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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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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 helplineers 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.

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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 | 63,872 | 63,872 | 93,336 |
| 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 | 74,893 | 74,893 | 74,394 |
| Net outgoing/incoming resources for the year | (11,021) | (11,021) | 18,942 |
| Total funds brought forward | 92,351 | 92,351 | 73,409 |
| Total funds carried forward | 81,330 | 81,330 | 92,351 |

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 | <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 | - | - | - |

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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 | 1,296 | 2,200 |
| | <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 | (74,893) | (74,893) |
| 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.