

PostScript 360 Limited

England & Wales · Charity number 1056508

Details

Other names	BATTLE AGAINST TRANQUILLISERS
Status	Registered
Legal form	Charitable company
Company number	03169578
Registered	1996-07-01
Register	View on the Charity Commission register

Contact

Address	PostScript360 Limited First floor East Wing Britannia Road Kingswood BS15 8DB
Phone	01179663629
Email	info@postscript360.org.uk
Website	www.postscript360.org.uk

Activities

Objects: TO RELIEVE THE SICKNESS, HARDSHIP AND DISTRESS OF PERSONS IN THE BRISTOL AND AVON AREA SUFFERING AS A RESULT OF MISUSE OR ADDICTION TO TRANQUILLISING DRUGS IN THE BENZODIAZEPINE GROUP AND TO PREVENT SUCH MISUSE OR ADDICTIONS.

Activities: Support people to withdraw safely from prescription drug dependence of benzodiazepines (tranquillisers), Z drugs, pain killers and other similar drugs, prescribed or bought illicitly, through a wrap-around service of one to one therapy, group therapy, advocacy, a telephone support service, knowledge sharing with health professionals.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** BRISTOL AND AVON AREA
- Bath And North East Somerset
- Bristol City
- North Somerset
- Somerset
- South Gloucestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£51,911	£107,256	-	-
2024-03-31	£34,613	£102,777	-	-
2023-03-31	£33,001	£129,000	-	-
2022-03-31	£23,695	£106,054	-	-
2021-03-31	£92,000	£108,000	-	-

Trustees

Name	Role	Appointed
Ann Deamer		2023-03-24
Loukas Jason Bizios		2025-06-20
MICHELLE WYNNE		2018-08-02
Sophie Knight		2019-07-29

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Accounts

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POSTSCRIPT 360 LIMITED
TRUSTEES AND DIRECTORS REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025
Charity no: 1056508
Company no: 03169578 (England and Wales)

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Charity no: 1056508

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Trustees Report 1st April 2024 to 31st March 2025

The Trustees present their annual report and financial statements for the year ended 31 March 2025 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charities Act 2022, the Companies Act 2006, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland published on 16 July 2014.

Objectives and Activities for the public benefit

Aims and Purposes

PostScript360 provides comprehensive support to people withdrawing safely from prescription drugs of dependence, including benzodiazepines (tranquillisers), Z drugs (sleeping tablets), opiate-based painkillers and similar substances, whether prescribed, misused, or purchased illicitly. We create a safe, supportive and nonjudgmental environment that empowers our clients (service users) to taper off drugs of dependence while addressing the underlying causes and removing stigma associated with it. PostScript360 provides a wrap-around service consisting of one-to-one support, group sessions, Therapy 300, online service and a telephone support service. We share our knowledge with health professionals in our field, promote prevention awareness, awareness of current situations and support people through advocacy.

Our purposes are:

- To assist people through our wraparound service of one-to-one support, telephone and online service, group sessions, Therapy 300 and our volunteer led 360 Clubs. Our aim is to support people to overcome their prescription drug dependence of benzodiazepines, Z drugs, Gabapentinoids and painkillers.
- To grow our therapy groups in our communities, empowering clients to make better choices around their mental health and overall well-being.
- Reduce the number of people misusing and developing a dependency to prescription drugs through prevention, awareness and education.
- Advocacy Service: liaise on behalf of clients, build bridges with their GPs and other health care services to develop a better understanding and improved outcomes for our clients' wellbeing.
- To share our knowledge with health professionals who come into direct contact with those who use prescription drugs of dependence.

Why we are needed

Prescription drug dependency affects 3.9 million people in the UK (Public Health England, 2020)¹. These figures do not account for people purchasing prescription drugs through unofficial sources.

Suddenly stopping benzodiazepines, Z-drugs, Gabapentinoids, or painkillers can trigger severe withdrawal symptoms, including seizures and in some cases fatal consequences. Safely tapering off these medications is a complex process that can take anywhere from five months to two years.

Many people reach out to our service after experiencing a distressing or even dangerous withdrawal attempt. Others have faced misinformation, stigma, and systemic barriers that have left them without the support they need. Our goal is to provide expert guidance and compassionate support to safely withdraw from prescription drugs of dependency.

Initially, benzodiazepines help relieve anxiety, promote relaxation, and improve sleep (NICE recommends that benzodiazepines are not offered for generalised anxiety disorder (GAD) in primary or secondary care except as a short-term (2-3 weeks) measure during crises. Continued use of these drugs builds tolerance, requiring higher doses to achieve the same initial effects. Over time, this can lead to dependence. This also applies to Z-Drugs (e.g. zopiclone, zolpidem) NICE guidance recommends that hypnotic drug therapy is considered appropriate for the management of severe insomnia interfering with normal daily life, after consideration of non-drug measures. Hypnotics should be prescribed for short periods of time only, in strict accordance with their licensed indications.

¹ https://assets.publishing.service.gov.uk/media/5fc658398fa8f5474c800149/PHE_PMR_report_Dec2020.pdf

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Fake pharmacies online are big business and there are growing concerns around them due to people believing these drugs are safer than street drugs. Those struggling with anxiety, insomnia, and stress often turn to online sources to buy medication, others may use them to come down from a 'high' of other illicit drugs, mixing these drugs can lead to seizures, respiratory depression, coma and death.

Fake online pharmacies exploit this vulnerability. Once they have a buyer's contact details, they aggressively market stronger pills, unlicensed medications and drugs not available through the NHS. Every week, new counterfeit pharmacies emerge preying on those in desperate need of help. Although purchasing prescription drugs without a prescription is illegal, dealers exploit legal loopholes. The raw ingredients used to manufacture these substances can be legally obtained, but once combined into a Class C drug, selling them becomes a criminal act.

Understanding our community

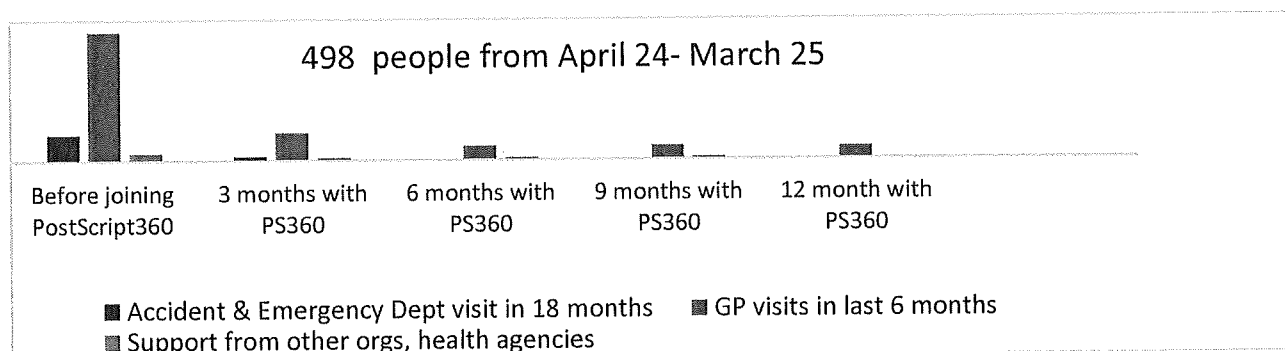
Discontinuing a prescription drug of dependence that was once vital during an acute mental health crisis is a complex and slow process. These medications create both physical and psychological dependence, yet many people are unaware of the long-term risks until they try to stop. As tolerance builds, withdrawal symptoms reveal the true extent of that dependence.

Withdrawal can be intensely distressing, bringing fear, tremors, nausea, insomnia, depression, and acute anxiety. Many people feel ashamed of their reliance on drugs and some find the process so overwhelming they cannot stop.

While doctors may attempt to reduce prescriptions, tapering is often too rapid and with limited understanding of the level of support required. Many of those we help were initially prescribed these medications by their doctors, but when prescriptions were discontinued, they turn to other sources. Even those who still have prescriptions often supplement their supply elsewhere to manage withdrawal symptoms caused by tolerance.

Each client that receives our support will have had a full comprehensive assessment and from our data on average a new client reports 10 GP appointments and two A&E visits within six months, generating significant costs: GP appointments²³ (£56), A&E visits (£418), ambulance services⁴ (£367) annual cost of £2,130 per client.

Ineffective interventions addressing only symptoms and not the root causes escalate these costs to an estimated £6,000 per person, with many trapped in a cycle of crisis. Detox centres are expensive and are not appropriate to taper from certain medications which can take up to 2 years. Plus, local councils/NHS integrated care board budgets may not have funds available for these services.



² <https://bnf.nice.org.uk/treatment-summaries/hypnotics-and-anxiolytics/>

³ <https://www.kingsfund.org.uk/insight-and-analysis/data-and-charts/key-facts-figures-nhs#:~:text=What's%20the%20cost%20of%20a,consultation%20costs%20%C2%A3561.>

⁴ <https://www.kingsfund.org.uk/insight-and-analysis/data-and-charts/key-facts-figures-nhs#:~:text=What's%20the%20cost%20of%20an%20ambulance%20trip%20to%20A%26E%3F,estimated%20average%20of%20%C2%A3287.>

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PostScript360 aims to fill this critical gap by offering a holistic approach to recovery that is lacking in health services and drug agencies.

Our objectives:

1. Safe Tapering Support:

- Provide a structured, individualised tapering programme for clients to safely reduce their dependence on prescription drugs.
- Ensure a nonjudgmental and empathetic environment to encourage client engagement and trust.

2. Advocacy and Communication:

- Facilitate effective communication between clients, their GPs, and other healthcare professionals to ensure coordinated care and support.
- Advocate for clients in situations where communication has broken down, working to rebuild trust and cooperation.

3. Exploration of Underlying Conditions:

- Conduct thorough assessments to understand the underlying conditions that contribute to drug dependence.
- Provide therapeutic interventions and support to address these root causes, promoting long-term recovery.

4. Breaking Down Barriers and Stigma:

- Implement educational programmes to reduce stigma and promote understanding of prescription drug dependence within the community and health care services.
- Advocate for policies and practices that support equality and reduce discrimination against people with drug dependence.

5. Building Resilience:

- Equip clients with the skills and strategies needed to manage their mental health and prevent relapse.
- Foster a sense of empowerment and control over their recovery journey.

Activities

1. Comprehensive Assessment and Individualised Tapering Plans:

- Conduct initial assessments to determine the appropriate tapering plan for each client.
- Provide ongoing monitoring and adjustments to ensure safe and effective tapering.

2. Therapeutic Support:

- Offer one-on-one support and group therapy sessions to address emotional and psychological aspects of dependence.
- Provide access to alternative therapies such as mindfulness and stress management techniques.

3. Advocacy and Liaison Services:

- Act as intermediaries between clients and healthcare providers to facilitate communication and coordinated care.
- Advocate for clients' needs and preferences in medical and social service settings.

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4. Educational and Stigma Reduction Initiatives:

- Develop and deliver workshops, seminars, and outreach programmes to educate the public and healthcare professionals about prescription drug dependence.
- Promote stories of recovery and resilience to challenge stereotypes and reduce stigma.

5. Resilience Building Programmes:

- Conduct workshops and training sessions on coping strategies, self-care, and relapse prevention.
- Promote peer support networks to provide ongoing encouragement and mutual aid.

Impacts:

- **Improved Health and Well-being:** Clients will experience improved physical and mental health as they successfully taper off prescription drugs.
- **Enhanced Communication and Advocacy:** Clients will benefit from better communication with healthcare providers and effective advocacy support.
- **Reduced Stigma:** Increased awareness and understanding within the community will lead to reduced stigma and greater support for individuals in recovery.
- **Empowered Clients:** Clients will gain resilience and skills to manage their mental health and maintain their recovery long-term.
- **Confidence building:** Clients will identify skills that will help in job searches, online courses, learning opportunities and physical activities.

PostScript360's outcomes:

- **Telephone Support Service** has been a vital service over the past year, handling 11,989 inbound and outbound telephone calls combined. An average of 230 calls a week, 46 calls a day.
- **One-to-One Support:** 495 people received personalised assistance, of which 143 were complex cases involving many other third parties.
- **Group Sessions:** Service users progressed from individual support to group sessions, sharing experiences and learning from others. These sessions are hosted by our Recovery & Wellbeing Practitioners empowering clients to complete their taper plan.
- **Therapy 300:** Over 181 people from Bristol and surrounding areas, and 273 people participants from other regions in England & Wales benefitted from group therapy sessions focusing on how to live without misusing prescription drugs, and to live a healthier life hosted by our practitioners.
- **Advocacy:** We bridged communication gaps between our service users and their healthcare providers, ensuring they received the necessary care to support their taper schedule and other mental health conditions. Last year, we provided 1,680 hours to 420 people. More time has been spent on advocacy this year.
- **Knowledge Sharing:** We share our knowledge and experience of 30 years supporting people daily to taper safely from prescription drugs of dependence with healthcare professionals. Covering prescription drug misuse, the effects they have on our community and the growing concerns of people purchasing illicit medication online. This year we presented to 14 organisations.
- **Prevention Awareness:** Through conferences, seminars, campaigns and social media. We presented to 19 GP Practices, 146 probationary service staff in England, 186 local councillors and mental health workers. We gave

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quarterly presentations where we invited former and existing clients to share their personal experiences of becoming dependence free with health professionals.

- **Ran 20 campaigns** on social media platforms, using anonymised examples from clients' life experiences, these highlighted the harms of benzodiazepines, prevention awareness, warnings of mixing other drugs with benzodiazepines, plus keeping abreast of bad batches and alerting people on social media platforms. We reached approximately 74,000 people last year, promoting and participating in awareness and educational campaigns.
- **360 Clubs:** After clients complete our support programmes, over 82 people joined our peer-to-peer 360 Clubs across England and Wales to continue with friendships made and to support each other.
- **92%** of people who were supported by PostScript360 from April 2024 to March 2025 are dependence free or have reduced by at least 84%.

How PostScript360 monitors and evaluates client progress

We implement a comprehensive evaluation framework to measure our clients progress and the success of our programme, including:

- Regular client feedback and satisfaction surveys.
- Monitoring of tapering progress and health outcomes through National Drug Treatment Monitoring System, part of The Office for Health Improvement and Disparities.
- Assessments of changes in stigma and community attitudes through pre- and post-programme surveys.
- Documentation of advocacy interventions and their outcomes.
- Mood Tracker that monitors our clients' anxiety, happiness and social inclusion.
- Monitor client's wellbeing, diet, sleep hygiene and housing.

PostScript360 supports clients for approximately 5 to 24 months, depending on the type of drug, amount, and duration of drug use. Due to privacy concerns, we maintain an in-depth in-house monitoring system. Since 2024, efforts to explain the importance of the National Drug Treatment Monitoring System (NDTMS) have increased client's consent by 35%. However, most employed clients still withhold consent, fearing employer disclosure, while clients with long-term illnesses, disabilities, or those not working are more likely to share information with NDTMS, GPs, and mental health services. We regularly analyse our data to optimise our service for the community affected by prescription drug dependence.

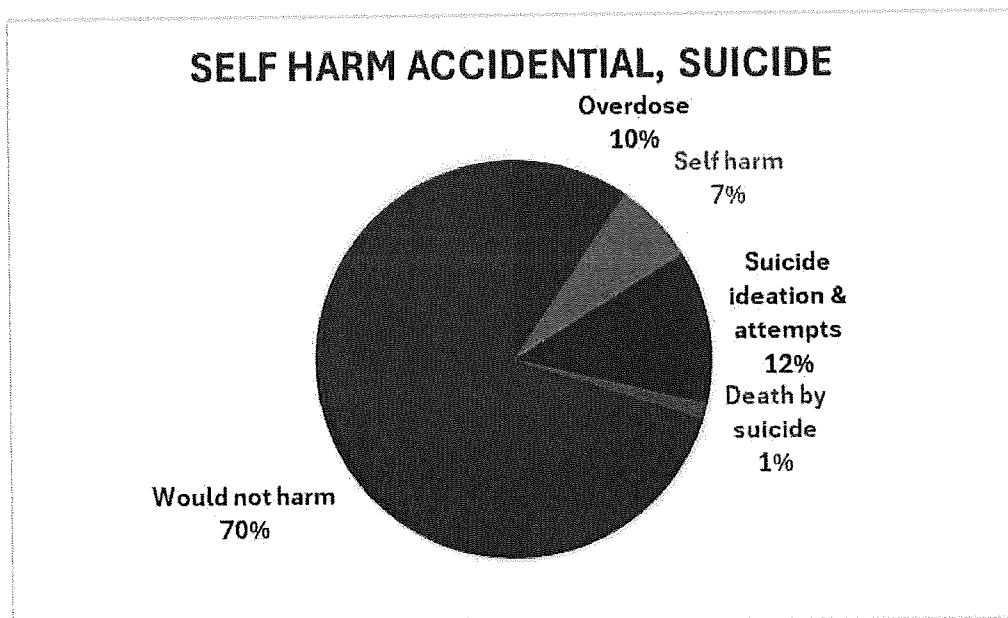
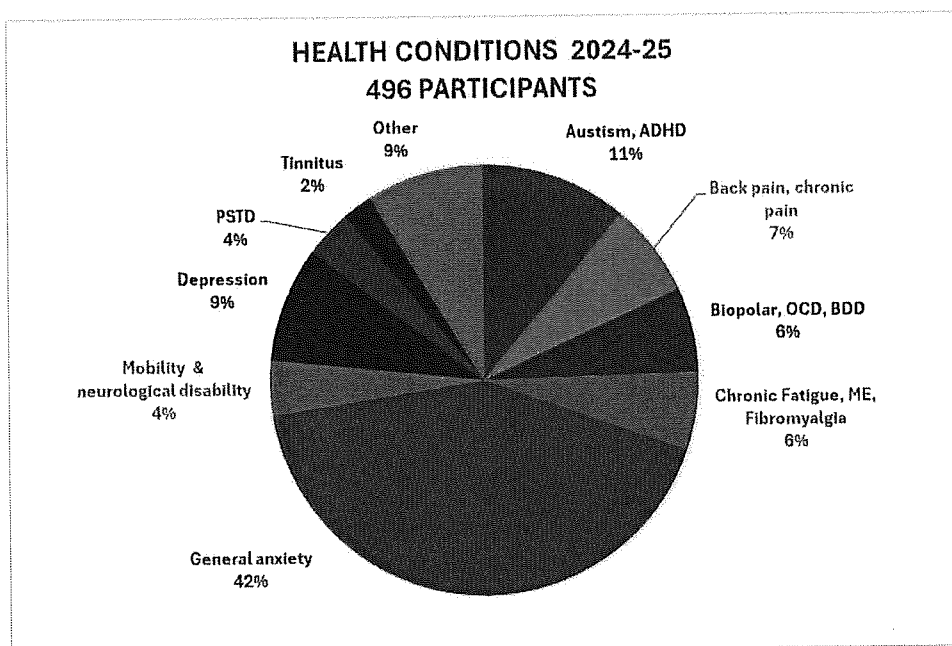
Health illnesses

Long-term use of benzodiazepines, Z-drugs, painkillers, and other dependence-forming prescription drugs can cause serious physiological and neurological harm, with risks amplified by polydrug use. This growing health issue requires greater education, resources, and funding to prevent further deaths.

