

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

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for the Year Ended 31 March 2024

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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 helpline volunteers 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, helpline volunteers 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.

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

		2024 Unrestricted fund £	2023 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
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		2,025	2,335
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><u>73,734</u></u>	<u><u>64,991</u></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 £
	Notes		
FIXED ASSETS			
Tangible assets	12	2,187	2,916
CURRENT ASSETS			
Stocks	13	1,489	1,638
Cash at bank and in hand		71,527	62,975
		<hr/> 73,016	<hr/> 64,613
CREDITORS			
Amounts falling due within one year	14	(1,469)	(2,538)
NET CURRENT ASSETS		<hr/> 71,547	<hr/> 62,075
TOTAL ASSETS LESS CURRENT LIABILITIES		<hr/> 73,734	<hr/> 64,991
NET ASSETS		<hr/> 73,734	<hr/> 64,991
FUNDS	15		
Unrestricted funds		73,734	64,991
TOTAL FUNDS		<hr/> 73,734	<hr/> 64,991

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.

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
	<u>29,720</u>	<u>21,773</u>

3. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Shop takings	26,927	18,051
Sale of goods	960	793
	<u>27,887</u>	<u>18,844</u>

4. INVESTMENT INCOME

	2024	2023
	£	£
Bank Interest	1,127	417
	<u>1,127</u>	<u>417</u>

5. INCOME FROM CHARITABLE ACTIVITIES

	2024 Charitable Activities	2023 Total activities
	£	£
Membership fees	21,785	9,510
Telephone support services	2,283	3,705
	<u>24,068</u>	<u>13,215</u>

6. OTHER INCOME

	2024	2023
	£	£
Training	250	242
Miscellaneous receipts	60	335
	<u>310</u>	<u>577</u>

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

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £
Charitable Activities	<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	<u>2,025</u>

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

	2024 Other resources expended £	2023 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
	<u>49,029</u>	<u>43,691</u>

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

	2024	2023
	2	2
Average number of FTE employees	<u>2</u>	<u>2</u>

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

12. TANGIBLE FIXED ASSETS

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

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.

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
	<hr/> 29,720	<hr/> 21,773
Other trading activities		
Shop takings	26,927	18,051
Sale of goods	960	793
	<hr/> 27,887	<hr/> 18,844
Investment income		
Bank Interest	1,127	417
Charitable activities		
Membership fees	21,785	9,510
Telephone support services	2,283	3,705
	<hr/> 24,068	<hr/> 13,215
Other income		
Training	250	242
Miscellaneous receipts	60	335
	<hr/> 310	<hr/> 577
Total incoming resources	<hr/> 83,112	<hr/> 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	-
	<hr/> 72,344	<hr/> 68,830

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
	<hr/> 2,025	<hr/> 2,335
Total resources expended	<hr/> 74,369	<hr/> 71,165
Net income/(expenditure)	<hr/> <hr/> 8,743	<hr/> <hr/> (16,339)