	£
Reimbursement of expenses	<u>-</u>	<u>-</u>	<u>-</u>

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Notes to the accounts

7 Paid employees

7a Staff costs

	Unrestricted funds	Total funds 2021	Total funds 2020
	£	£	£
Gross wages and salaries	41,071	41,071	40,476
Pensions	828	828	760
	<u>41,899</u>	<u>41,899</u>	<u>41,236</u>

7b Average number of full-time equivalent employees in the year

No.	No.
<u>2</u>	<u>2</u>

8 Tangible fixed assets

	Office Equipment £
Cost	
Balances 1 April 2020	<u>38,625</u>
Balances 31 March 2021	<u>38,625</u>
Depreciation	
Balances 1 April 2020	34,204
Charge for the year	<u>947</u>
Balances 31 March 2021	<u>35,151</u>
Net book values	
As at 31 March 2021	<u>3,474</u>
As at 31 March 2020	<u>4,421</u>

9 Stocks

	2021	2020
	£	£
Goods for resale at the lower of cost or net realisable value	<u>2,007</u>	<u>2,417</u>

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Notes to the accounts

10 Creditors and accruals

	2021	2020
	£	£
Trade creditors	553	4,238
Accruals and deferred income	2,200	2,033
	<u>2,753</u>	<u>6,271</u>

11 Unrestricted funds

	General Fund	Total
	£	£
As at 1 April 2020	73,409	73,409
Incoming resources	93,336	93,336
Outgoing resources	(74,394)	(74,394)
As at 31 March 2021	<u>92,351</u>	<u>92,351</u>

NOPANIC
Financial Statements
for the year ended 31 March 2021

Independent Examiner's Report to the Trustees of NOPANIC

I report on the accounts of the charity for the year ended 31st March 2021 which are set out on pages 5 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed. I am qualified to undertake the examination by being a Fellow member of the Association of Charity Independent Examiners.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the applicable Directions given by the Charity Commission under section 145 (5)(b) of the Act, and
- to state 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 Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, 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 no opinion is given to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

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

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

H N Sanderson FCIE
SKS Bailey Group Limited
Chartered Accountants
Suite 9 Normanby Gateway
Lysaghts Way
Scunthorpe
North Lincolnshire
DN15 9YG

Date:

NOPANIC
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Income and expenditure account

	2021	2020
	£	£
Incoming resources:		
Audio/video tapes	712	650
Books	-	90
Befriending group	-	25
Cafcash account interest	9	30
Cafgold account interest	16	59
Donations	9,806	8,647
Grants	53,681	27,300
Membership new	12,911	9,326
Membership renewal	4,095	4,766
Miscellaneous receipts	182	270
Training	25	-
Telephone support services	3,656	1,110
Facebook	859	1,294
Shop takings	7,384	8,369
	<u>93,336</u>	<u>61,937</u>
Resources expended:		
Advertising and publicity	-	19
Expenses offices	21,332	13,824
Expenses volunteers	-	85
Independent examiner's fees	887	371
Accountancy fees	-	1,000
Office supplies	1,248	3,121
Office rent	7,869	450
Telephone	126	-
Bank charges	86	-
Pensions	828	760
Secretarial support	41,071	40,476
Depreciation and amounts written off fixed assets	947	947
	<u>74,394</u>	<u>61,053</u>
Net outgoing/incoming resources	<u>18,942</u>	<u>884</u>

This page does not form part of the statutory financial statements.