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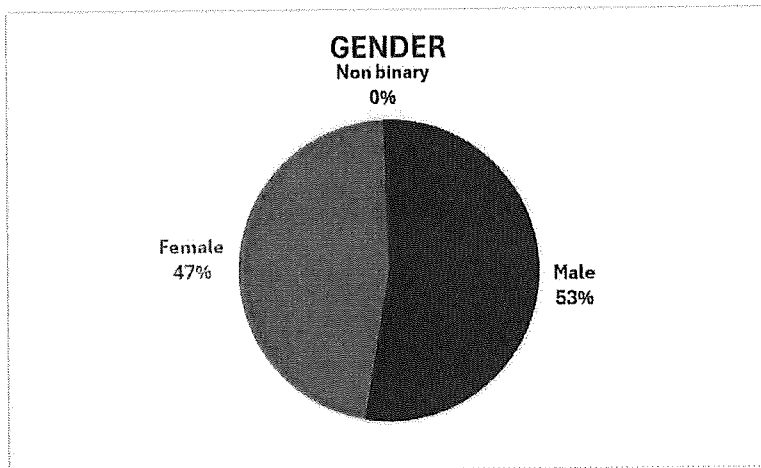
Clients on our caseload **all report having anxiety**, even those taking opiate-based painkillers. Clients with diagnosed health illnesses are:



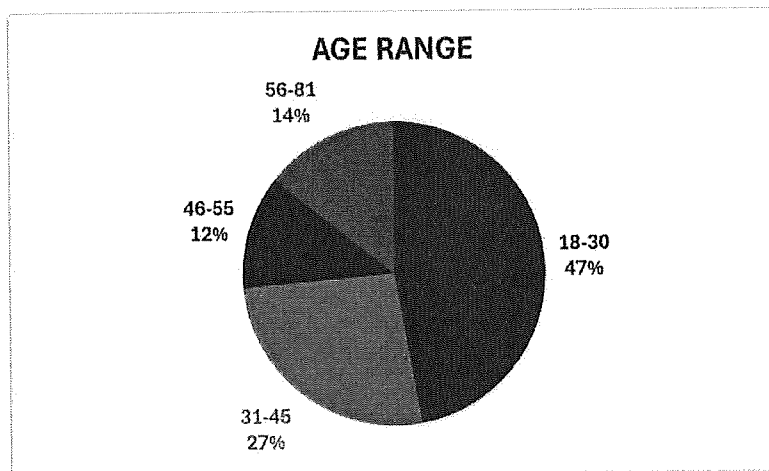
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Gender – our community identified themselves as:



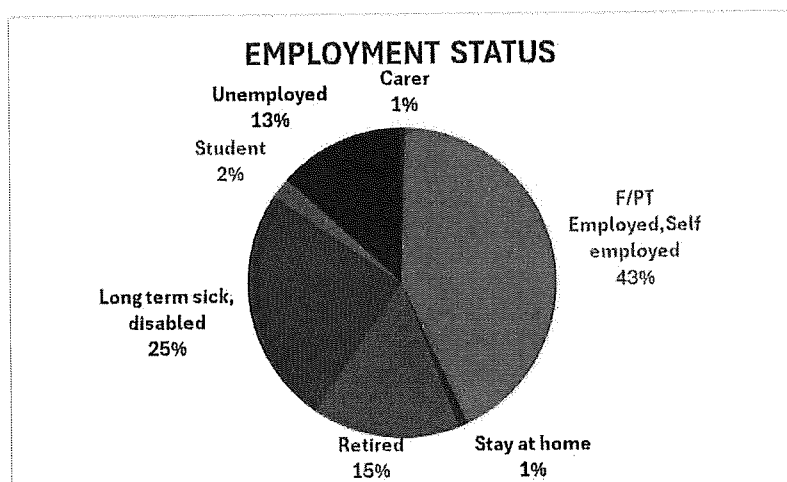
Age groups first introduced to prescription drugs of dependence



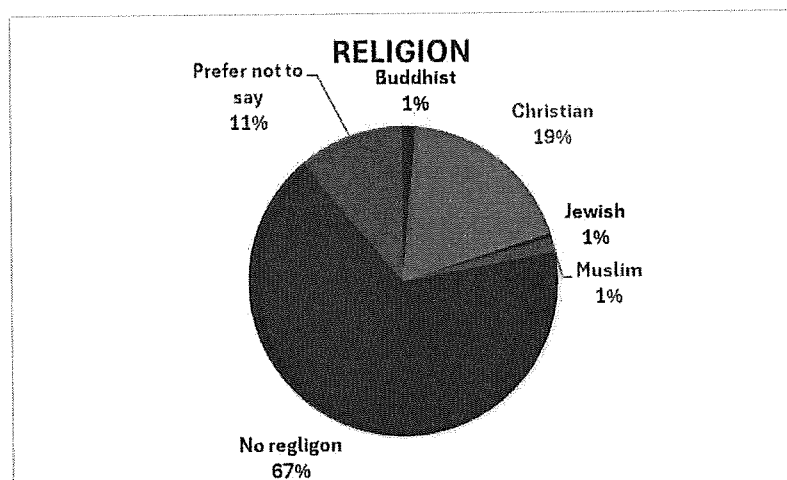
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Employment status



Religion



The challenge for PostScript360

As demand for our support continues to rise, we only promote our services through free health and local directories. If we were to expand our advertising, it's hard to imagine how many more people would seek our assistance, a true wake-up call for the country

Furthermore, if we were to monitor and report illegal online pharmacies, it raises a critical question: could the healthcare system manage the magnitude of the problem?

Our growth depends largely on support from charitable trusts and contributions from employed clients. However, securing funding is challenging because PostScript360 sits between drug/ alcohol agencies and mental health services. Government-funded agencies often refer clients to us known as "pathways" but without providing funding.

PostScript360 aligns more closely with mental health services, yet many funders misclassify prescription drug dependence as a substance misuse issue and decline support. At the same time, drug agencies lack the training and capacity for long-term support for these clients' needs, while mental health services often reject them as addiction cases. This gap leaves hundreds of thousands of people without the help they urgently need.

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PostScript360 has long collaborated with mental health services, the NHS, primary care, and drug agencies. Over the past four years we have made steady progress in building recognition and seeking commissioning for our vital work.

However, in March 2025, the Government announced plans to abolish NHS England, the body overseeing daily management of the health service. Integrated Care Boards (ICBs) now face major cuts, with a mandated 50% reduction in running costs by December 2025 to improve efficiency. The government has not yet fully defined the new structure at the top of the NHS and has a mix of options for bringing day-to-day management of the health service back into government. This process is expected to take place over a two-year period, that is the point at which the Secretary of State for Health and Social Care, Wes Streeting, wants the process to be completed.

In response, PostScript360 has shifted focus, reducing time spent in council and NHS meetings and instead exploring new, sustainable income streams to support our mission.

Financial Review

PostScript360's financial year ended on a shortfall that was expected from our strategy, we are continuing to grow with our charitable trust revenue that has been successful in 2025. We have grown and improved our service delivery with a 92% success rate. The charity has demonstrated model solutions: innovation, problem solving for our clients, creating, capturing data and evidencing practical solutions that support clients. Our advocacy efforts have successfully influenced many health professionals to get the best outcome for our clients, their patients, and at the same time educated them of the harms of these drugs and the benefits of safe taper schedules.

We have grown our contributions income; clients who are employed pay, and those who received PIP pay a small percentage towards their treatment and the charity subsidises the rest. From April 2024 to March 2025 contributions grew by 68% compared to the previous year.

Investment Policy

The charity has no investments; its primary asset is cash in the bank. The Trustees are being prudent with the charity's free reserves. Time and effort had been spent over several years to have our service commissioned which never came to light. PostScript360 has managed through difficult landscapes, has a stronger identity as the experts within Benzodiazepines, Z Drugs, Gabapentinoids and opiate based painkillers. The CEO and the trustees are exploring other avenues such as offering for our services to private individuals, sports clubs and companies, as well as improving our digital presences allowing us to provide our services throughout England & Wales. The Trustees, through their connection with the music industry are aiming to have an annual event to raise PostScript360's profile and income.

Going Forward

The main aims of the Board of Trustees for the next financial year are to recruit more trustees and to seek professional advice for more insight and perspective in the business side of the charity's sustainability. PostScript360 have successfully applied to the Lloyds Bank Foundation who are supporting the charity with a three-year grant, and a wealth of experts that support development growth, mentoring and connecting charities with over 100 experienced, vetted consultants.

PostScript360 priorities are:

- To host our services in GP practices through the Southwest by the end of 2025.
- To offer our service in the private sector, bringing in extra income that will support others who need our support.
- To advertise our service through social media and digital advertising, media relations and direct mail.
- To grow staff capacity, upskill current employees through training and mentorship, foster a collaborative culture, and leverage technology to increase efficiency.
- To grow our 360 Clubs, peer to peer groups.
- To offer our online service in the evenings for people who are employed.
- To introduce our services to sports clubs, universities and companies.
- To explore and adapt to alternative income streams, ensuring greater sustainability for the future.

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- To engage, promote awareness and prevention of the harms to younger people, and to reach those who need help now at universities, colleges and in the wider community through music events.
- To increase our income through applications to charitable trusts, local council grants and company charity of the year support.
- To promote awareness to larger audiences through short information videos via social media, presentations, and events.
- To be known as the 'go-to' organisation in the UK for support and expert knowledge of the effects of benzodiazepines and other similar drugs by the health professionals and practitioners through conferences, partnerships and collaborations.

Reserves Policy

PostScript360 recognises the importance of maintaining an appropriate level of reserves to allow for contingency planning or action. The Charity's reserves policy is to hold operating costs from three to six months. This is in the event of the charity having to wind down meeting all its financial obligations.

The trustees recognise the importance of securing sufficient funds to expand our capacity, grow our services, strengthen sustainability, and remain resilient in the face of future challenges such as another pandemic.

Principal Funding Sources

PostScript360 drew down on its reserves in 2024 – 2025 and has a six-month reserve. The Charity received grants from The John James Bristol Foundation, The Albert Hunt Trust, The James Tudor Foundation, The Medlock Charitable Trust, South Gloucester Council Active Grant. The Trustees are extremely grateful for their support and for understanding our vital work.

Risk Management

The Board of Trustees annually review the major risks to which PostScript360 is exposed. Where deemed appropriate, systems and/or procedures have been established to mitigate the risks the charity faces. Control risks are minimised by the implementation of financial controls which are regularly monitored and updated. A Risk Management Policy, Financial Policy and Health and Safety Policy are in place and followed to ensure compliance, for the protection of staff, volunteers and charity.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee incorporated on 08 March 1996 and registered as a charity on 01 July 1996. The company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.00. In 2020 the Memorandum of Association of the charity was updated and reviewed by the Board of Trustees this was replaced with Articles of Association.

Recruitment and Appointment of Trustees

The number of trustees shall be not less than three but shall not be subject to any maximum. At each annual general meeting, one third of the trustees are subject to retirement or reappointment by rotation. If their number is not three or a multiple of three, the number nearest to one third shall retire from office or reappointment. The Charity Governance Code recommends a maximum period of 9 years but if there is only one trustee who is subject to retirement by rotation, he/she shall retire. The trustees to retire by rotation shall be those who have been longest in office.

Trustee Induction and Training

New trustees are provided with a full induction to the organisation, covering the roles and responsibilities of Board members, operational, financial and health and safety policies, services and activities, and the Strategic Plans of the Charity.

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Reference and Administrative Details of the Charity.

PostScript360 is a company limited by guarantee and a registered Charity.

Registered office: 1st Floor, East Wing, The Kingswood Estate, Britannia Road, Kingswood, Bristol BS15 8DB

Registered Company No: 03169578

Registered Charity No: 1056508

Trustees and Directors on March 31st, 2025

Ms Sophia Knight

Ms Michelle Wynne

Ms Dionne Smart

Ann Deamer

Bankers Charities Aid Foundation (CAF) Bank
25 Kings Hill Ave,
Kings Hill,
West Malling
ME19 4JQ

Examiners Harwood, Lane & Co
Chartered Accountants and Registered Auditors
Units 1-4 Crossley Farm Business Centre
Swan Lane, Winterbourne
Bristol, BS36 1RH

Statement of Trustees' Responsibilities

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Accepted Accounting Practices).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the applicable Charities SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Board

Members of the Board of Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report.

In accordance with company law, as the company's directors, we certify that:

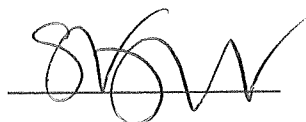
- so far as we are aware, there is no relevant accounts information of which the independent examiners are unaware.
- as the directors of the company we have taken all the steps that we ought to have taken to make ourselves aware of any relevant accounts information and to establish that the charity's examiners are aware of that information.

Independent Examiners

Harwood Lane & Co were the charitable company's independent examiners for the year and have expressed their willingness to continue in that capacity.

Approval

This report was approved by the Board of Trustees on 31/10/25 and signed on its behalf.



Name: Sophia Knight

Chair of Trustees

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE**POSTSCRIPT 360 LIMITED**

I report on the accounts of the Company for the year ended 31 March 2025, which are set out on pages 16 to 24.

Respective responsibilities of trustees and examiners

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiners' 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 as to whether the accounts present a true and fair view' and the report is limited to those matters set out in the statement below.

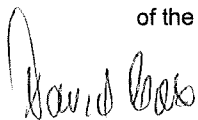
Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1 which give me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with s386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



David Cox F.C.A.

**For and on behalf of Harwood Lane & Co
Chartered Accountants and Statutory Auditors**

Units 1 - 4

Crossley Farm Business Centre

Swan Lane

Winterbourne

BRISTOL

BS36 1RH

Date: 31 OCTOBER 2025

BALANCE SHEET AS AT 31 MARCH 2025

	Notes	2025	2024
FIXED ASSET INVESTMENTS	2	0	0
CURRENT ASSETS			
Debtors	3	774	0
Cash at Bank		68,244	123,772
		69,018	123,772
CREDITORS: amounts falling due within one year	4	-3,513	-2,922
Net Current Assets		65,505	120,850
Total Assets Less Current Liabilities		£65,505	£120,850
CAPITAL AND RESERVES			
General Reserve	10	65,505	120,850
Restricted Reserve	10	0	0
Charity Funds		£65,505	£120,850

The Directors considers that the company is entitled to exemption from the requirement to have an audit under the provisions of s.477 of the Companies Act 2006. Members have not required the company under s.476 of the Companies Act 2006, to obtain an audit for the period ended 31 March 2025. The Directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with s.386 and s.387 of the Companies Act 2006, and for preparing accounts which give a true and fair view of the state of affairs of the company as at 31 March 2025 and of its surplus/(deficit) for the period then ended in accordance with the requirements of s.396, and which otherwise comply with the requirements of the Act relating to the accounts so far as applicable to the

The financial statements which have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006 were approved by the board on 31 October 2025 and are signed on its behalf.



