

Company registration number: 03309760

Charity registration number: 1061691

Self Help Nottingham

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2021

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

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Reference and Administrative Details

Trustees	Vera Todorovic Suzanna Van Schaick Sarah Fleming Hayley Allison Nina Ennis, Interim Chair Nigel Cordier Julie Allen, Treasurer John Moore, Vice Chair
Senior Management Team	Sarah Collis, CEO
Principal Office	21-23 Pelham Road Nottingham NG5 1AP
Company Registration Number	03309760
Charity Registration Number	1061691
Bankers	Natwest Bank Smiths Bank 16 South Parade Nottingham NG1 2JX
Independent Examiner	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2021.

Trustees

Vera Todorovic

Suzanna Van Schaick

Sarah Fleming

Hayley Allison (appointed 26 November 2020)

Nina Ennis, Interim Chair (appointed 16 February 2021)

Nigel Cordier (appointed 25 June 2021)

Julie Allen, Treasurer (appointed 26 November 2020)

John Moore, Vice Chair (appointed 26 November 2020)

Edward Dandy (deceased 30 January 2021)

Jackie Dennis (resigned 31 March 2021)

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 30 January 1997 and most recently amended 7 November 2006. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

The board uses a number of methods to identify new trustees including direct approach to individuals who had expressed an interest in joining the board as well as open recruitment. Potential trustees complete an application form and are interviewed by the chair and other board members.

Induction and training of trustees

After induction new trustees are invited to attend a board meeting where their membership is ratified. Trustees are selected for their interest in the work of Self Help and their skill and expertise.

Organisational structure

The chief officer of the organisation is Sarah Collis to whom the trustees delegate the day-to-day management of the charity.

Trustees' Report

Objectives and activities

Objects and aims

The principal objects of the charity are:

- To promote any charitable purposes in particular for the benefit of persons living within England and Wales and in particular to promote the relief of elderly persons, the relief of sickness (both physical and mental) and the relief of poverty;
- To facilitate the development of thriving, diverse self help groups which reflect the needs of local people and communities and to raise awareness of the benefits of self help;
- To provide a high quality self help service to individuals, groups and members of the public and act as an intermediary between self help groups and professionals involved in health and social care;
- To create networking opportunities for those involved in self help;
- To develop, support and disseminate good practice in service provision, service development and research in self help.

Objectives, strategies and activities

We have a number of projects through which we deliver our core aims. primarily we work with independent self help groups which are led by their members and are for their members benefit. Our main area of expertise in supporting and developing self help groups which are part of the wide family of peer support interventions that support people with issues such as long term health conditions, disability, social stigma, mental health etc.

The purpose of projects undertaken is to promote and develop self help group and peer support activity that provides direct support to people in crisis or who are learning to manage long term health conditions such as cancer, mental health, diabetes, MSK etc. We have a skilled group of volunteers who deliver emotional and practical support within our Macmillan funded cancer support projects and we develop and support the volunteer 'Key members' of self help groups who lead and administer independent self help groups.

Public benefit

The trustees have referred to the guidance on public benefit when reviewing Self Help Nottingham's aims and objectives and in planning the future activities of the Charity.

The objective of Self Help Nottingham is to promote the health and wellbeing of individuals through participation in self help groups and mutual aid activity.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements and performance

As we started this financial year, it was obvious that it was to be like no other in the history of our organisation. The global covid pandemic was just starting to take a hold and there was much uncertainty and concern about the future.

As an organisation we were able to swiftly pivot our services to online delivery with staff and volunteers working from home. As government guidance and legal restrictions were introduced it was clear that our work supporting self help groups across Nottingham and Nottinghamshire would require shifts in focus to support groups to utilise digital conferencing platforms to continue to meet. Most groups support people with long term health conditions and as such their members were mainly shielding due to the pandemic. Many members were also unfamiliar with the use of Zoom and other digital platforms. Our team were able to support group members and did an incredible job helping people access smart devices and keep groups meeting.

