

**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**  
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**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 dramatic increase in calls and huge demand for new volunteers.

During the Covid pandemic we found an increase in requests for support and helplineers were covering extra shifts to cope with the call volume. We also managed to train further 40 helplineers 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.

**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 £
<b>Incoming resources: (Note 3)</b>			
<b>Incoming and endowments from:</b>			
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
<b>Total incoming resources</b>	<b>93,336</b>	<b>93,336</b>	<b>61,937</b>
<b>Resources expended: (Notes 4-7)</b>			
<b>Expenditure on:</b>			
Charitable activities	72,560	72,560	59,735
Other expenditure	1,834	1,834	1,318
<b>Total outgoing resources</b>	<b>74,394</b>	<b>74,394</b>	<b>61,053</b>
<b>Net outgoing/incoming resources for the year</b>	<b>18,942</b>	<b>18,942</b>	<b>884</b>
<b>Total funds brought forward</b>	<b>73,409</b>	<b>73,409</b>	<b>72,525</b>
<b>Total funds carried forward</b>	<b>92,351</b>	<b>92,351</b>	<b>73,409</b>

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**

	<b>Note</b>	<b>2021</b> <b>£</b>	<b>2020</b> <b>£</b>
Tangible fixed assets	8	3,474	4,421
<b>Current assets</b>			
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>
<b>Creditors:</b> amounts falling due within one year	10	<u>2,753</u>	<u>6,271</u>
		88,877	68,988
<b>Total assets less current liabilities</b>		<u>92,351</u>	<u>73,409</u>
<b>Funds of the charity</b>			
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  
on their behalf by:

and are signed

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 £
<b>Cost</b>	
Balances 1 April 2020	<u>38,625</u>
Balances 31 March 2021	<u>38,625</u>
<b>Depreciation</b>	
Balances 1 April 2020	34,204
Charge for the year	<u>947</u>
Balances 31 March 2021	<u>35,151</u>
<b>Net book values</b>	
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**

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

**11 Unrestricted funds**

	<b>General Fund</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
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>

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**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:

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**Income and expenditure account**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
<b>Incoming resources:</b>		
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>
 <b>Resources expended:</b>		
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>
 <b>Net outgoing/incoming resources</b>	<u>18,942</u>	<u>884</u>

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