Trustee
 Name: S Knight

The notes on page 19 to 24 form part of these accounts

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

SUMMARY INCOME AND EXPENDITURE ACCOUNT

<u>INCOMING RESOURCES</u>	Notes			2025	2024
		Restricted Funds	Unrestricted Fund	Total	Total
Income from Charitable Activities	13	0	30,000	30,000	20,000
<i>Donations and Legacies</i>		0	21,722	21,722	14,299
<i>Income from other trading activities</i>	14	0	0	0	0
Investment Income	15	0	189	189	314
Total Incoming Resources		0	51,911	51,911	34,613
<u>RESOURCES EXPENDED</u>					
Cost of Generating Funds					
Fundraising Costs	16	0	0	0	0
Charitable Activities	17	0	107,256	107,256	102,777
Total Expenditure		0	107,256	107,256	102,777
Transfer between funds		0	0	0	0
		0	107,256	107,256	102,777
Net Incoming/(Outgoing) Resources for the year	7	0	-55,345	-55,345	-68,164
Realised (losses)/gains on investments		0	0	0	0
Unrealised (losses)/gains on investments		0	0	0	0
Balance brought forward	10	0	120,850	120,850	189,014
Total Funds Carried Forward	10	£0	£65,505	£65,505	£120,850

The notes on page 19 to 24 form part of these accounts

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Total Funds 2025	Prior Year 2024
Net Cash used in operating activities	18	<u>-55,717</u>	<u>-68,491</u>
<i>Cash Flow from investing activities:</i>			
Interest and dividends		189	314
Purchase of investments		0	0
Proceeds from sale of investments		0	0
		<u>189</u>	<u>314</u>
Net cash provided by investing activities		189	314
<i>Cash Flow from financing activities:</i>			
Repayment of borrowing		0	0
Receipt of expendable endowment		0	0
		<u>0</u>	<u>0</u>
Net cash provided by financing activities		0	0
Change in cash and cash equivalents in the year		-55,528	-68,177
Cash and cash equivalent brought forward		123,772	191,949
Cash and cash equivalent carried forward		£68,244	£123,772

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2025

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of Accounting

The financial statements have been prepared in accordance with the 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Post Script 360 Limited meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

(b) Preparation of the accounts on a going concern basis

The charity reported a deficit and cash outflow for the year of £55,000. The deficit has reduced from the previous year, with income increasing and costs decreasing. The trustees are of the view that the charity has sufficient reserves to continue operating in the immediate future, for a period of more than 12 months and, on this basis, the charity is a going concern.

Forecasts show that the trustees are expecting the charity to start reporting a surplus in the immediate future. Grant income from charitable trusts and foundations is increasing significantly from previous years, as are contributions. The charity has acted prudently over costs in recent years and the charity is now showing growth.

(c) Income Recognition

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2025

(d) Expenditure Recognition

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

(e) Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are subject to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(f) Fixed Asset Investments

Investments are stated at market value as at the balance sheet date. The Income and Expenditure account includes the net gains and losses arising on revaluation and disposals throughout the year.

(g) Realised Gains and Losses

All gains and losses are taken to the Income and Expenditure account as they arise. Realised gains and losses in investments are calculated as the difference between sales proceeds and opening market value (purchase date if later). Unrealised gains and losses are calculated as the difference between the market value at the year end and opening market value (or purchase date if later). Realised and unrealised gains are not separate in the Income and Expenditure account.

2	Fixed Asset Investments	2025	2024
	Quoted Shares and Corporate Bonds - historical cost	£0	£0
	Quoted Shares and Corporate Bonds - market value	£0	£0

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

3	Debtors	2025	2024
	Grants Receivable	0	0
	Prepayments	142	0
	Other Debtors	632	0
		£774	£0

4	Creditors: amounts falling due within one year	2025	2024
	Accruals	1,022	870
	Other Taxes and Social Security Costs	2,491	2,052
		£3,513	£2,922

5	Employee costs	2025	2024
	Wages and Salaries	88,863	84,119
	Social Security Costs	3,497	3,412
	Pension Contributions	1,929	1,974
		£94,289	£89,505

No employees received emoluments of more than £60,000.

Average number of employees	3	3
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6 Trustees remuneration and related party transactions

No members of the board of trustees received any remuneration during the year.

No trustees or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2024 - Nil).

7	Net incoming resources	2025	2024
	Net Incoming Resources is stated after charging:		
	Depreciation	0	0
	Independent Examiners Fee (inc VAT)	900	870

POSTSCRIPT 360 LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

8	Capital commitments	2025	2024
	Authorised but not contracted	£ nil	£ nil
	Contracted but not spent	£ nil	£ nil

9	Analysis of net assets between funds	General Funds	Restricted Funds	Total
	Fixed Asset Investments	0	0	0
	Current Assets	69,018	0	69,018
	Current Liabilities	-3,513	0	-3,513
		£65,505	£0	£65,505

10	Reserves	At 01.04.24	Transfers	Income	Expenditure	At 31.03.25
	<i>General Reserves</i>					
	- general funds	91,785	0	51,911	-107,256	36,440
	- designated funds	29,065	0	0	0	29,065
		120,850	0	51,911	-107,256	65,505
	Gains/(losses)	0	0	0	0	0
	Total Reserves	£120,850	£0	£51,911	(£107,256)	£65,505

11	Designated reserves	2025	2024
	Designated Reserves consist of:		
	Development Reserve	29,065	29,065
		£29,065	£29,065

Purpose of Restricted Funds

There were no restricted funds during the year.

Purpose of Designated Funds

Development Reserve

A Development Reserve has been established to set aside funds for the purpose of the on-going development of the charity.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

12 Taxation

As a charity, Post Script 360 Limited is exempt from tax on income and gains falling within current tax legislation to the extent that these are applied to its charitable objectives. No tax charges have arisen in the Charity.

13	Income from charitable activities	Restricted	Unrestricted	2025 Total	2024 Total
	John James Foundation	0	10,000	10,000	10,000
	Medlock Charitable Trust	0	5,000	5,000	0
	The Albert Hunt Trust	0	5,000	5,000	0
	The James Tudor Foundation	0	10,000	10,000	0
	South Gloucestershire Council	0	0	0	5,000
	Quartet Community	0	0	0	5,000
		£0	£30,000	£30,000	£20,000

14	Income from other trading activities	Restricted	Unrestricted	2025 Total	2024 Total
	Group Work		0	0	0
		£0	£0	£0	£0

15 Investment income
All of the charities investment income of £189 (2024 - £314) arises from money held in interest bearing accounts and investments.

16	Direct charitable expenditure	Restricted	Unrestricted	2025 Total	2024 Total
	Fundraising Costs	£0	£0	£0	£0

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

17	Charitable activities	Restricted	Unrestricted	2025 Total	2024 Total
	Salaries	0	94,289	94,289	89,505
	Postage	0	0	0	0
	Photocopying and Printing	0	35	35	217
	IT Costs	0	605	605	420
	Training	0	0	0	7
	Subscriptions and Publications	0	450	450	482
	Advertising/Promotion	0	0	0	815
	Telephone	0	3,109	3,109	3,263
	Bank Charges	0	426	426	294
	Rent and Rates	0	5,289	5,289	5,054
	Insurance	0	533	533	751
	Repairs and Renewals	0	125	125	84
	Payroll Bureau	0	389	389	316
	Miscellaneous Expenses	0	146	146	201
	Book-Keeping	0	960	960	498
	Independent Examination	0	900	900	870
		£0	£107,256	£107,256	£102,777

18 Reconciliation of net movements in funds to net cash flow from operating activities

	2025	2024
Net Movement in funds	-55,345	-68,164
Deduct interest income	-189	-314
Decrease (increase) in debtors	-774	159
Decrease (increase) in stocks	0	0
Increase (decrease) in creditors	591	-172
Net cash used in operating activities	(£55,717)	(£68,491)

PostScript 360 Limited

England & Wales - Charity number 1056508

Accounts

Company no: 03169578
Charity no: 1056508

POSTSCRIPT 360 LIMITED
TRUSTEES AND DIRECTORS REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

Charity no: 1056508

Company no: 03169578 (England and Wales)

Company no: 03169578
Charity no: 1056508

POSTSCRIPT 360 LIMITED
ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2024

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Company no: 03169578
Charity no: 1056508

POSTSCRIPT 360 LIMITED ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024

Trustees Report 1st April 2023 to 31st March 2024

The Trustees present their annual report and financial statements for the year ended 31 March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charities Act 2011, the Companies Act 2006, and the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland; FRS 102) issued in October 2019.

Objectives and Activities for the public benefit

Aims and Purposes

PostScript360 provides comprehensive support to people withdrawing safely from dependence on prescription drugs, including benzodiazepines (tranquillisers), Z drugs, painkillers, and similar substances, whether prescribed, misused, or purchased illicitly. We create a safe, supportive, and nonjudgmental environment that empowers our clients to taper off drug dependence while addressing the underlying causes and stigma associated with it. PostScript360 provides a wrap-around service consisting of one-to-one support, group sessions, Therapy 300 and a telephone support service. We share our knowledge with health professionals in our field, promote prevention awareness and support people through advocacy.

Our purpose is:

- To reach more people through our wraparound service of one-to-one support, telephone and online service, group sessions, Therapy 300 and our volunteer led 360 Clubs. Our aim is to support people to overcome their prescription drug dependence of benzodiazepines, Z drugs, Gabapentinoids and painkillers.
- To grow our therapy groups in our communities, empowering participants to make better choices around their mental health and overall well-being.
- Reduce the number of people misusing and developing a dependency to prescription drugs through prevention, awareness and education.
- Advocacy Service: liaise on behalf of clients, build bridges with their GPs and other health care services to develop a better understanding of and improved outcomes for our clients' wellbeing.
- To share our knowledge with health professionals who come into direct contact with those who use prescription drug dependence.

Background and Need

Prescription drug dependence is a growing issue, impacting peoples' health, relationships, and overall well-being. Dependence on benzodiazepines, Z drugs, and painkillers can lead to severe withdrawal symptoms and even death, that requires specialised support for safe tapering (deprescribing). Many people face stigma and barriers in accessing the help they need, resulting in prolonged dependency and associated harms. On average, clients report ten GP visits and two A&E visits within a period of six months. Each GP appointment costs from £56 for 10 minutes, and more for longer, A&E visit costs £418.00, with an additional £367.00 for an ambulance relating to falls and seizures occurrence due to

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POSTSCRIPT 360 LIMITED ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024

a medication lapse, mixing other drugs and alcohol. PostScript360 saves healthcare services an average of £3,526.00 annually. This does not include costs for falls and other conditions associated with taking dependence-forming drugs.

PostScript360 aims to fill this critical gap by offering a holistic approach to recovery and filling in the gaps that is lacking in health services and drug agencies.

Our objectives:

1. Safe Tapering Support:

- Provide a structured, individualised tapering program for clients to safely reduce their dependence on prescription drugs.
- Ensure a nonjudgmental and empathetic environment to encourage client engagement and trust.

2. Advocacy and Communication:

- Facilitate effective communication between clients, their GPs, and other healthcare professionals to ensure coordinated care and support.
- Advocate for clients in situations where communication has broken down, working to rebuild trust and cooperation.

3. Exploration of Underlying Conditions:

- Conduct thorough assessments to understand the underlying conditions that contribute to drug dependence.
- Provide therapeutic interventions and support to address these root causes, promoting long-term recovery.

4. Breaking Down Barriers and Stigma:

- Implement educational programs to reduce stigma and promote understanding of prescription drug dependence within the community and health care services.
- Advocate for policies and practices that support equality and reduce discrimination against people with drug dependence.

5. Building Resilience:

- Equip clients with the skills and strategies needed to manage their mental health and prevent relapse.
- Foster a sense of empowerment and control over their recovery journey.

Activities

1. Comprehensive Assessment and Individualised Tapering Plans:

- Conduct initial assessments to determine the appropriate tapering plan for each client.
- Provide ongoing monitoring and adjustments to ensure safe and effective tapering.

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**POSTSCRIPT 360 LIMITED
ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2024**

2. Therapeutic Support:

- Offer one-on-one support and group therapy sessions to address emotional and psychological aspects of dependence.
- Provide access to alternative therapies such as mindfulness and stress management techniques.

3. Advocacy and Liaison Services:

- Act as intermediaries between clients and healthcare providers to facilitate communication and coordinated care.
- Advocate for clients' needs and preferences in medical and social service settings.

4. Educational and Stigma Reduction Initiatives:

- Develop and deliver workshops, seminars, and outreach programmes to educate the public and healthcare professionals about prescription drug dependence.
- Promote stories of recovery and resilience to challenge stereotypes and reduce stigma.

5. Resilience Building Programmes:

- Conduct workshops and training sessions on coping strategies, self-care, and relapse prevention.
- Create peer support networks to provide ongoing encouragement and mutual aid.

Expected impacts:

- **Improved Health and Well-being:** Clients will experience improved physical and mental health as they successfully taper off prescription drugs.
- **Enhanced Communication and Advocacy:** Clients will benefit from better communication with healthcare providers and effective advocacy support.
- **Reduced Stigma:** Increased awareness and understanding within the community will lead to reduced stigma and greater support for individuals in recovery.
- **Empowered Clients:** Clients will gain resilience and skills to manage their mental health and maintain their recovery long-term.

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POSTSCRIPT 360 LIMITED ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024

From 1st April 2023 to 31st March 2024 PostScript360's outcomes:

- **Telephone Support Service** has been a vital service over the past year handling 13,491 inbound and outbound telephone calls combined. An average of 269 calls a week, 53 calls a day. An increase of 24% from last year.
- **One-to-One Support:** 490 people received personalised assistance, of which 198 were complex cases, 40% increase compared to 2022/3.
- **Group Sessions:** Service users progress from individual support to group sessions, sharing experiences and learning from others. These sessions are hosted by our Recovery & Wellbeing Practitioners empowering clients to complete their taper plan.
- **Therapy 300:** Over 220 people from Bristol and surrounding areas, and 250 people participants from other regions in England & Wales benefitted from group therapy sessions focusing on how to live without prescription drug misuse and to live a healthier life hosted by our practitioners.
- **Advocacy:** We bridge the communication gap between our service users and healthcare providers, ensuring they receive necessary care to support their taper schedule and other mental health conditions. Last year, we provided 1,400 hours to 325 people.
- **Knowledge Sharing:** We share our knowledge and experience of 28 years supporting people daily to taper safely from prescription drugs of dependence with healthcare professionals. Covering prescription drug misuse, the effects they have on our community and the growing concerns of people purchasing illicit medication online. This year we presented to 37 organisations.
- **Prevention Awareness:** Through conferences, seminars, campaigns and social media. We presented to 35 GP Practices, 144 probationary service staff in England, 186 local councillors and mental health workers. We presented quarterly presentations where we invited former and existing clients to share their personal experiences of becoming dependence free with health professionals.
- **Ran 14 campaigns** on social media platforms, using anonymised examples from clients' life experiences, these highlighted the harms of benzodiazepines, prevention awareness, warnings of mixing other drugs with benzodiazepines, plus keeping abreast of bad batches and alerting people on social media platforms. We reached approximately 62,000 people last year, promoting and participating in awareness and educational campaigns.
- **360 Clubs:** After clients complete our support programmes, over 105 people joined our peer-to-peer 360 Clubs across England and Wales to continue with friendships made and to support each other.
- **95%** of people who were supported by PostScript360 from April 2023 to March 2024 are dependence free or have reduced by a least 80%.

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POSTSCRIPT 360 LIMITED ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024

How PostScript360 monitors and evaluates client progress

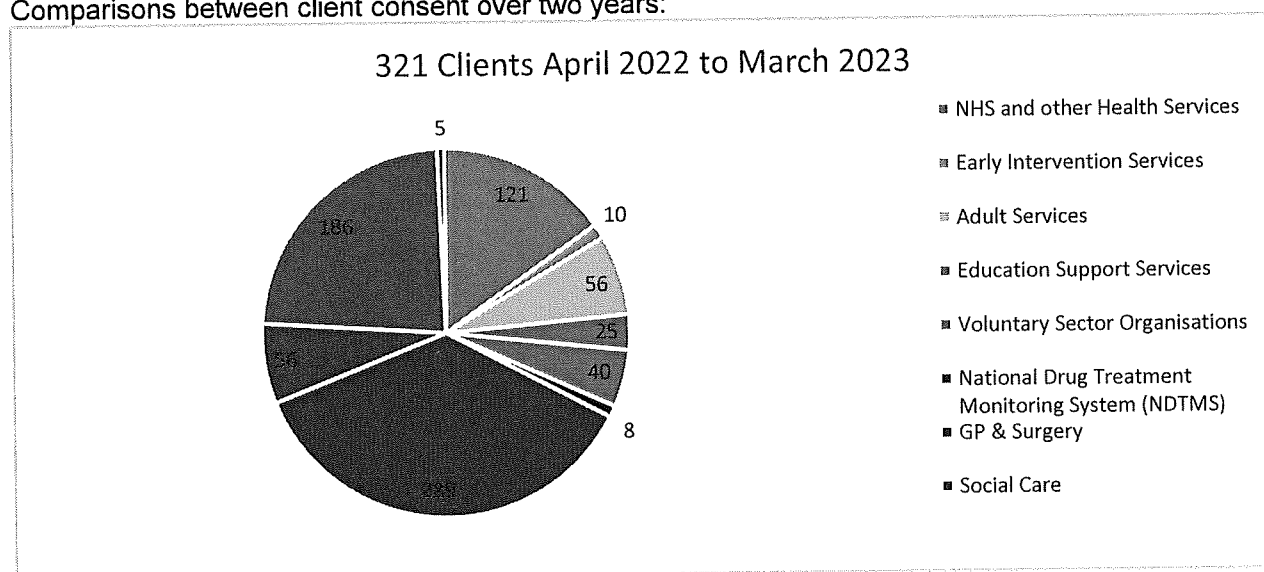
We implement a comprehensive evaluation framework to measure the success of our programme, including:

- Regular client feedback and satisfaction surveys.
- Monitoring of tapering progress and health outcomes through National Drug Treatment Monitoring System, part of The Office for Health Improvement and Disparities.
- Assessments of changes in stigma and community attitudes through pre- and post-programme surveys.
- Documentation of advocacy interventions and their outcomes.
- Mood Tracker that monitors our clients' anxiety, happiness and social inclusion.
- Monitor client's wellbeing, diet, sleep hygiene and housing.

Long-term use of Benzodiazepine, Z Drugs, pain killers and other similar prescription drugs of dependence has caused adverse physiological and neurological effects to over 3.9 million people in England. This is a serious health problem. The average time people are supported by PostScript360 ranges from 9-24 months, depending on the length of time taking the drug, the quantity and the type of drug.