Our Macmillan Beyond Diagnosis Gateway service and our Macmillan Deaf Cancer Support Service were mobilised to support cancer patients who were shielding access humanitarian aid and support. The first quarter of the year was extremely challenging for everyone. Our services adapted and grew their capability to this extraordinary environment.

Trustees' Report

Whilst our work continued and we excelled at innovating to meet new demands and challenges, our funding was initially devastated by the effects of the pandemic. Our funding application to the National Lottery Community Fund: Reaching Communities, was paused by the funder as all funds were being diverted to covid support funding. We had been working up funding plans with a local NHS provider which similarly were paused and it was clear that we would need to operate using our reserves which were limited.

We are therefore very grateful to Nottinghamshire County Council who provided us with £4,000 to support our work with local groups and to the National Lottery Community Fund who provided us with Covid support funding which covered our costs for the latter 6 months of the year. Without this funding we would have been in a financial crisis that may well of seen us making staff redundant and ending our near 40 year service to self help groups.

With the tenacity of our staff and volunteers we have achieved much this year and thanks to our funders we have had the resources to sustain our services, build and innovate to keep people connected and provide vital sources of connection and support to maintain people's wellbeing throughout the pandemic. Below are some of our highlights and key achievements throughout 2020/2021.

Self Help Group Support and the work of our Outreach and Development Team

As groups are generally supporting people with long term health conditions, many of their members were asked to shield due to the pandemic and most groups paused their meetings. Our Outreach and Development Team rapidly shifted operations onto digital platforms and set about creating a raft of resources for groups to enable them to change the way groups met. We were able to support groups to adapt to digital platforms such as Zoom and MS Teams with the assistance of volunteers. Some groups adapted well and found new ways to keep in contact with their members, others fell into hibernation throughout the year.

We utilised support from digital champion volunteers to build our own capacity to deliver remotely and created a library of video 'how to' guides which supported groups to adapt and maintain their activity.

We identified the need for additional support to our Black, Asian and minority ethnic groups who were facing additional impact from the pandemic as well as having less access to digital resources. We received funding from Covid-19 Community Recovery Scheme to enable us to employ additional staff to support the BAME community which helped keep groups in touch with their members and as we moved through the year, started to stimulate new group activity.

We also received financial support from the National Lottery Community Fund to support our core activities and costs. Without this additional support from the NLCF we would have been severely impacted financially as most funding sources had been paused due to the pandemic. We were pleased to receive funding from Nottinghamshire County Council's COVID Grants which supported us to maintain activity around Long Covid peer support and self help group recovery activity.

Throughout the year we were able to support over 90 self help groups directly with advice, resources, training and information of which 12% supported people from Black, Asian or minority ethnic communities. This represents approximately 1,820 group members who benefited from our services. 129 people attended our training and group member events throughout the year which were held remotely via Zoom; these included networks and virtual 'coffee mornings' for group leaders to meet with others and with the outreach and development team for advice and support.

During the second quarter of the year we realised that there was very little availability of peer support for people affected by long Covid, the condition that affects some people who have been ill with Covid-19. Whilst there were a number of online support groups, these were ad-hoc and lacked expertise. We therefore set up a Facebook peer support group with links to support for legal advice and employment law provided by Nottingham University Law School. This group has now grown to over 1,700 members and continues to attract members each week.

The hard work and dedication of the team enabled many groups to actively support their members and brought new groups to our organisation through the use of social media and our online platforms. The pandemic has provided us with a rich test bed to understand and create resources that are accessible to groups across the country and ultimately gave us the confidence to complete a Reaching Communities grant application to create a national Resource Centre for Self Help Groups.

