

**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**

**Contents:**

Page 2 to 4	Trustees Report
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 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 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.

**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.

**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 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 £
<b>Incoming resources: (Note 3)</b>			
<b>Incoming and endowments from:</b>			
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
<b>Total incoming resources</b>	<b>54,826</b>	<b>54,826</b>	<b>63,872</b>
<b>Resources expended: (Notes 4-7)</b>			
<b>Expenditure on:</b>			
Charitable activities	68,830	68,830	72,529
Other expenditure	2,335	2,335	2,364
<b>Total outgoing resources</b>	<b>71,165</b>	<b>71,165</b>	<b>74,893</b>
<b>Net outgoing/incoming resources for the year</b>	<b>(16,339)</b>	<b>(16,339)</b>	<b>(11,021)</b>
<b>Total funds brought forward</b>	<b>81,330</b>	<b>81,330</b>	<b>92,351</b>
<b>Total funds carried forward</b>	<b>64,991</b>	<b>64,991</b>	<b>81,330</b>

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**

	<b>Note</b>	<b>2023</b> <b>£</b>	<b>2022</b> <b>£</b>
Tangible fixed assets	7	2,916	2,605
<b>Current assets</b>			
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>
<b>Creditors:</b> amounts falling due within one year	9	<u>2,538</u>	<u>3,573</u>
		62,075	78,724
<b>Total assets less current liabilities</b>		<u>64,991</u>	<u>81,330</u>
<b>Funds of the charity</b>			
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 21<sup>st</sup> 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**

	<b>Unrestricted funds</b>	<b>Total funds 2023</b>	<b>Total funds 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**

	<b>Unrestricted funds</b>	<b>Total funds 2023</b>	<b>Total funds 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**

	<b>Unrestricted funds</b>	<b>Total funds 2023</b>	<b>Total funds 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**

	<b>Unrestricted funds</b>	<b>Total funds 2023</b>	<b>Total funds 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**

	<b>Unrestricted funds</b>	<b>Total funds 2023</b>	<b>Total funds 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**

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

**7 Tangible fixed assets**

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

**8 Stocks**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
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**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
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**

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

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Incoming resources:</b>		
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>
 <b>Resources expended:</b>		
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>
 <b>Net outgoing/incoming resources</b>	 <u>(16,338)</u>	 <u>(11,021)</u>

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