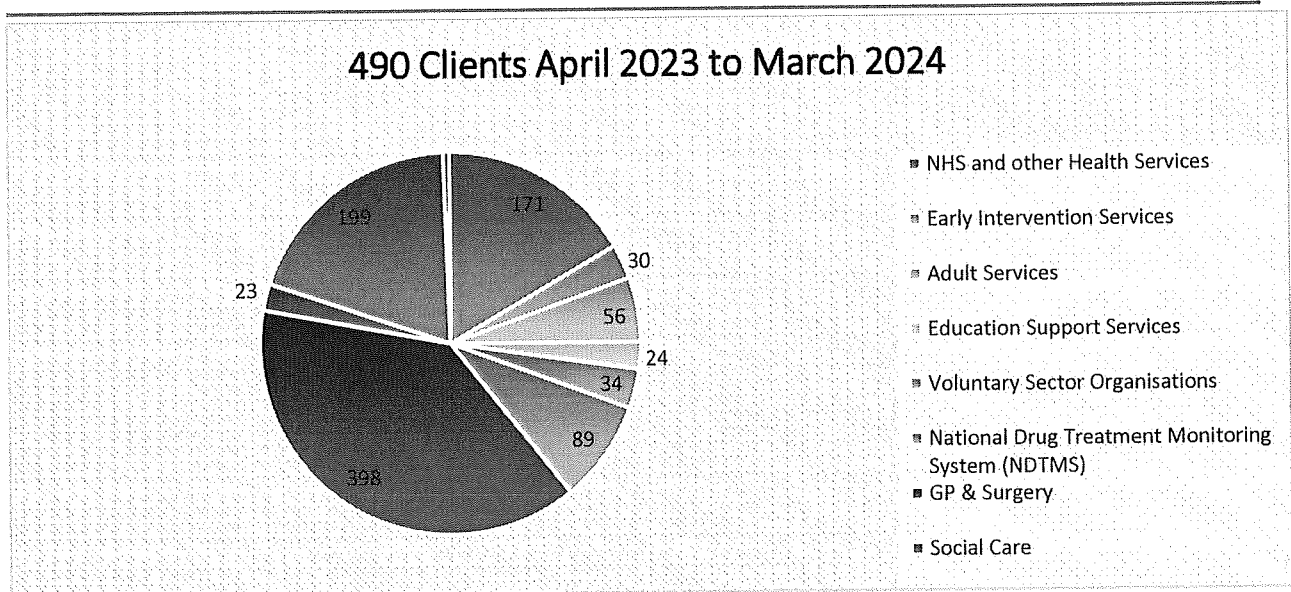
We continue with an in depth inhouse monitoring system of clients because many of our clients do not want to give their consent for PostScript360 to share information with other parties, such as National Drug Treatment Monitoring System (NDTMS), Early Intervention Services, Adult Services, Mental Health Services, GP Practices and Housing Providers. To overcome this, our practitioners explain to the clients the importance of being a part of collecting data that helps monitor the current landscape of prescription dependency which has improved from last year.

Comparisons between client consent over two years:



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POSTSCRIPT 360 LIMITED
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FOR THE YEAR ENDED 31 MARCH 2024



Dependence and other health illnesses.

Most people on our caseload reported they have anxiety disorders (95%) and depression (61%). People presented to PostScript360 with more than one health illness, and several had a combination of several illnesses.

35% ADHD

28% menopause

28% people waiting for a diagnosis

26% post-traumatic stress disorder (PTSD)

24% sexual abuse and trauma

22% back injury

14% bipolar disorder

12% Neurological Disorder

9% borderline personality disorder

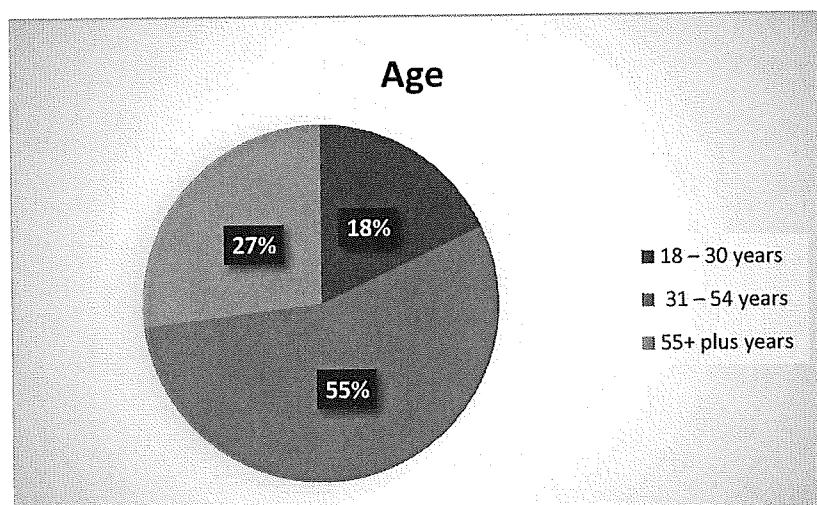
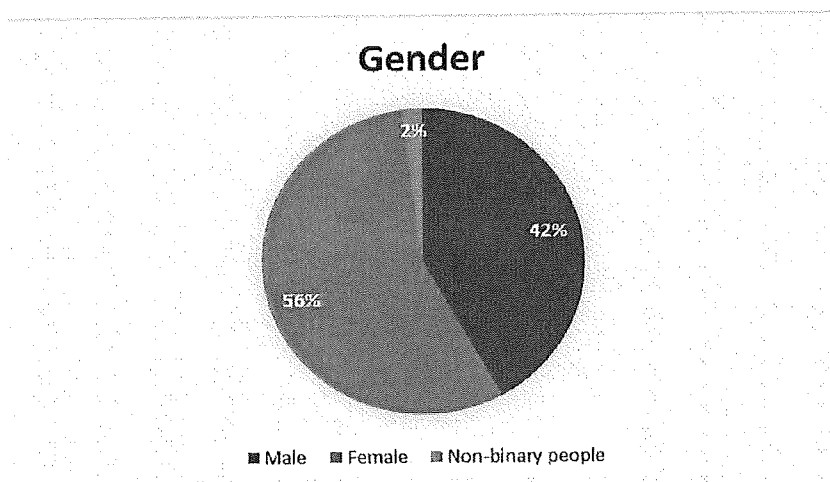
8% eating disorders

Additionally, life events such as bereavement, divorce, work-related stress, and financial crises can drive people to seek solace in these medications. We are also seeing a rise in older adults purchasing illegal prescription drugs online. This often occurs when their GP or psychiatrist has stopped their prescription, or when patients believe they need more medication and resort to illegally sourcing it, often without their doctor's knowledge.

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POSTSCRIPT 360 LIMITED
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FOR THE YEAR ENDED 31 MARCH 2024

In 2023/24 we supported more females, and the average age group was 31-54 years of age



Funding challenges

Primary care and the NHS service direct people to PostScript360 however the ICB (Integrated care board) has not commissioned our service. Many grants giving charitable trusts and the National Lottery Community Fund will not fund our us because they believe PostScript360 should fall under statutory services provided by the NHS or Government. The CEO and the Trustees are actively looking at different avenues for income from hosting a large fundraising event annually, income from the private sector and the CEO spending more time on grant applications.

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POSTSCRIPT 360 LIMITED ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024

Financial Review

PostScript360 ended this financial year with a shortfall. We have grown and improved our service delivery with a 94% success rate. The charity has demonstrated model solutions: innovation, problem solving for our clients, creating, capturing data and evidencing practical solutions that support clients. Our advocacy efforts have successfully influenced many health professionals to get the best outcome for our clients, their patients, and at the same time educated them of the harms of these drugs and the benefits of safe taper schedules. The legacy of the pandemic has affected our financial performance and strategic position and we are still playing catch up. We have already gained more support from charitable trusts in 2024, we still have more to do and want to be more sustainable in the future.

We have grown our contributions income; this is where clients pay a small percentage towards their treatment and the charity subsidises the rest. We ask clients who are employed to pay more. PostScript360 employed an additional trainee Recovery & Wellbeing Practitioner with the increased demand of the need for our service.

Investment Policy

The charity has no long-term investments, its primary asset is cash in the bank. The Trustees are being prudent with the charity's free reserves until economic stability returns. Time and effort have been spent over several years to have our service commissioned which has never materialised. The landscape of funding and fundraising has changed. This may result in opportunities for the charity to work in partnership with other services. Other avenues of income need to be addressed. The CEO and the trustees are exploring other avenues such as offering for our services to the private sector and companies, as well as improving our digital presences allowing us to provide our services throughout England & Wales. The Trustees, through their connection with the music industry are aiming to have an annual event to raise PostScript360's profile and income.

Going Forward

The main aims for the Board of Trustees for the next financial year are to recruit more trustees and to seek professional advice for more insight and perspective in the business side of the charity's sustainability. We aim to offer our service into the private sector, bringing in extra income that will support more vulnerable people in need of support.

The Board of Trustees and staff team aim to continue the services offered by the charity and to help more individuals who are harder to reach. The priorities are:

- To host our services in GP practices through the Southwest by the end of 2025.
- To grow our 360 Clubs, peer to peer groups.
- To increase our contribution donations towards their therapy for those who are employed.
- To introduce a private service for those who can pay the going rate of our service.
- To introduce our services to sports clubs, universities and companies.
- To engage and promote prevention awareness to younger people, and to support those who need help now at universities, colleges and in the wider community through music events.
- To grow our income through applications to charitable trusts, local council grants and company charity of the year support.

Company no: 03169578
Charity no: 1056508

**POSTSCRIPT 360 LIMITED
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- To promote awareness to larger audiences of the dangers of buying benzodiazepines and other similar prescription drugs online, through short information videos via social media, presentations, and events.
- To be known as the 'go-to' organisation for support and expert knowledge of the effects of benzodiazepines and other similar drugs by the health professionals and practitioners through conferences, partnerships and collaborations.

Reserves Policy

PostScript360 recognises the importance of maintaining an appropriate level of reserves to allow for contingency planning or action. The Charity's reserves policy is to hold from three to six months' operating costs. This is in the event of the charity having to wind down meeting all its financial obligations.

The trustees are aware of the importance for the charity to have enough funds to grow its capacity and to be able to weather the storm if we have another pandemic. During this time, whilst the charity adjusts to the economic changes, we intend to build up our reserves, to expand our services by securing different income streams to have more sustainability certainty for the future.

Principal Funding Sources

PostScript360 drew down on its reserves in 2023 – 2024. The charity received grants from The John James Bristol Foundation, Cost of Living grant from South Gloucestershire, Celtic Connection Fund and Douglas Family Charitable Fund administered by the Quartet and contribution donations from clients and their families.

Risk Management

The Board of Trustees will annually review the major risks to which PostScript360 is exposed. Where deemed appropriate, systems and/or procedures have been established to mitigate the risks the charity faces. Control risks are minimised by the implementation of financial controls which are regularly monitored and updated. A Risk Management Policy, Financial Policy and Health and Safety Policy are in place and followed to ensure compliance, for the protection of staff, volunteers and charity.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee incorporated on 08 March 1996 and registered as a charity on 01 July 1996. The company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required

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to contribute an amount not exceeding £1.00. In 2020 the Memorandum of Association of the charity was updated and reviewed by the Board of Trustees this was replaced with Articles of Association.

Recruitment and Appointment of Trustees

The number of trustees shall be not less than three but shall not be subject to any maximum. At each annual general meeting, one third of the trustees who are subject to retirement or reappointment by rotation. If their number is not three or a multiple of three, the number nearest to one third shall retire from office or reappointment. The Charity Governance Code recommends a maximum period of 9 years but if there is only one trustee who is subject to retirement by rotation, he/she shall retire. The trustees to retire by rotation shall be those who have been longest in office.

Trustee Induction and Training

New trustees are provided with a full induction to the organisation, covering the roles and responsibilities of Board members, operational, financial and health and safety policies, services and activities, and the Strategic Plans of the Charity.

Reference and Administrative Details of the Charity.

PostScript360 is a company limited by guarantee and a registered Charity.

Registered office: 1st Floor, East Wing, The Kingswood Estate, Britannia Road, Kingswood, Bristol BS15 8DB

Registered Company No: 03169578

Registered Charity No: 1056508

Trustees and Directors on March 31st, 2024

Ms Sophia Knight

Ms Michelle Wynne

Ms Dionne Smart

Ann Deamer

Bankers Charities Aid Foundation (CAF) Bank
25 Kings Hill Ave,
Kings Hill,
West Malling
ME19 4JQ

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Charity no: 1056508

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Examiners Harwood, Lane & Co

Chartered Accountants and Registered Auditors

Units 1-4 Crossley Farm Business Centre

Swan Lane, Winterbourne

Bristol, BS36 1RH

Statement of Trustees' responsibilities

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Accepted Accounting Practices).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the applicable Charities SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Board

Members of the Board of Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report.

In accordance with company law, as the company's directors, we certify that:

- so far as we are aware, there is no relevant accounts information of which the independent examiners are unaware.

Company no: 03169578
Charity no: 1056508

POSTSCRIPT 360 LIMITED
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FOR THE YEAR ENDED 31 MARCH 2024

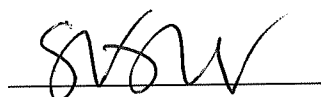
- as the directors of the company we have taken all the steps that we ought to have taken to make ourselves aware of any relevant accounts information and to establish that the charity's examiners are aware of that information.

Independent Examiners

Harwood Lane & Co were the charitable company's independent examiners for the year and have expressed their willingness to continue in that capacity.

Approval

This report was approved by the Board of Trustees on 21.11.24 and signed on its behalf.

A handwritten signature in black ink, appearing to read 'SKW', is written over a horizontal line.

Name: Sophia Knight

Chair of Trustees

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE**POSTSCRIPT 360 LIMITED**

I report on the accounts of the Company for the year ended 31 March 2024, which are set out on pages 16 to 24.

Respective responsibilities of trustees and examiners

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiners' 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 as to whether the accounts present a true and fair view' and the report is limited to those matters set out in the statement below.

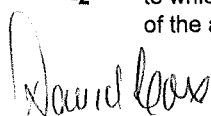
Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1 which give me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with s386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



David Cox F.C.A.

**For and on behalf of Harwood Lane & Co
Chartered Accountants and Statutory Auditors**

Units 1 - 4

Crossley Farm Business Centre

Swan Lane

Winterbourne

BRISTOL

BS36 1RH

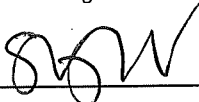
Date: 21 NOVEMBER 2024

BALANCE SHEET AS AT 31 MARCH 2024

	Notes	2024	2023
FIXED ASSET INVESTMENTS	2	0	0
CURRENT ASSETS			
Debtors	3	0	159
Cash at Bank		123,772	191,949
		123,772	192,108
CREDITORS: amounts falling due within one year	4	-2,922	-3,094
Net Current Assets		120,850	189,014
Total Assets Less Current Liabilities		£120,850	£189,014
CAPITAL AND RESERVES			
General Reserve	10	120,850	189,014
Restricted Reserve	10	0	0
Charity Funds		£120,850	£189,014

The Directors considers that the company is entitled to exemption from the requirement to have an audit under the provisions of s.477 of the Companies Act 2006. Members have not required the company under s.476 of the Companies Act 2006, to obtain an audit for the period ended 31 March 2024. The Directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with s.386 and s.387 of the Companies Act 2006, and for preparing accounts which give a true and fair view of the state of affairs of the company as at 31 March 2024 and of its surplus/(deficit) for the period then ended in accordance with the requirements of s.396, and which otherwise comply with the requirements of the Act relating to the accounts so far as applicable to the

The financial statements which have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006 were approved by the board on 21 NOVEMBER 2024 and are signed on its behalf.



Trustee
Name: S Knight

The notes on page 19 to 24 form part of these accounts

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 31 MARCH 2024

SUMMARY INCOME AND EXPENDITURE ACCOUNT

	Notes	Restricted Funds	Unrestricted Fund	2024 Total	2023 Total
<u>INCOMING RESOURCES</u>					
Income from Charitable Activities	13	0	20,000	20,000	23,000
<i>Donations and Legacies</i>		0	14,299	14,299	9,385
<i>Income from other trading activities</i>	14	0	0	0	0
Investment Income	15	0	314	314	616
Total Incoming Resources		0	34,613	34,613	33,001
<u>RESOURCES EXPENDED</u>					
Cost of Generating Funds					
Fundraising Costs	16	0	0	0	0
Charitable Activities	17	0	102,777	102,777	129,421
Total Expenditure		0	102,777	102,777	129,421
Transfer between funds		0	0	0	0
		0	102,777	102,777	129,421
Net Incoming/(Outgoing) Resources for the year	7	0	-68,164	-68,164	-96,420
Realised (losses)/gains on investments		0	0	0	0
Unrealised (losses)/gains on investments		0	0	0	0
Balance brought forward	10	0	189,014	189,014	285,434
Total Funds Carried Forward	10	£0	£120,850	£120,850	£189,014

The notes on page 19 to 24 form part of these accounts

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Total Funds 2024	Prior Year 2023
Net Cash used in operating activities	18	<u>-68,491</u>	<u>-97,619</u>
<i>Cash Flow from investing activities:</i>			
Interest and dividends		314	616
Purchase of investments		0	0
Proceeds from sale of investments		0	0
		<u>314</u>	<u>616</u>
Net cash provided by investing activities		314	616
<i>Cash Flow from financing activities:</i>			
Repayment of borrowing		0	0
Receipt of expendable endowment		0	0
		<u>0</u>	<u>0</u>
Net cash provided by financing activities		0	0
Change in cash and cash equivalents in the year		<u>-68,177</u>	<u>-97,003</u>
Cash and cash equivalent brought forward		191,949	288,952
Cash and cash equivalent carried forward		£123,772	£191,949

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of Accounting

The financial statements have been prepared in accordance with the 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Post Script 360 Limited meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

(b) Preparation of the accounts on a going concern basis

The charity reported a deficit and cash outflow for the year of £68,000. The charity has sufficient reserves to continue operating in the immediate future, for a period of 12 to 24 months and, on this basis, the charity is a going concern.