Trustees' Report

Macmillan Beyond Diagnosis Gateway

April 2020 was a busy month for the Beyond Diagnosis Team. In the early stages of lockdown there was a flurry of new referrals which, alongside existing clients, were supported in accessing shopping and prescription services as well as delivering welfare calls. As lockdown extended beyond the original 3 weeks with no vaccinations available, the service had to adapt to being a telephone only service, though the occasional client who could not be supported by phone, was still visited by staff.

The New Gateway project, which would have seen the team more than double in size and increase the service offer from emotional support and low level practical help to a more robust assessment and intervention offer, was due to start in May 2020. After the recruitment of a referral administrator and a Manager, plans to recruit the rest of the posts and start the new service offer were delayed due to changes in Macmillan's national and local plans and the funding available to The Gateway Project.

However, alongside the planning for the new element of the service, the existing Beyond Diagnosis service continued- new volunteers were recruited and trained over Zoom to offer that crucial emotional telephone support to clients. 85 people were supported in this way in the 6 months to October 2020 (51 new referrals).

1st October saw the start of The Gateway - this was a challenging time as the service offer was to include a lot more practical support which was obviously difficult during Covid times as this could not be done face to face. However, it also saw the start of us using Holistic Needs Assessments which meant, even remotely, we were able to help people with a much greater range of issues than we had been doing. Following new funding bids, additional staff joined us between November and March until we were nearly at the originally envisaged level and by February we were increasing the number of people who were being supported face to face. Volunteers started doing some face to face visits by March 2021 as we supported them to get early vaccinations through the health and social care route.

103 people were referred to The Gateway between October and end of March 2021. 39 were referred on for longer term support with Beyond Diagnosis who were supporting an average 39 people at any one time over the 6 months.

New staff, home schooling, Covid infections and self-isolating has made this a challenging time to launch a new service, lack of community activities and groups to move people onto, late diagnosis and inability to promote the service at events and in person has added to the challenge, but we have still doubled the number of referrals since October 2020, developed 3 new peer support groups and have some fantastic feedback to show the impact the support has had on individuals.

Macmillan Deaf Cancer Support Group

As with all our operations, the support group for Deaf people affected by cancer had to shift to online delivery once restrictions were in place around social distancing. This proved to be a fantastic opportunity for our Macmillan Deaf Cancer Support project to maintain contact with members. Quite quickly our weekly Zoom support sessions were being joined by people from across the UK not just from Nottinghamshire and Derbyshire where the project had its main focus. As all members of the group use British Sign Language (BSL) the online platform for meetings proved to be really accessible. Our team of Deaf volunteers continued to support individuals shielding due to the pandemic with assistance to attend appointments, advocacy and emotional support delivered using Facetime and WhatsApp. We attracted new volunteers and held 2 training programmes increasing our volunteer team by 50%.

During the year we were approached by Macmillan to explore how our service could assist them to provide accessible access to support for the Deaf Community. This has led to funding being awarded to develop the online/digital service delivered during the pandemic into a national peer support and advocacy project. We are pleased to accept 2 years funding from Macmillan to expand our service footprint and work with Macmillan to identify how best to support Deaf people affected by cancer nationally. This work will start in the autumn of 2021.

Strategic influence

Throughout this year, we have worked with partners across the peer support field to assist the NHS to understand peer support models and to assist in developing guidance for groups throughout the pandemic. Our CEO is a member representative on the board of National Voices which has coordinated a community of proactive peer support professionals and practitioners to assist NHS England to establish Covid exemptions for peer support. This led to exclusion within Covid legislation for self help groups who could, if they wished, continue to meet and were exempt from social distancing regulations.

Trustees' Report

We were able to represent the views and needs of groups which were cautious of meeting on person and in doing so we extended the reach of our organisation to outside of Nottingham and Nottinghamshire. Self Help Groups across the country have started to access our resources for restoration and recovery throughout the year. This has led us to gain valuable learning experience delivering our service online which ultimately led to a successful application to the National Lottery Community Fund: Reaching Communities programme. From Autumn 2021, we will be launching a new national service for self help groups funded for 3 years. This funding provides stability for our core services to groups and cements the role of SelfHelp UK within the peer support community.

