

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

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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.

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.

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 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

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:

Statement of Financial Activities
for the Year Ended 31 March 2025

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

		2025	2024
		Unrestricted	Total
		fund	funds
	Notes	£	£
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)
Net current assets		<u>88,159</u>	<u>71,547</u>
Total assets less current liabilities		89,799	73,734
NET ASSETS		<u>89,799</u>	<u>73,734</u>
Funds	15		
Unrestricted funds		<u>89,799</u>	<u>73,734</u>
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
	<u><u>72,094</u></u>

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><u>72,094</u></u>	<u><u>72,344</u></u>

9. SUPPORT COSTS

	Governance costs £
Other resources expended	2,059
	<u><u>2,059</u></u>

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><u>2,059</u></u>	<u><u>2,025</u></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
	<u>49,271</u>	<u>49,029</u>

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

	2025	2024
	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 2024 and 31 March 2025	<u>39,873</u>
DEPRECIATION	
At 1 April 2024	37,686
Charge for year	<u>547</u>
At 31 March 2025	<u>38,233</u>
NET BOOK VALUE	
At 31 March 2025	<u>1,640</u>
At 31 March 2024	<u>2,187</u>

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
	1,139	1,469

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
TOTAL FUNDS	73,734	16,065	89,799

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
TOTAL FUNDS	90,218	(74,153)	16,065

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
TOTAL FUNDS	64,991	8,743	73,734

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
	<hr/>	<hr/>	<hr/>
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.

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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
Total incoming resources	<hr/>	<hr/>
	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
	<hr/> 2,059	<hr/> 2,025
Total resources expended	<hr/> 74,153	<hr/> 74,369
Net income	<hr/> <hr/> 16,065	<hr/> <hr/> 8,743