As the trustees have acknowledged in their report, income needs to increase and is increasing, in terms of contributions, grants and different income streams. The charity is also aiming to have its services commissioned which would significantly increase income.

(c) Income Recognition

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

(d) Expenditure Recognition

Expenditure is recognised on a accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

(e) Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are subject to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(f) Fixed Asset Investments

Investments are stated at market value as at the balance sheet date. The Income and Expenditure account includes the net gains and losses arising on revaluation and disposals throughout the year.

(g) Realised Gains and Losses

All gains and losses are taken to the Income and Expenditure account as they arise. Realised gains and losses in investments are calculated as the difference between sales proceeds and opening market value (purchase date if later). Unrealised gains and losses are calculated as the difference between the market value at the year end and opening market value (or purchase date if later). Realised and unrealised gains are not separate in the Income and Expenditure account.

2	Fixed Asset Investments	2024	2023
	Quoted Shares and Corporate Bonds - historical cost	£0	£0
	Quoted Shares and Corporate Bonds - market value	£0	£0

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

3	Debtors	2024	2023
	Grants Receivable	0	0
	Prepayments	0	0
	Other Debtors	0	159
		£0	£159

4	Creditors: amounts falling due within one year	2024	2023
	Accruals	870	870
	Other Taxes and Social Security Costs	2,052	2,224
		£2,922	£3,094

5	Employee costs	2024	2023
	Wages and Salaries	84,119	106,002
	Social Security Costs	3,412	6,212
	Pension Contributions	1,974	2,452
		£89,505	£114,666

No employees received emoluments of more than £60,000.

Average number of employees	3	3
-----------------------------	---	---

6 Trustees remuneration and related party transactions

No members of the board of trustees received any remuneration during the year.

No trustees or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2023 - Nil).

7	Net incoming resources	2024	2023
	Net Incoming Resources is stated after charging:		
	Depreciation	0	0
	Independent Examiners Fee (inc VAT)	870	870

POSTSCRIPT 360 LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

8	Capital commitments	2024	2023
	Authorised but not contracted	£ nil	£ nil
	Contracted but not spent	£ nil	£ nil

9	Analysis of net assets between funds	General Funds	Restricted Funds	Total
	Fixed Asset Investments	0	0	0
	Current Assets	123,772	0	123,772
	Current Liabilities	-2,922	0	-2,922
		£120,850	£0	£120,850

10	Reserves	At 01.04.23	Transfers	Income	Expenditure	At 31.03.24
	<i>General Reserves</i>					
	- general funds	159,949	0	34,613	-102,777	91,785
	- designated funds	29,065	0	0	0	29,065
		189,014	0	34,613	-102,777	120,850
	Gains/(losses)	0	0	0	0	0
	Total Reserves	£189,014	£0	£34,613	(£102,777)	£120,850

11	Designated reserves	2024	2023
	Designated Reserves consist of:		
	Development Reserve	29,065	29,065
		£29,065	£29,065

Purpose of Restricted Funds

There were no restricted funds during the year.

Purpose of Designated Funds

Development Reserve

A Development Reserve has been established to set aside funds for the purpose of the on-going development of the charity.

POSTSCRIPT 360 LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

12 Taxation

As a charity, Post Script 360 Limited is exempt from tax on income and gains falling within current tax legislation to the extent that these are applied to its charitable objectives. No tax charges have arisen in the Charity.

13	Income from charitable activities	Restricted	Unrestricted	2024 Total	2023 Total
	South Gloucestershire Council	0	5,000	5,000	4,000
	John James Foundation	0	10,000	10,000	10,000
	Jack Lane Charitable Trust	0	0	0	1,000
	Quartet Community	0	5,000	5,000	0
	Souter Charitable Trust	0	0	0	3,000
	The Foyle Foundation	0	0	0	5,000
		£0	£20,000	£20,000	£23,000

14	Income from other trading activities	Restricted	Unrestricted	2024 Total	2023 Total
	Group Work		0	0	0
		£0	£0	£0	£0

15 Investment income
All of the charities investment income of £314 (2023 - £616) arises from money held in interest bearing accounts and investments.

16	Direct charitable expenditure	Restricted	Unrestricted	2024 Total	2023 Total
	Fundraising Costs	£0	£0	£0	£0

POSTSCRIPT 360 LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

17	Charitable activities	Restricted	Unrestricted	2024 Total	2023 Total
	Salaries	0	89,505	89,505	114,666
	Postage	0	0	0	218
	Photocopying and Printing	0	217	217	360
	IT Costs	0	420	420	2,328
	Training	0	7	7	395
	Subscriptions and Publications	0	482	482	490
	Advertising/Promotion	0	815	815	435
	Telephone	0	3,263	3,263	3,184
	Bank Charges	0	294	294	226
	Rent and Rates	0	5,054	5,054	4,288
	Insurance	0	751	751	727
	Repairs and Renewals	0	84	84	51
	Payroll Bureau	0	316	316	421
	Miscellaneous Expenses	0	201	201	266
	Book-Keeping	0	498	498	496
	Independent Examination	0	870	870	870
		£0	£102,777	£102,777	£129,421

18 Reconciliation of net movements in funds to net cash flow from operating activities

	2024	2023
Net Movement in funds	-68,164	-96,420
Deduct interest income	-314	-616
Decrease (increase) in debtors	159	-159
Decrease (increase) in stocks	0	0
Increase (decrease) in creditors	-172	-424
Net cash used in operating activities	(£68,491)	(£97,619)

PostScript 360 Limited

England & Wales - Charity number 1056508

Accounts

Company Reg No: 03169578
Charity Reg No: 1056508

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**POSTSCRIPT 360 LIMITED
TRUSTEES AND DIRECTORS REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023
Charity no: 1056508
Company no: 03169578 (England and Wales)**

Company Reg No: 03169578
Charity Reg No: 1056508

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FOR THE YEAR ENDED 31 MARCH 2023

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Trustees Report

The Trustees present their annual report and financial statements for the year ended 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charities Act 2011, the Companies Act 2006, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland published on 16 July 2014.

Objectives and Activities for the public benefit

Aims and Purposes

We are committed to supporting people to reduce the harm caused by prescription drugs of dependence and withdrawal including benzodiazepines, Z drugs (sleeping pills), Pregabalin, Gabapentin and opiate-based painkillers through a wrap-around service consisting of one-to-one therapy, group therapy and a telephone support service. We share our knowledge with health professionals in our field, promote prevention awareness and support people through advocacy.

Our purpose is:

- To reach more people through our group therapy and telephone support service, supporting them to overcome their prescription drug dependence.
- Grow our therapy groups in our communities, empowering participants to make better choices around their mental health and overall well-being.
- Reduce the number of people misusing and developing a dependency to prescription drugs through prevention, awareness and education.
- Advocacy Service: liaise on behalf of clients, build bridges with their GPs and other health care services to develop a better understanding of and improved outcomes for our client's wellbeing.
- To share our knowledge with health professionals who come into direct contact with those who use prescription drug dependence.

The Charity's activities

All our charitable activities focus on the promotion of health, wellbeing and reducing the harms of prescription drug dependence to further our charitable purposes for the public benefit. The services we deliver are:

- Telephone Support Service providing practical advice, triage followed by a full, comprehensive assessment, a tapering schedule, reassurance and support through a tailored, recovery and support plan to taper off Benzodiazepines and other similar prescribed drugs.

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FOR THE YEAR ENDED 31 MARCH 2023

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- Therapy 300 is a face-to-face service providing group therapy sessions for those who live close to Bristol, South Gloucestershire, Bath, and North East Somerset. Therapy 300 is also available online for people who not living locally. This service supports people who want to withdraw safely off Benzodiazepines (Benzos) and other similar prescribed drugs and to improve their emotional and social wellbeing.
- Advocacy service – liaising on behalf of our clients with their GPs and other health care services to get the best outcome for our client's health and wellbeing.
- Sharing our knowledge and experience with health practitioners who come into direct contact with people who misuse prescribed drugs including benzodiazepines, Z drugs, sleeping pills, Pregabalin, Gabapentin and opiate-based painkillers.
- Prevention awareness of the harms associated with prescription drugs of dependence to the public.

Achievements and performance

PostScript360 highlights:

- 10,817 inbound and outbound telephone calls combined. We support people through our Telephone Support Service, an average of 216 calls a week, 43 calls a day, 91% service users (clients), 9% of concerned family members and health professionals seeking advice.
- Provided 5,480 hours of one-to-one therapy sessions.
- We provided advocacy for 301 people, approximately 1,204 hours liaising with clients' GPs and mental health professionals.
- Supported 321 people in recovery, with 141 complex cases.
- 1,501 people called for advice and support related to the harms and misuse of benzodiazepines and other similar prescription drugs.
- Hosted 10 presentations of our services, and how to support people with a dependence to benzodiazepines, Z drugs, painkillers and other similar drugs to health organisations, and mental health crisis teams.
- Ran 18 campaigns on social media platforms, using anonymised examples from clients' life experiences, these highlighted the harms of benzodiazepines, prevention awareness, warnings of mixing other drugs with benzodiazepines, plus alerting people of bad batches in the community, reaching over 51,000 people.
- Implemented a new website that increased our presence, making it user friendly for people who wish to reach us through our contact form, easier to update information and engage with our audience with useful tips and guidance.

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How PostScript360 measures impact and outcomes

Long-term use of Benzodiazepine, Z Drugs, pain killers and other similar prescription drugs of dependence has caused adverse physiological and neurological effects for over 3.9 million people in England. This is a serious health problem. The average time people are supported by PostScript360 ranges from 9-18 months, depending on length of time using, the quantity and the type of drug. We inform our clients about the effects of the drugs they are using, produce a personal taper schedule and if the client gives their consent, we will send the taper schedule to their GP and/or mental health team to work together for the client's benefit. We calculate the client's daily, weekly, and fortnightly dose of medication, making it easier for the client to follow and to save time for the pharmacists distributing their medication. PostScript360 encourages and supports our clients to learn new skills, go back to work, reconnect with family and friends and to live a happier and healthier life through our Therapy 300. Plus offering volunteering opportunities to engage or start up their own peer to peer 360 Club which allows former clients help others, make friends, enjoy group activities together and be part of their community.

We track progress through the National Drug Treatment Monitoring System from the Office for Health Improvement and Disparities (OHID) part of the Department of Health and Social Care.

We enter clients' treatment outcomes and profile reports quarterly. Our total successful exits of people who have reduced their intake or are drug free is 90%. This compares with the overall health system successful exits of 38.9% in 2022-23. Return to service OHID reports that of those in treatment on the 31 March 2022, a third (29%) were in treatment continuously and 34% had more than three attempts at treatment. PostScript360, in contrast, has had only 9 returns to service in 3 years.

To have a greater understanding of our clients we have an inhouse monitoring system because the National Drug Treatment Monitoring System does not identify or monitor all the drugs of dependence classified as benzodiazepines and Z drugs, other similar drugs nor are we able to list the different types of benzodiazepines and other prescription drugs of dependence.

We monitor our clients' anxiety, happiness and social inclusion with several tools - a Mood Tracker that helps clients understand their feelings - describing situations, how it made them feel and if there was a pattern that could be overcome.

Each client receives a personalised drug taper and recovery plan that is monitored every two weeks, practitioners also have one-to-one scheduled weekly meetings with the client for at least 3 months and for more complex cases much longer. We monitor their wellbeing, diet, sleep hygiene and housing. Part of the clients' progress is working towards their goals in their recovery and support plan until they are ready to join Therapy 300 (group sessions). We measure, record progress and collect data for the charity's outcomes reporting.

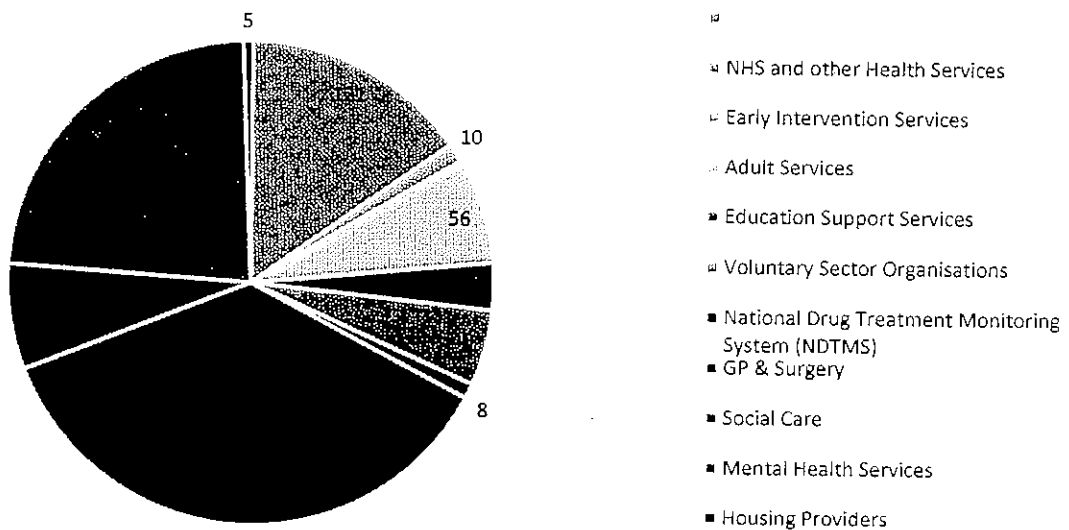
In house monitoring of clients is extremely important as only a small percentage of clients allow PostScript360 to share information with other parties, such as National Drug Treatment Monitoring System (NDTMS), Early Intervention Services, Adult Services, Mental Health Services and Housing Providers.

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Last year 8 out of 321 people supported by us for a dependence on benzodiazepines gave permission for PostScript360 to enter their data on NDTMS. Whereas 289 people gave their permission for PostScript360 to contact their GP. PostScript360 staff are trying to address this by explaining to the clients that their details are anonymous, however this must remain their personal choice.

321 Clients consented to information sharing with:



Barriers for our communities and unmet needs

95% of clients told us that drug agencies do not understand prescription drug dependency, and 70% of mental health services excluded them if their problem is seen to be one of drug misuse. People ended up in a revolving door scenario with multiple visits to Accident & Emergency and Mental Health Crisis admissions. Data showed that two-fifths of patients waiting for mental health treatment contact emergency or crisis services, with one-in-nine (11%) ending up in A&E according to research by the Royal College of Psychiatrists. 64% wait more than four weeks between their initial assessment and second appointment. One-in-four wait more than three months, and one-in-nine wait longer than six months. Some respondents living with severe mental illness - including eating disorders, bipolar disorder, and PTSD - were left waiting up to two years for treatment. Others were left waiting up to four years for treatment for depression, anxiety and suicidal thoughts. 38% reported that they, or someone on their behalf, had contacted emergency or crisis services while waiting for their second appointment. These delays led to 39% said that waiting had led to a decline in their mental health¹.

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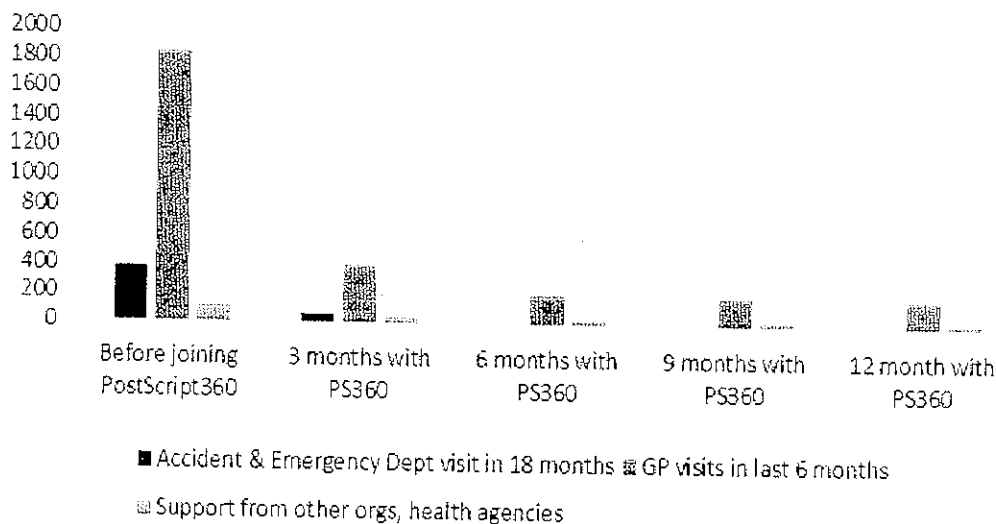
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Painkillers use is on the increase, especially for people waiting for operations. Opioid prescribing doubled in the period between 1998 and 2018, this rise has been referred to as an opioid epidemic in the UK, since 2018, figures have increased further due to a backlog of NHS operations and treatments.

Improving social value and peoples' wellbeing

PostScript360 adds social value economically to health care public services, especially when the need for investment in health and well-being is stronger than ever.