Financial review

2020-21 continued to be challenging financially due to the loss of funds for work with self help groups previously supported by the CCG groups in Nottingham and Nottinghamshire. However over £150k of emergency funding was received relating to the pandemic. Due to this funding, it was possible to support self help groups in Nottingham, Nottinghamshire and nationally whilst only using £5k of reserves from previous years.

At the beginning of 2021-22 almost £500k of further funding was secured from the National Lottery Reaching Communities to fund a National Resource centre for 3 years . This means that SHUK are going into the next financial year in a good financial position.

Policy on reserves

The board have established a policy whereby unrestricted funds not committed or invested in tangible fixed assets held by the charity should be between 3 and 6 months of the non-project expenditure.

The non-project budgeted expenditure for 21-22 is £266k and therefore the target is £66k to £133k. The current level of unrestricted reserves is £122,248.

The charity received £155,347 of restricted funding in 20/21. At the year end, the following amounts remain unspent:

Funding for Arts and Craft Group £1,328.

Donations for other groups £3,125.

Funding remaining for restoration of BAMER groups who were affected by the pandemic £7,572.

Acknowledgements

We are incredibly grateful for the support we have received this year from our funders. We are especially thankful for the support we have received from the National Lottery Community Fund Coronavirus Community Support Fund (£98,806) and the COVID-19 Community Organisations Recovery Scheme, a partnership between Power to Change, Locality, The Ubele Initiative, Social Investment Business and the National Lottery Community Fund. We received £53,338 to support our Black, Asian and minority community self help group restoration work.

The emergency covid grants we received above and from Nottinghamshire County Council enabled us to maintain our service and increase our activity. We are especially grateful to Andrew Cameron of Intelligent Facility Solutions in Sheffield, who donated funds and in kind support worth £10,000 to assist us in setting up our Long-Covid support groups. This group has reached over 1700 people with the help of this donation and we wish to thank them for funding us for this work which led us to being able to respond so quickly to the needs of people affected. We would also like to thank Nottingham University Law School who have provided pro bono legal advice to members of the long covid group who experienced employment law issues.

Trustees' Report

Plans for future periods

Aims and key objectives for future periods

With the support of funding from the National Lottery Community Fund's Reaching Communities Grant, the future is secured for 3 years for a new National Self Help Resource Centre. This new initiative will be activated in the autumn of 2021 and will become the centre of excellence for self help group development, support and training. We are using the learning from the pandemic to establish new ways of working which increase our reach to self help groups and support other health charities to develop and support peer support groups. We will be launching a new national membership scheme which will provide a comprehensive offer to members of support, advice and resources to set up, deliver and sustain new self help groups and provide a framework of training for established groups. We aim to further develop the potential to create new funding sources through our membership offer and consultancy work with health charities, and health and care systems.

The Macmillan Deaf Cancer Support Project goes from strength to strength and with confirmed funding for a 2 year pilot to roll out support to Deaf communities across the UK, the service will be developing an online service to assist Deaf people living with cancer supported by one to one volunteers and peer support groups. We are proud to be working with SORD (Social Research with Deaf People, University of Manchester) who will be working with us to evaluate the project and build the evidence base for future sustainability of this work.

Board Development

The challenges of this year have highlighted the need for strong and robust governance and we are pleased to welcome an interim Chair, Nina Ennis, following the death of Eddie Dandy who sadly died of Covid in January 2021. As interim, our new Chair is leading a development review of our governance and will be working with trustees to implement the Charity Governance Code.

We continue to evaluate and adapt plans to ensure the ongoing ability to achieve positive outcomes in our service delivery and financial stability. Every effort is being taken to maximise the opportunities that are available to us as we continue to demonstrate the value and relevance of supporting people with long term health conditions to navigate the 'new normal' and support the restoration of services and eventual recovery of the Self Help sector.