321 people from April 22 - March 23



N.B Whilst clients are tapering, they will continue to see their GPs.

The challenges we faced from April 2022 to the end of March 2023

The post pandemic downturn, alongside coming out of Europe, strikes and economic uncertainty have continued to have a negative effect on people's mental health. Other issues are socioeconomic including a lack of regional availability of services, poor support, stigma and racial barriers. There are many more hurdles for people to navigate, including long waits for hospital appointments, a diagnosis, being on long waiting lists for operations resulting in reliance on opioid painkillers which then results in dependence.

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People who are already living with mental health illness are having to rely on prolonged use of medication, leading to their misuse. People who self-diagnose, self-medicate, and buy illicit prescriptions drugs has also increased.

Most people on our caseload reported they had anxiety disorders (92%) and depression (62%). In the past year PostScript360 saw an increase of complex cases of:

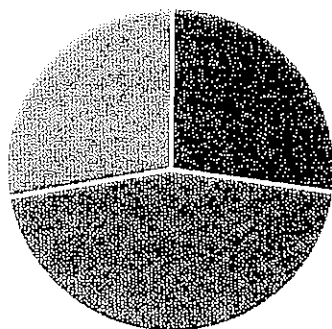
- 29% Suicide and suicidal ideation
- 20% borderline personality disorder
- 19% ADHD
- 14% bipolar disorder
- 19% sexual abuse and trauma
- 12% post-traumatic stress disorder (PTSD)
- 10% eating disorders
- 8% Fibromyalgia

Over 57% of people presented to PostScript360 with more than one illness and several had a combination of several of the disorders mentioned above.

During the last three years PostScript360 has seen an increase of people self-medicating with benzodiazepines (tranquillisers) and other similar drugs believing that prescription drugs are safe. People are continuing to buy prescription medication online from unregulated suppliers. Unaware if the medication they have brought is diluted or fake. This can result in people ending up in Accident and Emergency. For a third year running we are continuing to see a greater number of young people self-diagnosing and self-medicated with Alprazolam (Xanax), a medication no longer prescribed by the NHS; resulting in increased numbers of this demographic presenting to Accident and Emergency.

Dependency on benzodiazepines affects all ages.

Age range supported in 2022-23



■ 18 – 30 years 27% ■ 31 – 54 years 45% ■ 55+ plus years 28%

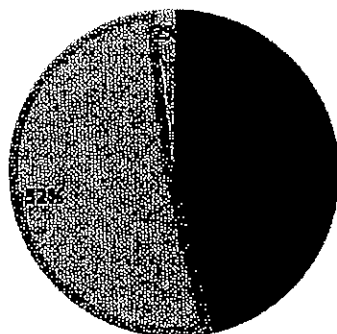
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Gender April 2022 to March 2023

GENDER

■ Male ■ Female ■ Non-binary people ■



Funding challenges

Less grants are now available. Charities and other services are closing due to the financial squeeze and the lack of local government support. Competition amongst charities applying to charitable trusts and grant giving charitable trusts has resulted in many receiving less funds. This is often due to the dwindling investment returns of those who provide such financial support. Incoming Council Commissioning Group changes under the new Health and Care Bill implemented by the Government, plus the Integrated Care System (ICS) and Integrated Care Partnerships mean that both public and private fundraising opportunities are at an all-time low due to the cost-of-living crisis and high inflation.

Financial Review

PostScript360 ended this financial year with a shortfall. In 2019 the board of Trustees planned a strategic approach to the reserves remaining from a legacy we received into our bank account 2017. To build, grow and improve our service delivery to meet the needs of our clients (service users) it was decided to release the funds. The goal of improving service delivery has been met; we are more person centred resulting in better outcomes. The charity had demonstrated model solutions: innovation, problem solving for our clients, creating, capturing data and evidencing practical solutions that support clients. Our advocacy efforts have successfully influenced others to get the best outcome for our client. The COVID-19 pandemic affected our financial performance and strategic position while the post pandemic downturn has increased the number of people with long term reliance on prescription drugs of dependence which is creating more labour-intensive demand for one-to-one therapy from the charity.

As charity released all its investments held by Brewin Dolphin in February 2022 for operating and running costs the charity's business plan has had to be adapted several times. This necessitated fundraising challenge events to be put on hold, staff have had to reevaluate their priorities leading to the loss of some

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staff. PostScript360 faced recruitment challenges with labour shortages and lack of qualified staff coupled with the continued rising demand on our services.

Investment policy

The charity has no long-term investments currently, its primary asset is cash in the bank. The landscape of funding and fundraising has changed. This may result in opportunities for the charity to work in partnership with other services. Other avenues of income are being explored, commissioning is one, purchasing a property to generate income, offering for our services to the private sector and companies, as well as improving our digital presences. The Trustees are being prudent with the charity's free reserves until economic stability returns.

Going forward

The charity's business plan is to deliver our mission goals: reduce the harms caused by prescription drug dependence such as benzodiazepines, Z drugs, pain killers and other similar prescription drugs, to support people to taper off those prescription drugs safely and to be dependence free. For clients to leave our service with the tools to live and maintain a healthier and more manageable lifestyle. The changes we aim to implicate are:

- Strengthening our programmes of work, acting on feedback from our clients to improve our services, to be more person centred, more inclusive and to deliver higher impact.
- Build the charity's reputation to be known as the best service delivery model for people withdrawing from prescription drugs in the UK.
- Work with mental health services, primary care providers and other drug organisations to build effective, equitable partnerships thereby achieving more together than we can do alone.
- To identify strategic partners with complementary values, commitment and expertise, to join, or bring together coalitions to create sustainable change.
- Improving the client's (service user) experience, positive impacts and outcomes by improving peoples' sense of choice and self-esteem, enabling an individual to have greater self-knowledge and understanding of their condition allowing them to move forward with their lives.
- Evidence-based approach: Gather and use evidence to demonstrate our successes and to drive impact.
- Supporting people to achieve a more balanced lifestyle, to take control of their condition, to build resilience, alleviate distress and combat isolation.

Growth of income

The charity's priorities are to diversify its revenue streams and activities to support PostScript360's charitable objectives. This will include more applications to charitable trusts, statutory funding, and councils. To partner with larger organisations that take the lead bid in commissioning, to promote legacy giving in all our clients, clients family members and friends, to engage with corporates for pro bono, cause related and charity of the year partnerships. To promote challenge fundraising events, runs and

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marathons to our community through Therapy 300, 360 Clubs and eventually to create a new carers hub to fundraise for our charity.

PostScript360 asks clients for suggested donations to contribute towards their therapy. It can take 5 months to 24 months for a person to be dependence free and a further 2-4 months to build resilience for their psychological wellbeing. In a typical year, PostScript360 will have approximately 150 complex cases on our caseloads, costing the charity around £860 to £1,900 per person, per year. There will be 120 clients half way through their taper schedule, 50 clients managing or coming to the end of their taper that are less labour intensive and costly for the charity. On a weekly basis we have approximately 20 - 25 new enquiries.

The nature of benzodiazepines and Z drugs make it impossible to taper off quickly or go 'cold turkey' because it can be life-threatening and result in severe withdrawal syndromes, suicidal ideation, long-lasting and protracted damage to the central nervous system.

Potential areas of income generation

- People who are employed to contribute more/or pay full costs towards their tapering and therapy monthly.
- Partnering with other organisations
- Individuals living outside the South West area who require our Services of Telephone Support and Therapy 300 to contribute a monthly donation towards our capacity in delivering our services.
- Presentations to companies for a fee or to fundraise for our charity.
- Prevention, awareness and support programmes to schools, colleges, and universities for a fee or to fundraise for the charity.
- Fundraising activities from 360 Club (peer to peer support clubs).
- Applications to grant giving charitable trusts, parish councils and statutory funders such as the Lottery.
- Sharing our knowledge and expertise with health practitioners and other organisations for a fee.

Principal Funding Sources

PostScript360 drew down on its reserves in 2022 – 2023, the charity received grants from The John James Bristol Foundation, Foyle Foundation, Jack Lane Charitable Trust, South Gloucestershire Area Wide Grant, Souter Charitable Trust and contribution donations from clients.

Reserves Policy

PostScript360 recognises the importance of maintaining an appropriate level of reserves to allow for contingency planning or action. The Charity's reserves policy is to hold up to six months operating costs. This is in the event of the charity needing to wind down and to meet all its financial obligations.

The trustees are aware of the extreme importance for the charity to have enough funds to grow in capacity to meet the needs of vulnerable people. During this time, whilst the charity adjusts to the economic

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downturn, the trustees will decide the future of the charity on an ongoing basis. Our new strategy aims to enable PostScript360 to implement an innovative strategic approach to secure different income streams with more certainty around sustainability for the future growth of the charity.

Unrestricted reserves stand at six months operating costs, PostScript360's Trustees are prudent to hold reserves for the following reasons:

- To protect against fluctuations in fundraising income that has not materialised due to the pandemic.
- To ensure the continuation of PostScript360's services of unforeseen setbacks.
- To continue the development of programmes in the event of a reduction in funding.

Plans for Future Periods

The main aims for the Board of Trustees for the next financial year is to recruit more trustees and seek professional advice for more insight and perspective in the business side of the charity' sustainability which will ultimately create a strong platform from which to launch the growth we ultimately desire, impacting positively of the lives of many more people who need support.

The Board of Trustees and Staff team aim to continue the services offered by the charity with the overall aim being expanding to reach more individuals in need of these charity's services. The priorities are:

- Therapy 300 group sessions in larger GP practices through the South West by the end of 2023.
- 360 Clubs, peer to peer support up and running by 2024.
- People who are employed to pay full cost or contribute towards their therapy.
- Have six volunteering opportunities through student placements yearly or for those who want to come back to the professional arena, to have a greater understanding of the harm prescription drugs have on people's wellbeing.
- To engage and promote prevention awareness to younger people, support those who need help now at universities, colleges and in the wider community by 2024.
- To promote awareness to and engage a larger audience in awareness of the dangers of buying benzodiazepines and other similar drugs, through short information videos via social media, presentations, and events.
- To be known as the 'go-to' organisation for support and expert knowledge of the effects of benzodiazepines and other similar drugs by the health professionals and practitioners.
- To offer our services to the private sector for a fee, using the income to reach the most vulnerable people in our community.
- To be centre of excellence for people overcoming prescription drugs of dependence, working with other health care professional, agencies and charities to get the best outcomes for our clients.

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Risk Management

The Board of Trustees will annually review the major risks to which PostScript360 is exposed. Where deemed appropriate, systems and/or procedures have been established to mitigate the risks the charity faces. Control risks are minimised by the implementation of financial controls which are regularly monitored and updated. A Risk Management Policy, Financial Policy and Health and Safety are in place and followed to ensure compliance, for the protection of staff, volunteers and charity as a whole.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee incorporated on 08 March 1996 and registered as a charity on 01 July 1996. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.00. In 2020 the Memorandum of Association of the charity was updated and reviewed by the Board of Trustees this was replaced with Articles of Association.

Recruitment and Appointment of Trustees

The number of trustees shall be not less than three but shall not be subject to any maximum. At each annual general meeting, one third of the trustees who are subject to retirement by rotation, or if their number is not three or a multiple of three, the number nearest to one third shall retire from office; but if there is only one trustee who is subject to retirement by rotation, he/she shall retire. The trustees to retire by rotation shall be those who have been longest in office.

Trustee Induction and Training

New trustees are provided with a full induction to the organisation, covering the roles and responsibilities of Board members, operational, financial and health and safety policies, services and activities, and the Strategic Plans of the Charity.

Reference and Administrative Details of the Charity.

PostScript360 is a company limited by guarantee and a registered Charity.

Registered office: 1st Floor, East Wing, The Kingswood Estate, Britannia Road, Kingswood, Bristol BS15 8DB

Registered Company No: 03169578

Registered Charity No: 1056508

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Trustees and Directors on March 31st, 2023

Mr Robert Farrow resigned September 2022
Ms Michelle Wynne
Ms Sophia Knight
Ms Dionne Smart
Ann Deamer

Bankers Charities Aid Foundation (CAF) Bank
25 Kings Hill Ave,
Kings Hill,
West Malling
ME19 4JQ

Examiners Harwood, Lane & Co
Chartered Accountants
Units 1-4 Crossley Farm Business Centre
Swan Lane, Winterbourne
BRISTOL, BS36 1RH

Statement of trustees' responsibilities

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Accepted Accounting Practices).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

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Members of the Board

Members of the Board of Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 11.

In accordance with company law, as the company's directors, we certify that:

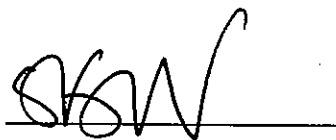
- so far as we are aware, there is no relevant accounts information of which the independent examiners are unaware.
- as the directors of the company we have taken all the steps that we ought to have taken to make ourselves aware of any relevant accounts information and to establish that the charity's examiners are aware of that information.

Independent Examiners

Harwood Lane & Co were the charitable company's independent examiners for the year and have expressed their willingness to continue in that capacity.

Approval

This report was approved by the Board of Trustees on 24 September 2023 and signed on its behalf.



Name: Sophia Knight
Chair of Trustees

¹ <https://www.rcpsych.ac.uk/news-and-features/latest-news/detail/2020/10/06/two-fifths-of-patients-waiting-for-mental-health-treatment-forced-to-resort-to-emergency-or-crisis-services>

East Wing, The Kingswood Estate, Kingswood Bristol BS15 8ND
T: 0117 966 3629 E: info@postscript360.org.uk www.postscript360.org.uk
Chair: Sophie Knight Patron: The Right Hon. Baroness Corston
Registered Charity in England & Wales No. 1056508



**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE
POSTSCRIPT 360 LIMITED**

I report on the accounts of the Company for the year ended 31 March 2023, which are set out on pages 17 to 25.

Respective responsibilities of trustees and examiners

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiners' 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 as to whether the accounts present a true and fair view' and the report is limited to those matters set out in the statement below.

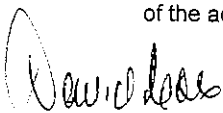
Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1 which give me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with s386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



David Cox F.C.A.
For and on behalf of Harwood Lane & Co
Chartered Accountants and Statutory Auditors
Units 1 - 4
Crossley Farm Business Centre
Swan Lane
Winterbourne
BRISTOL
BS36 1RH

Date: 24 SEPTEMBER 2023

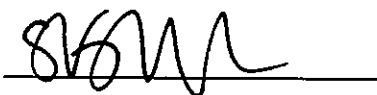
POSTSCRIPT 360 LIMITED

BALANCE SHEET AS AT 31 MARCH 2023

	Notes	2023	2022
FIXED ASSET INVESTMENTS	2	0	0
CURRENT ASSETS			
Debtors	3	159	0
Cash at Bank		191,949	288,952
		<u>192,108</u>	<u>288,952</u>
CREDITORS: amounts falling due within one year	4	-3,094	-3,518
		<u>189,014</u>	<u>285,434</u>
Net Current Assets		189,014	285,434
Total Assets Less Current Liabilities		£189,014	£285,434
CAPITAL AND RESERVES			
General Reserve	10	189,014	285,434
Restricted Reserve	10	0	0
Charity Funds		£189,014	£285,434

The Directors considers that the company is entitled to exemption from the requirement to have an audit under the provisions of s.477 of the Companies Act 2006. Members have not required the company under s.476 of the Companies Act 2006, to obtain an audit for the period ended 31 March 2023. The Directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with s.386 and s.387 of the Companies Act 2006, and for preparing accounts which give a true and fair view of the state of affairs of the company as at 31 March 2023 and of its profit for the period then ended in accordance with the requirements of s.396, and which otherwise comply with the requirements of the Act relating to the accounts so far as applicable to the company.

The financial statements which have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006 were approved by the board on 24 September 2023 and are signed on its behalf.



Trustee
Name: S Knight

The notes on page 20 to 25 form part of these accounts

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 31 MARCH 2023

SUMMARY INCOME AND EXPENDITURE ACCOUNT

<u>INCOMING RESOURCES</u>	Notes	Restricted Funds	Unrestricted Fund	2023 Total	2022 Total
Income from Charitable Activities	13	0	23,000	23,000	11,100
<i>Donations and Legacies</i>		0	9,385	9,385	7,784
<i>Income from other trading activities</i>	14	0	0	0	0
Investment Income	15	0	616	616	4,811
Total Incoming Resources		0	33,001	33,001	23,695
<u>RESOURCES EXPENDED</u>					
Cost of Generating Funds					
Fundraising Costs	16	0	0	0	0
Charitable Activities	17	0	129,421	129,421	106,054
Total Expenditure		0	129,421	129,421	106,054
Transfer between funds		0	0	0	0
		0	129,421	129,421	106,054
Net Incoming/(Outgoing) Resources for the year	7	0	-96,420	-96,420	-82,359
Realised (losses)/gains on investments		0	0	0	6,028
Unrealised (losses)/gains on investments		0	0	0	0
Balance brought forward	10	0	285,434	285,434	361,765
Total Funds Carried Forward	10	£0	£189,014	£189,014	£285,434

The notes on page 20 to 25 form part of these accounts

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Total Funds 2023	Prior Year 2022
Net Cash used in operating activities	18	<u>-97,619</u>	<u>-87,495</u>
<i>Cash Flow from investing activities:</i>			
Interest and dividends		616	4,811
Purchase of investments		0	-48,441
Proceeds from sale of investments		0	323,656
Net cash provided by investing activities		<u>616</u>	<u>280,026</u>
<i>Cash Flow from financing activities:</i>			
Repayment of borrowing		0	0
Receipt of expendable endowment		0	0
Net cash provided by financing activities		<u>0</u>	<u>0</u>
Change in cash and cash equivalents in the year		<u>-97,003</u>	<u>192,531</u>
Cash and cash equivalent brought forward		288,952	96,421
Cash and cash equivalent carried forward		£191,949	£288,952

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of Accounting

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Post Script 360 Limited meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

(b) Income Recognition

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

(c) Expenditure Recognition

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

(d) Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are subject to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(e) Fixed Asset Investments

Investments are stated at market value as at the balance sheet date. The Income and Expenditure account includes the net gains and losses arising on revaluation and disposals throughout the year.