Funds held as custodian trustee on behalf of others

At the end of the financial year, SHUK held £9,025 of third party funds. This funding is held on behalf of 25 self help groups who do not have their own bank accounts. An exercise to transfer these monies to the individual self-help groups was hampered by the pandemic so this will continue into the financial year 21/22.

These funds continue to be accounted for and managed by our admin and finance officer with oversight from the CEO and Board of Trustees.

Trustees' Report

Statement of Trustees' Responsibilities

The trustees (who are also the directors of Self Help Nottingham for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

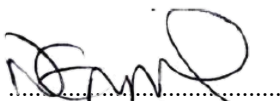
- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on^{24 August 2021} and signed on its behalf by:



Nina Ennis
Trustee

Independent Examiner's Report to the trustees of Self Help Nottingham

Independent examiner's report to the trustees of Self Help Nottingham ('the Company')

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

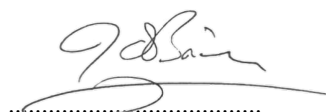
Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member and Fellow of the Association of Charity Independent Examiners, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



John O'Brien MSc, FCCA, FCIE, employee of Community Accounting Plus
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date: 25/08/2021

Statement of Financial Activities for the Year Ended 31 March 2021
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Income and Endowments from:					
Donations and legacies	2	329,286	-	329,286	322,345
Charitable activities	4	5,450	155,347	160,797	11,206
Investment income	5	-	-	-	674
Total Income		<u>334,736</u>	<u>155,347</u>	<u>490,083</u>	<u>334,225</u>
Expenditure on:					
Charitable activities	6	<u>(339,319)</u>	<u>(144,853)</u>	<u>(484,172)</u>	<u>(461,885)</u>
Total Expenditure		<u>(339,319)</u>	<u>(144,853)</u>	<u>(484,172)</u>	<u>(461,885)</u>
Net (expenditure)/income		(4,583)	10,494	5,911	(127,660)
Transfers between funds		<u>(1,531)</u>	<u>1,531</u>	-	-
Net movement in funds		(6,114)	12,025	5,911	(127,660)
Reconciliation of funds					
Total funds brought forward		<u>128,362</u>	-	<u>128,362</u>	<u>256,022</u>
Total funds carried forward	17	<u><u>122,248</u></u>	<u><u>12,025</u></u>	<u><u>134,273</u></u>	<u><u>128,362</u></u>

All of the charity's activities derive from continuing operations during the above two periods.

(Registration number: 03309760)
Balance Sheet as at 31 March 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	13	-	170
Current assets			
Debtors	14	34,919	60,638
Cash at bank and in hand	15	<u>126,717</u>	<u>88,545</u>
		161,636	149,183
Creditors: Amounts falling due within one year	16	<u>(27,363)</u>	<u>(20,991)</u>
Net current assets		<u>134,273</u>	<u>128,192</u>
Net assets		<u><u>134,273</u></u>	<u><u>128,362</u></u>
Funds of the charity:			
Restricted income funds			
Restricted funds	17	12,025	-
Unrestricted income funds			
Unrestricted funds		<u>122,248</u>	<u>128,362</u>
Total funds	17	<u><u>134,273</u></u>	<u><u>128,362</u></u>

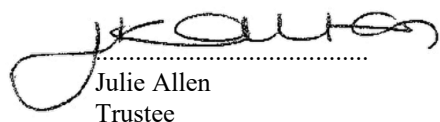
For the financial year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements on pages 10 to 22 were approved by the trustees, and authorised for issue on 24 August 2021... and signed on their behalf by:


 Julie Allen
 Trustee

Statement of Cash Flows for the Year Ended 31 March 2021

	Note	2021 £	2020 £
Cash flows from operating activities			
Net cash income/(expenditure)		5,911	(127,660)
Adjustments to cash flows from non-cash items			
Depreciation		170	917
Investment income	5	-	(674)
		6,081	(127,417)
Working capital adjustments			
Decrease/(increase) in debtors	14	25,719	(16,208)
Increase/(decrease) in creditors	16	3,021	(573)
Increase/(decrease) in deferred income		3,351	(5,000)
Net cash flows from operating activities		38,172	(149,198)
Cash flows from investing activities			
Interest receivable and similar income	5	-	674
Net increase/(decrease) in cash and cash equivalents		38,172	(148,524)
Cash and cash equivalents at 1 April		88,545	237,069
Cash and cash equivalents at 31 March		126,717	88,545
Reconciliation of net cash flow to movement in net funds			
Increase/(decrease) in cash		38,172	(148,524)
Net funds at 1 April 2020		88,545	237,069
Net funds at 31 March 2021		126,717	88,545

All of the cash flows are derived from continuing operations during the above two periods.

Notes to the Financial Statements for the Year Ended 31 March 2021

1 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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). They also comply with the Companies Act 2006 and Charities Act 2011.

Basis of preparation

Self Help Nottingham meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Notes to the Financial Statements for the Year Ended 31 March 2021

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

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.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £1,000.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	33.3 % on a straight line basis
Furniture & equipment	20% on a straight line basis

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Notes to the Financial Statements for the Year Ended 31 March 2021

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

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

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

2 Income from donations and legacies

	Unrestricted funds		
	General £	Total 2021 £	Total 2020 £
Grants, including capital grants;			
Government grants	35,577	35,577	126,845
Grants from other charities	281,630	281,630	191,442
Other income from donations and legacies	12,079	12,079	4,058
	329,286	329,286	322,345

3 Grants & contracts

	Unrestricted funds £	Restricted funds £	Total £
Macmillan Cancer Support	281,630	1,461	283,091
Nottinghamshire County Council	18,745	-	18,745
HMRC JRS	16,832	-	16,832
National Lottery Community Fund	-	152,144	152,144
Sundry grants & donations	12,079	1,742	13,821
	329,286	155,347	484,633

Notes to the Financial Statements for the Year Ended 31 March 2021

4 Income from charitable activities

	Unrestricted funds			
	General £	Restricted funds £	Total 2021 £	Total 2020 £
Sales & charges	5,450	-	5,450	11,182
Grants & donations	-	155,347	155,347	-
Printing & photocopying	-	-	-	24
	<u>5,450</u>	<u>155,347</u>	<u>160,797</u>	<u>11,206</u>

5 Investment income

	Total 2021 £	Total 2020 £
Interest receivable and similar income;		
Interest receivable on bank deposits	<u>-</u>	<u>674</u>

Notes to the Financial Statements for the Year Ended 31 March 2021

6 Expenditure on charitable activities

	Unrestricted funds			
	General	Restricted	Total	Total
	£	funds	2021	2020
	£	£	£	£
Bank charges	21	-	21	1
Board costs	260	-	260	181
Communications & marketing	13,479	8,824	22,303	24,446
Conference & events	-	-	-	7,207
Engagement	-	2,000	2,000	-
Evaluation	11,125	-	11,125	6,303
Depreciation	170	-	170	917
Equipment, repairs & renewals	-	-	-	29
Health & safety	193	-	193	196
Hospitality & refreshments	3	-	3	413
Human Resources	2,810	2,132	4,942	4,833
Insurance	2,034	-	2,034	2,233
IT equipment, software & support	7,342	2,708	10,050	12,425
Legal & professional fees	3,597	2,282	5,879	4,386
Postage	178	143	321	341
Premises costs	17,576	-	17,576	17,573
Printing & stationery	404	571	975	1,154
Publications & subscriptions	1,679	-	1,679	1,348
Recruitment	-	-	-	997
Staff expenses	-	-	-	6,247
Staff training	-	-	-	3,465
Start up costs	7,503	-	7,503	1,330
Volunteer expenses	997	300	1,297	8,681
Salaries, NI & pension	279,448	116,393	395,841	322,145
Temporary staff	-	-	-	35,034
Internal recharges	(9,500)	9,500	-	-
	<u>339,319</u>	<u>144,853</u>	<u>484,172</u>	<u>461,885</u>