(f) Realised Gains and Losses

All gains and losses are taken to the Income and Expenditure account as they arise. Realised gains and losses in investments are calculated as the difference between sales proceeds and opening market value (purchase date if later). Unrealised gains and losses are calculated as the difference between the market value at the year end and opening market value (or purchase date if later). Realised and unrealised gains are not separate in the Income and Expenditure account.

2	FIXED ASSET INVESTMENTS	2023	2022
	Quoted Shares and Corporate Bonds - historical cost	£0	£0
	Quoted Shares and Corporate Bonds - market value	£0	£0
3	Debtors	2023	2022
	Grants Receivable	0	0
	Prepayments	0	0
	Other Debtors	159	0
		£159	£0
4	Creditors: amounts falling due within one year	2023	2022
	Accruals	870	974
	Other Taxes and Social Security Costs	2,224	2,544
		£3,094	£3,518

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

5	Employee costs	2023	2022
	Wages and Salaries	106,002	83,511
	Social Security Costs	6,212	4,495
	Pension Contributions	2,452	1,908
		£114,666	£89,914

No employees received emoluments of more than £60,000.

Average number of employees	3	3
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6 Trustees remuneration and related party transactions

No members of the board of trustees received any remuneration during the year.

No trustees or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2022 - Nil).

7	Net incoming resources	2023	2022
	Net Incoming Resources is stated after charging:		
	Depreciation	0	0
	Independent Examiners Fee (inc VAT)	870	840

8	Capital commitments	2023	2022
	Authorised but not contracted	£ nil	£ nil
	Contracted but not spent	£ nil	£ nil

9	Analysis of net assets between funds	General Funds	Restricted Funds	Total
	Fixed Asset Investments	0	0	0
	Current Assets	192,108	0	192,108
	Current Liabilities	-3,094	0	-3,094
		£189,014	£0	£189,014

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

10	Reserves	At 01.04.22	Transfers	Income	Expenditure	At 31.03.23
	<i>General Reserves</i>					
	- general funds	256,369	0	33,001	-129,421	159,949
	- designated funds	29,065	0	0	0	29,065
		285,434	0	33,001	-129,421	189,014
	Gains/(losses)	0	0	0	0	0
	Total Reserves	£285,434	£0	£33,001	(£129,421)	£189,014

11	Designated reserves	2023	2022
	Designated Reserves consist of:		
	Development Reserve	29,065	29,065
		£29,065	£29,065

Purpose of Restricted Funds

There were no restricted funds during the year.

Purpose of Designated Funds

Development Reserve

A Development Reserve has been established to set aside funds for the purpose of the on-going development of the charity.

12 Taxation

As a charity, Post Script 360 Limited is exempt from tax on income and gains falling within current tax legislation to the extent that these are applied to its charitable objectives. No tax charges have arisen in the Charity.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

13	Income from charitable activities	Restricted	Unrestricted	2023 Total	2022 Total
	South Gloucestershire Council	0	4,000	4,000	0
	John James Foundation	0	10,000	10,000	8,000
	Jack Lane Charitable Trust	0	1,000	1,000	0
	Albert Hunt Trust	0	0	0	1,000
	The Hedley Foundation	0	0	0	2,100
	Souter Charitable Trust	0	3,000	3,000	0
	The Foyle Foundation	0	5,000	5,000	0
		£0	£23,000	£23,000	£11,100
14	Income from other trading activities	Restricted	Unrestricted	2023 Total	2022 Total
	Group Work		0	0	0
		£0	£0	£0	£0
15	Investment income				
	All of the charities investment income of £616 (2022 - £4,811) arises from money held in interest bearing accounts and investments.				
16	Direct charitable expenditure	Restricted	Unrestricted	2023 Total	2022 Total
	Fundraising Costs	£0	£0	£0	£0
17	Charitable activities	Restricted	Unrestricted	2023 Total	2022 Total
	Salaries	0	114,666	114,666	89,914
	Postage	0	218	218	0
	Photocopying and Printing	0	360	360	86
	IT Costs	0	2,328	2,328	145
	Training	0	395	395	0
	Subscriptions and Publications	0	490	490	447
	Advertising/Promotion	0	435	435	590
	Telephone	0	3,184	3,184	3,252
	Bank Charges	0	226	226	207
	Investment Fees	0	0	0	2,434
	Rent and Rates	0	4,288	4,288	4,180
	Insurance	0	727	727	710
	Professional	0	0	0	0
	Repairs and Renewals	0	51	51	25
	Payroll Bureau	0	421	421	248
	Miscellaneous Expenses	0	266	266	191
	Book-Keeping	0	496	496	520
	Consultancy	0	0	0	0
	Office Equipment	0	0	0	2,265
	Independent Examination	0	870	870	840
		£0	£129,421	£129,421	£106,054

POSTSCRIPT 360 LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

18	Reconciliation of net movements in funds to net cash flow from operating activities	2023	2022
	Net Movement in funds	-96,420	-82,359
	Deduct interest income	-616	-4,811
	Decrease (increase) in debtors	-159	0
	Decrease (increase) in stocks	0	0
	Increase (decrease) in creditors	-424	-325
	Net cash used in operating activities	(£97,619)	(£87,495)

PostScript 360 Limited

England & Wales - Charity number 1056508

Accounts

POSTSCRIPT 360 LIMITED
TRUSTEES AND DIRECTORS REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022
Charity no: 1056508
Company no: 03169578 (England and Wales)

POSTSCRIPT 360 LIMITED

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POSTSCRIPT 360 LIMITED

ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Trustees Report

The Trustees present their annual report and financial statements for the year ended 31 March 2022 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charities Act 2011, the Companies Act 2006, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland published on 16 July 2014.

Objectives and Activities for the public benefit

Aims and Purposes

We are committed to supporting people to reduce the harms caused by prescription drugs of benzodiazepines, Z drugs (sleeping pills), Pregabalin, Gabapentin and opiate-based painkillers of dependence and withdrawal through a wrap-around service of one-to-one therapy, group therapy and a telephone support service. We share our knowledge with health professionals, promote prevention awareness and support people through advocacy.

Our purpose is:

- To reach more people through group therapy and our telephone support service to have a better chance of overcoming prescription drug dependence.
- Grow our therapy groups in our communities, empowering participants to make better choices around their mental well-being.
- Reduce the number of people misusing and developing a dependency to prescription drugs through prevention awareness and education.
- Advocacy Service: liaising on behalf of clients, building bridges with their GPs and other health care services to have a better understanding and outcome for our client's wellbeing.
- To share our knowledge to health professionals who come into direct contact with those who use prescription drug dependence.

The Charity's activities

All our charitable activities focus on the promotion of health, wellbeing and reducing the harms of prescription drug dependence to further our charitable purposes for the public benefit. The services we deliver are:

- Telephone Support Service which provides practical advice, triage followed by a fully comprehensive assessment, tapering schedule, reassurance and support through a tailored recovery and support plan to taper off Benzodiazepines and other similar prescribed drugs.

POSTSCRIPT 360 LIMITED

ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

- Therapy 300 is a face-to-face service of group therapy sessions for those who live close to Bristol, South Gloucestershire, Bath, and North East Somerset. Therapy 300 is also available online for people who do not live locally. This service supports people who want to withdraw safely off Benzodiazepines (Benzos) and other similar prescribed drugs and to improve their emotional and social wellbeing.
- Advocacy – liaising on behalf of our clients with their GPs and other health care services to get the best outcome for our client's wellbeing.
- Sharing our knowledge and experience to health practitioners who come into direct contact with people who misuse prescribed drugs including benzodiazepines, Z drugs, sleeping pills, Pregabalin, Gabapentin and opiate-based painkillers.
- Prevention awareness of the harms associated with prescription drug dependence to the public.

Achievements and performance

PostScript360 highlights:

- 10,649 inbound and outbound telephone calls to support people through our Telephone Support Service, an average of 41 calls a week, 94% service users (clients), 6% of concerned family members and health professionals seeking advice.
- Provided 5,480 hours of one-to-one therapy sessions, an increase of 197% compared to last year.
- We provided advocacy for 249 people, approximately 502 hours liaising with clients GPs and mental health professionals.
- Supported 323 people in recovery of complex cases.
- 1,874 people called for advice and support of the harms and misuse of benzodiazepines and other similar prescription drugs.
- Hosted 12 presentations of our services, and how to support people with a dependence to benzodiazepines and Z drugs to drug and health organisations, and mental health crisis teams.
- Ran 20 campaigns on social media platforms, from client's life experiences, the harms of benzodiazepines, and prevention awareness, warnings of mixing other drugs with benzodiazepines, plus alerting people of bad batches in the community, reaching over 51,000 people.

POSTSCRIPT 360 LIMITED

ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The challenges we faced from April 2021 to the end of March 2022

PostScript360's staff were well rehearsed from the previous year of the pandemic, and were prepared for this financial year, with an up-to-date phone system, CRM, and upgraded computers made our operations and service delivery run more efficiently. The COVID-19 pandemic and the economic downturn has had a negative effect on many people's mental health and created more barriers for people already living with mental illness, resulting in prolonged use, misuse, and illicit use of prescriptions drugs. PostScript360 saw an increase of complex cases of:

- 10% eating disorders
- 6% Myalgic encephalomyelitis (ME), also called chronic fatigue syndrome (CFS)
- 3% Fibromyalgia
- 35% borderline personality disorder
- 38% Self-harm
- 42% sexual abuse and trauma
- 28% Suicide and suicidal ideation

Over 59% of people presented to PostScript360 with more than one illness, and several had a combination of all disorders mentioned above.

This financial year has been challenging, less grants available relating to COVID 19 disruption, withdrawal of government support previously available for charities that continued to work through the pandemic. Fierce competition amongst other charities applying to charitable trusts, and at the same time charitable trusts receiving less funds from their investments to support charities. Council Commissioning Groups ceasing to exist after 31st March 2022, changed under the new Health and Care Bill by the Government, to the Integrated Care System (ICS) and Integrated Care Partnerships. The ICS is taking time to be implemented, restructuring council staff, adjusting the way they work with the voluntary and charity sectors and with less budgets. The ICS is still at its early stages, and plans have not yet been realised, resulting in charities having to learn about these changes which has been very labour intensive, and at the same time not knowing if these changes will benefit them and their community.

For many people living with mental health mood disorders, anxiety and depression, their condition/s has deteriorated since the pandemic. People were experiencing difficulties getting appointments with mental health services or to get a diagnosis to understand their illness. Over COVID -19 patients' prescriptions were often repeated and for some, dosage was increased, unknown to the patient that they were building a tolerance to their medication; which is extremely concerning especially when several GPs and mental health professionals were not following the NICE guideline on benzodiazepines; they must only be used for short term use only (2-3 weeks). Some people had dropped off waiting lists of NHS mental health services and/or no longer being supported. When people managed to see their GPs, several people had their prescriptions cancelled or given incorrect taper advice, leaving the patient to cope with withdrawal symptoms by themselves.

POSTSCRIPT 360 LIMITED

ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The looming mental health crisis fuelled by the aftermath of the pandemic and the economic downturn meant that waiting times have got longer. This has contributed to the high numbers of people self-mediating with benzodiazepines (tranquillisers) and similar drugs, believing that prescription drugs are safe. People continued to buy prescription medication online from unregulated suppliers, unaware if the medication is diluted or fake, with people ending up in Accident and Emergency. We also saw a greater number of young people self-diagnosing and self-mediating with Alprazolam (Xanax), (a medication no longer prescribed by the NHS) with increased numbers presenting to Accident and Emergency. Dependency of benzodiazepines effects all ages.

Age range of people we supported in 2021-22:

- 18 – 30 years 27%
- 31 – 54 years 34%
- 55+ plus years 39%

Recruitment was difficult over this financial period especially with increased demands of our services, people being furloughed, new employees having Covid 19 fatigue before starting their new role, or unable to adapt to a new working environment. PostScript360 advertised for trained practitioners, many were from drug agencies, however it soon became apparent drug workers that applied did not have the skills or experience with people who had a dependence to benzodiazepines.

How we responded

'All hands-on deck' was the first response to the volume of calls we received through the pandemic, PostScript360 staff were receiving more complex cases, from very distressed people who had nowhere to turn and unable to cope by themselves.

We implemented a swift response procedure for our clients, on first contact with PostScript360 each person received a triage immediately, followed by an assessment as soon as possible, normally within the first week, and the client received a taper and support plan the follow week. 80% of clients were tapering within the first month of contact, 16% were delayed because of hold ups down to difficulties getting through to GPs and pharmacies, and around 4% of people were not ready to start their taper.

PostScript360 readvertised after Christmas for practitioners, after several organisations had made redundancies or ended furlough, this time our approach focused on people with experience from mental health services, nursing, or support work. We successfully employed new staff from a pool of worthy candidates.

The charity took the decision to ask people to contribute a donation towards their therapy, this enabled the charity to take more people on to our caseload. From this action, clients were more committed in their recovery and were on time for their appointments.

POSTSCRIPT 360 LIMITED

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FOR THE YEAR ENDED 31 MARCH 2022

PostScript360's weekly support groups held at Gloucester House, Southmead Hospital, Bristol were transferred to digital platforms online and PostScript360 were able to reach and engage with more clients, those who were unable to engage digitally were sent information by post and participated by telephone calls on a weekly basis.

Our aim is to reach people in need of our support who have a dependence to benzodiazepines and other similar drugs. We promoted our Therapy 300 service and Telephone Support Service by sending an introductory letter of our charity and service leaflets to 120 GP Practices in the surrounding areas, we ran 20 campaigns on social media of the harms of benzodiazepine, Z drugs and other similar drugs. We hosted 12 presentations to mental health professionals in hospitals, IAPT services and similar organisations supporting people with drug dependency and addiction.

The charity continues its memberships with CVS South Gloucestershire Leaders Board, part of the Bristol CEO group, Helplines Partnership, British Association for Counselling and Psychotherapy, BACP, National Suicide Alliance, VOSCUR and Care Forum. We have grown our presence of the NHS website for England and Wales, Talk to Frank, local wellness directory platforms, local and national charity service information. We are partners in South Gloucestershire Mental Health Partnership, and South Gloucestershire Peer Support Network.

We appointed two voluntary counselling student to support our clients whilst they were gaining work experience. We were unable to recruit more volunteers due to restrictions and COVID 19, which also meant we were unable to set up our 360 Clubs programmes.

Clients leave our services when they are drug free or have reduced to a very low manageable dose of prescribed drugs. PostScript360 has maintained its low re-representation to service, with only 4 service user re-presenting to our service in this year.

From April 2021 to March 2022, we supported 323 people to taper from harmful benzodiazepines, Z Drugs, and other similar drugs, we referred several cases of chronic or severe mental illness to specialist's care, supporting individuals to recognised they needed more care than we could give; many were frequent users of health services, not only in the primary care setting but also in secondary care, including regular attendances at Accident and Emergency departments. We also had a remaining 56 people coming to the end of their taper schedule in April 2022.

POSTSCRIPT 360 LIMITED

ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Financial Review

PostScript360 ends this financial year in a shortfall, in 2019 the board of Trustees planned a strategic approach to release reserves from a legacy we received into our bank account 2017, to build, grow and improve our service delivery to meet the needs of our clients (service users). The improved service delivery has been met; a more inclusive, higher impact programme has been achieved. The charity had demonstrated model solutions: innovation, problem solving for our clients, creating, capturing data, and evidencing practical solutions that support clients, and our advocacy efforts have successfully influenced others to get the best outcome for our client. The COVID-19 pandemic affected our financial performance and strategic position; in real terms the charity is 18 months behind its original growth plans on income generation. The charity released all its investments held by Brewin Dolphin in February 2022 for operating and running costs. The charity's business plan has been put on hold and adapted several times, fundraising challenge events did not materialise because of COVID 19 and the demand on services continued.

Investment policy

The charity has no long-term investments, its primary asset is cash in the bank. With no additional support from the Government to support charities remaining open, the Trustees release the investment funds from Brewin Dolphin. The Trustees are cautious and being prudent with the charity's free reserves to ensure we retain maximum liquidity even through the sudden disruption of a national lockdown." Ongoing meeting are continuing with the Board and the CEO for the future development of the charity, many avenues of income are being explored, commissioning is one, purchasing a property to generate income, offering for our services to the private sector and to companies, improving our digital presences, and to seek professional business advice to assist in our decision making.

Business plans going forward

The charity's business plan is to delivery our mission, to take the organisation forward with the team, to support people to taper off prescription drugs safely and to be dependence free, clients to leave our service with the tools to live a healthier and manageable lifestyle. The changes we have made and strive to meet are:

- Strengthening our programmes of work, acting on feedback from our clients to improve our services, to be more person centred, more inclusive and to deliver high impact.
- Build the charity's reputation to be known as the best delivery service model for people withdrawing from prescription drugs in the UK.
- Working with mental health services, primary care, and other drug organisations to build effective, equitable partnerships to achieve more together than we can do alone.
- To identify strategic partners with complementary values, commitment, and expertise, to join, or bring together, coalitions to create sustainable change.

POSTSCRIPT 360 LIMITED

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FOR THE YEAR ENDED 31 MARCH 2022

- Improving the client's (service user) experience, positive impacts, and outcomes by improving peoples' sense of choice and self-esteem, enabling an individual to have greater self-knowledge, and understanding of their condition and to move forward with their lives.
- Evidence-based approach: Gather and use evidence to demonstrate our successes and to drive impact.
- Supporting people to achieve a more balanced lifestyle, to take control of their condition, to build resilience, alleviating distress, and combating isolation.

Growth of income

The charity's priorities are to continue to diversify its revenue streams and activities to support PostScript360 charitable objectives. This will include more applications to charitable trusts, statutory funding, and councils. To be commissioned for our services by Bristol and South Gloucestershire Councils, to promote legacy giving in all our clients, clients family members and friends, to engage with corporates for pro bono, cause related and charity of the year partnerships. To promote challenge fundraising events, runs and marathons to our community through Therapy 300, 360 Clubs and eventually to a new carers hub to fundraise for our charity.

To make our services economically viable, we ask clients for suggested donations to contribute towards their therapy. It can take 5 months to 24 months for a person to be dependence free and a further 2 months to accept, build resilience for their psychological wellbeing and to live without the drug. In a typical year, PostScript360 will have approximately 150 complex cases on our caseloads, costing the charity around £980 per person, per year. There will be 120 clients half way through their taper schedule, 50 clients managing or coming to the end of their taper that are less labour intensive and costly for the charity. On a weekly basis we have around 25 new enquiries.

There is no quick fix, or in-patient detox centres that can successfully support a person off these drugs. The nature of benzodiazepines and Z drugs make it impossible to taper off quickly or go 'cold turkey', because it can be life-threatening and can result in severe withdrawal syndromes and long-lasting protracted damage to the central nervous system.

Areas of income generation

- People who are employed to contribute more/or pay full costs towards their tapering and therapy monthly.
- Individuals living outside the South West area who require our Services of Telephone Support and Therapy 300 to contribute a monthly donation towards our capacity in delivering our services.
- Presentations to companies for a fee or to fundraise for our charity.
- Prevention, awareness and support programmes to schools, colleges, and universities for a fee or to fundraise for the charity.
- Fundraising activities from 360 Club (peer to peer support clubs).
- Applications to grant giving charitable trusts, parish councils and statutory funders such as the Lottery.
- Sharing our knowledge and expertise for a fee from health practitioners and organisations.

POSTSCRIPT 360 LIMITED

ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Principal Funding Sources

PostScript360 drew down on its reserves in 2021 – 2022, the charity received a grant from The John James Bristol Foundation, the Albert Hunt Trust, the Hedley Foundation, and contribution donations from clients.

Reserves Policy

PostScript360 recognises the importance of maintaining an appropriate level of reserves to allow for contingency planning or action. The Charity's reserves policy is to hold up to six months operating costs. This is in the event of the charity needing to wind down and to meet all its financial obligations.

The trustees are aware of the extreme importance for the charity to have enough funds to grow in capacity to meet the needs of vulnerable people, during this time whilst the charity is coming out of COVID 19 and the economic downturn, the trustees will decide the future of the charity on an ongoing basis. Our new strategy aims to enable PostScript360 to implement an innovative strategic approach to secure different income streams with more certainty around sustainability for the future growth of the charity.

Unrestricted reserves stand at six months operating costs, PostScript360's Trustees are prudent to hold reserves for the following reasons:

- To protect against fluctuations in fundraising income that has not being able to materialise due to the pandemic.
- To ensure the continuation of PostScript360's services of unforeseen setbacks.
- To continue the development of programmes in the event of a reduction in funding

Plans for Future Periods

The main aims for the Board of Trustees for the next financial year is to recruit more trustees or seek professional advice for more insight and perspective in the business side of the charity' sustainability which will ultimately create a strong platform from which to launch the growth we ultimately desire, impacting positively of the lives of many more people who need support.

The Board of Trustees and Staff team aim to continue the services offered by the charity with the overall aim of the expansion of the reaching of more individuals in need of these charity's services. The priorities are:

- Therapy 300 group sessions in larger GP practices through the South West by the end of 2023.
- 360 Clubs, peer to peer support up and running by 2023.
- People who are employed to pay full cost or contribute towards their therapy.
- Have six volunteering opportunities through student placements yearly or those who want to come back to the professional to have a greater understanding of the harm prescription drugs have on people's wellbeing.

POSTSCRIPT 360 LIMITED

ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

- To engage and promote prevention awareness to younger people, support those who need help now at universities, colleges and in the wider community by 2024.
- To promote awareness and engage to a larger audience of the harms of buying benzodiazepines and other similar drugs through short information videos via social media, presentations, and events.
- To be known as the 'go-to' organisation for support and expert knowledge of the effects of benzodiazepines and other similar drugs by the health professionals and practitioners.
- To offer our services to the private sector for a fee, using the income to reach the most vulnerable people in our community.
- To be centre of excellence for people overcoming prescription drugs of dependence, working with other health care professional, agencies, and charities to get the best outcomes for our clients.

Risk Management

The Board of Trustees annually review the major risks to which PostScript360 is exposed. Where deemed appropriate, systems and/or procedures have been established to mitigate the risks the charity faces. Control risks are minimised by the implementation of financial controls which are regularly monitored and updated. A Risk Management Policy, Financial Policy and Health and Safety are in place and followed to ensure compliance, for the staff, volunteers and charity.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee incorporated on 08 March 1996 and registered as a charity on 01 July 1996. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.00. In 2020 the Memorandum of Association of the charity was updated and reviewed by the Board of Trustees, replaced with Articles of Association.

Recruitment and Appointment of Trustees

The number of trustees shall be not less than three but shall not be subject to any maximum. At each annual general meeting, one third of the trustees who are subject to retirement by rotation, or if their number is not three or a multiple of three, the number nearest to one third shall retire from office; but if there is only one trustee who is subject to retirement by rotation, he shall retire. The trustees to retire by rotation shall be those who have been longest in office.

POSTSCRIPT 360 LIMITED

ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Trustee Induction and Training

New trustees are provided with a full induction to the organisation, covering the roles and responsibilities of Board members, operational, financial and health and safety policies, services and activities, and the Strategic Plans of the Charity.

Reference and Administrative Details of the Charity.

PostScript360 is a company limited by guarantee and a registered Charity.

Registered office: 1st Floor, East Wing, The Kingswood Estate, Britannia Road, Kingswood, Bristol BS15 8DB

Registered Company No: 03169578

Registered Charity No: 1056508

Trustees and Directors on March 31st, 2022

Mr Robert Farrow
Ms Michelle Wynne
Ms Sophie Knight
Mr Ian Smith resigned April 2021
Ms Dionne Smart

Bankers Charities Aid Foundation (CAF) Bank
 25 Kings Hill Ave,
 Kings Hill,
 West Malling
 ME19 4JQ

Examiners Harwood, Lane & Co
 Chartered Accountants and Registered Auditors
 Units 1-4 Crossley Farm Business Centre
 Swan Lane, Winterbourne
 BRISTOL, BS36 1RH

POSTSCRIPT 360 LIMITED

ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Statement of trustees' responsibilities

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Accepted Accounting Practices).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Board

Members of the Board of Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 11.

In accordance with company law, as the company's directors, we certify that:

- so far as we are aware, there is no relevant accounts information of which the independent examiners are unaware.
- as the directors of the company we have taken all the steps that we ought to have taken to make ourselves aware of any relevant accounts information and to establish that the charity's examiners are aware of that information.

POSTSCRIPT 360 LIMITED

ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Independent Examiners

Harwood Lane & Co were the charitable company's independent examiners for the year and have expressed their willingness to continue in that capacity.

Approval

This report was approved by the Board of Trustees on 26 SEPTEMBER 2022 and signed on its behalf.

A handwritten signature in black ink, appearing to be 'Robert Farrow', written over a horizontal line.

Name: Robert Farrow
Chair of Trustees

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE
POSTSCRIPT 360 LIMITED**

I report on the accounts of the Company for the year ended 31 March 2022, which are set out on pages 16 to 24.

Respective responsibilities of trustees and examiners

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiners' 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 as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

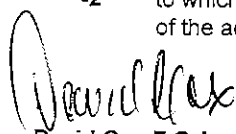
Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1 which give me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with s386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



David Cox F.C.A.

For and on behalf of Harwood Lane & Co
Chartered Accountants and Statutory Auditors
Units 1 - 4
Crossley Farm Business Centre
Swan Lane
Winterbourne
BRISTOL
BS36 1RH

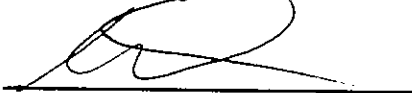
Date: 26 SEPTEMBER 2022

BALANCE SHEET AS AT 31 MARCH 2022

	Notes	2022	2021
FIXED ASSET INVESTMENTS	2	0	269,187
CURRENT ASSETS			
Debtors	3	0	0
Cash at Bank		288,952	96,421
		288,952	96,421
CREDITORS: amounts falling due within one year	4	-3,518	-3,843
Net Current Assets		285,434	92,578
Total Assets Less Current Liabilities		£285,434	£361,765
CAPITAL AND RESERVES			
General Reserve	10	285,434	361,765
Restricted Reserve	10	0	0
Charity Funds		£285,434	£361,765

The Directors considers that the company is entitled to exemption from the requirement to have an audit under the provisions of s.477 of the Companies Act 2006. Members have not required the company under s.476 of the Companies Act 2006, to obtain an audit for the period ended 31 March 2022. The Directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with s.386 and s.387 of the Companies Act 2006, and for preparing accounts which give a true and fair view of the state of affairs of the company as at 31 March 2022 and of its profit for the period then ended in accordance with the requirements of s.396, and which otherwise comply with the requirements of the Act relating to the accounts so far as applicable to the company.

The financial statements which have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006 were approved by the board on 26 SEPTEMBER 2022 and are signed on its behalf.



Trustee
Name: R Farrow

The notes on page 16 to 22 form part of these accounts

POSTSCRIPT 360 LIMITED**STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 31 MARCH 2022****SUMMARY INCOME AND EXPENDITURE ACCOUNT**

<u>INCOMING RESOURCES</u>	Notes	Restricted Funds	Unrestricted Fund	2022 Total	2021 Total
Income from Charitable Activities	13	0	11,100	11,100	80,000
<i>Donations and Legacies</i>		0	7,784	7,784	5,106
<i>Income from other trading activities</i>	14	0	0	0	0
Investment Income	15	0	4,811	4,811	6,505
Total Incoming Resources		0	23,695	23,695	91,611
<u>RESOURCES EXPENDED</u>					
Cost of Generating Funds					
Fundraising Costs	16	0	0	0	0
Charitable Activities	17	0	106,054	106,054	108,921
Total Expenditure		0	106,054	106,054	108,921
Transfer between funds		0	0	0	0
		0	106,054	106,054	108,921
Net Incoming/(Outgoing) Resources for the year	7	0	-82,359	-82,359	-17,310
Realised (losses)/gains on investments		0	6,028	6,028	3,763
Unrealised (losses)/gains on investments		0	0	0	15,305
Balance brought forward	10	0	361,765	361,765	360,007
Total Funds Carried Forward	10	£0	£285,434	£285,434	£361,765

The notes on page 16 to 22 form part of these accounts

POSTSCRIPT 360 LIMITED

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Total Funds 2022	Prior Year 2021
Net Cash used in operating activities	18	-87,495	-22,758
Cash Flow from investing activities:			
Interest and dividends		4,811	6,505
Purchase of investments		-48,441	-113,565
Proceeds from sale of investments		323,656	94,468
Net cash provided by investing activities		280,026	-12,592
Cash Flow from financing activities:			
Repayment of borrowing		0	0
Receipt of expendable endowment		0	0
Net cash provided by financing activities		0	0
Change in cash and cash equivalents in the year		192,531	-35,350
Cash and cash equivalent brought forward		96,421	131,771
Cash and cash equivalent carried forward		£288,952	£96,421

POSTSCRIPT 360 LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of Accounting

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Post Script 360 Limited meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

(b) Income Recognition

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

(c) Expenditure Recognition

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

POSTSCRIPT 360 LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2022

(d) Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are subject to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(e) Fixed Asset Investments

Investments are stated at market value as at the balance sheet date. The Income and Expenditure account includes the net gains and losses arising on revaluation and disposals throughout the year.

(f) Realised Gains and Losses

All gains and losses are taken to the Income and Expenditure account as they arise. Realised gains and losses in investments are calculated as the difference between sales proceeds and opening market value (purchase date if later). Unrealised gains and losses are calculated as the difference between the market value at the year end and opening market value (or purchase date if later). Realised and unrealised gains are not separate in the Income and Expenditure account.

2	FIXED ASSET INVESTMENTS	2022	2021
	Quoted Shares and Corporate Bonds - historical cost	£0	£255,097
	Quoted Shares and Corporate Bonds - market value	£0	£269,187
3	Debtors	2022	2021
	Grants Receivable	0	0
	Prepayments	0	0
		£0	£0
4	Creditors: amounts falling due within one year	2022	2021
	Accruals	974	1,727
	Other Taxes and Social Security Costs	2,544	2,116
		£3,518	£3,843

POSTSCRIPT 360 LIMITED**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 31 MARCH 2022**

5	Employee costs	2022	2021
	Wages and Salaries	83,511	88,703
	Social Security Costs	4,495	4,403
	Pension Contributions	1,908	1,834
		£89,914	£94,940

No employees received emoluments of more than £60,000.

Average number of employees	3	3
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6 Trustees remuneration and related party transactions

No members of the board of trustees received any remuneration during the year.

No trustees or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2021 - Nil).

7	Net incoming resources	2022	2021
	Net Incoming Resources is stated after charging:		
	Depreciation	0	0
	Independent Examiners Fee (inc VAT)	840	828

8	Capital commitments	2022	2021
	Authorised but not contracted	£ nil	£ nil
	Contracted but not spent	£ nil	£ nil

9	Analysis of net assets between funds	General Funds	Restricted Funds	Total
	Fixed Asset Investments	0	0	0
	Current Assets	288,952	0	288,952
	Current Liabilities	-3,518	0	-3,518
		£285,434	£0	£285,434

POSTSCRIPT 360 LIMITED**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 31 MARCH 2022**

10	Reserves	At 01.04.21	Transfers	Income	Expenditure	At 31.03.22
	<i>General Reserves</i>					
	- general funds	332,700	6,028	23,695	-106,054	256,369
	- designated funds	29,065	0	0	0	29,065
		361,765	6,028	23,695	-106,054	285,434
	Gains/(losses)	0	-6,028	6,028	0	0
	Total Reserves	£361,765	£0	£29,723	(£106,054)	£285,434

11	Designated reserves	2022	2021
	Designated Reserves consist of:		
	Development Reserve	29,065	29,065
		£29,065	£29,065

Purpose of Restricted Funds

There were no restricted funds during the year.

Purpose of Designated Funds***Development Reserve***

A Development Reserve has been established to set aside funds for the purpose of the on-going development of the charity.

12 Taxation

As a charity, Post Script 360 Limited is exempt from tax on income and gains falling within current tax legislation to the extent that these are applied to its charitable objectives. No tax charges have arisen in the Charity.

POSTSCRIPT 360 LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

13	Income from charitable activities	Restricted	Unrestricted	2022 Total	2021 Total
	South Gloucestershire Council	0	0	0	5,000
	Coronavirus Community Fund by the National Lottery Community Fund	0	0	0	65,000
	John James Foundation	0	8,000	8,000	8,000
	Jack Lane Charitable Trust	0	0	0	1,000
	Albert Hunt Trust	0	1,000	1,000	1,000
	The Hedley Foundation	0	2,100	2,100	0
		£0	£11,100	£11,100	£80,000
14	Income from other trading activities	Restricted	Unrestricted	2022 Total	2021 Total
	Group Work		0	0	0
		£0	£0	£0	£0
15	Investment income	All of the charities investment income of £4,811 (2021 - £6,505) arises from money held in interest bearing accounts and investments.			
16	Direct charitable expenditure	Restricted	Unrestricted	2022 Total	2021 Total
	Fundraising Costs	£0	£0	£0	£0
17	Charitable activities	Restricted	Unrestricted	2022 Total	2021 Total
	Salaries	0	89,914	89,914	94,940
	Postage	0	0	0	188
	Photocopying and Printing	0	86	86	72
	IT Costs	0	145	145	762
	Travel	0	0	0	16
	Subscriptions and Publications	0	447	447	176
	Advertising/Promotion	0	590	590	620
	Telephone	0	3,252	3,252	2,655
	Bank Charges	0	207	207	175
	Investment Fees	0	2,434	2,434	2,382
	Rent and Rates	0	4,180	4,180	4,178
	Insurance	0	710	710	594
	Professional	0	0	0	390
	Repairs and Renewals	0	25	25	0
	Payroll Bureau	0	248	248	360
	Miscellaneous Expenses	0	191	191	35
	Book-Keeping	0	520	520	122
	Consultancy	0	0	0	48
	Office Equipment	0	2,265	2,265	380
	Independent Examination	0	840	840	828
		£0	£106,054	£106,054	£108,921

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

18	Reconciliation of net movements in funds to net cash flow from operating activities		
		2022	2021
	Net Movement in funds	-82,359	-17,310
	Deduct interest income	-4,811	-6,505
	Decrease (increase) in debtors	0	0
	Decrease (increase) in stocks	0	0
	Increase (decrease) in creditors	-325	1,057
	Net cash used in operating activities	(£87,495)	(£22,758)