7 Net incoming/outgoing resources

Net incoming/(outgoing) resources for the year include:

	2021	2020
	£	£
Depreciation of fixed assets	<u>170</u>	<u>917</u>

Notes to the Financial Statements for the Year Ended 31 March 2021

8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

9 Staff costs

The aggregate payroll costs were as follows:

	2021 £	2020 £
Staff costs during the year were:		
Wages and salaries	357,605	290,020
Social security costs	25,212	21,260
Pension costs	13,024	10,865
	<u>395,841</u>	<u>322,145</u>

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2021 No	2020 No
Average number of employees	<u>14</u>	<u>13</u>

14 (2020 - 12) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £13,024 (2020 - £10,865).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £38,566 (2020 - £43,843).

10 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2021 £	2020 £
Independent examination	1,080	1,080
Other financial services	1,082	1,064
	<u>2,162</u>	<u>2,144</u>

Notes to the Financial Statements for the Year Ended 31 March 2021

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

13 Tangible fixed assets

	Furniture and equipment £	Computer equipment £	Total £
Cost			
At 1 April 2020	30,105	18,077	48,182
At 31 March 2021	30,105	18,077	48,182
Depreciation			
At 1 April 2020	30,105	17,907	48,012
Charge for the year	-	170	170
At 31 March 2021	30,105	18,077	48,182
Net book value			
At 31 March 2021	-	-	-
At 31 March 2020	-	170	170

14 Debtors

	2021 £	2020 £
Trade debtors	34,210	59,702
Prepayments	709	936
	34,919	60,638

15 Cash and cash equivalents

	2021 £	2020 £
Cash on hand	69	127
Cash at bank	126,648	88,418
	126,717	88,545

Notes to the Financial Statements for the Year Ended 31 March 2021

16 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	6,768	9,774
Other taxation and social security	8,464	5,261
Other creditors	4,535	1,711
Accruals	1,296	1,296
Deferred income	6,300	2,949
	<u>27,363</u>	<u>20,991</u>

17 Funds

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2021 £
Unrestricted funds					
<i>General</i>					
General fund	128,362	334,736	(339,319)	(1,531)	122,248
Restricted funds					
Arts & Craft Group	-	1,461	(133)	-	1,328
BAME Covid 19	-	53,338	(45,766)	-	7,572
Cancer donations	-	740	(148)	-	592
Deaf donations	-	1,002	-	1,531	2,533
Lottery	-	98,806	(98,806)	-	-
Total restricted funds	<u>-</u>	<u>155,347</u>	<u>(144,853)</u>	<u>1,531</u>	<u>12,025</u>
Total funds	<u>128,362</u>	<u>490,083</u>	<u>(484,172)</u>	<u>-</u>	<u>134,273</u>
	Balance at 1 April 2019 £	Incoming resources £	Resources expended £		Balance at 31 March 2020 £
Unrestricted funds					
<i>General</i>					
General fund	<u>256,022</u>	<u>334,225</u>	<u>(461,885)</u>		<u>128,362</u>

The transfer from the General fund to the Deaf Donations fund represents an amount which should have been restricted in prior period.

Notes to the Financial Statements for the Year Ended 31 March 2021

The specific purposes for which the funds are to be applied are as follows:

Arts & Crafts Group - funding from Macmillan to be spent on running this group which benefits people with cancer.

BAME Covid 19 - to provide additional support to Black, Asian and minority ethnic groups who were affected by the Covid 19 pandemic.

Cancer donations - for Cancer support groups.

Deaf donations - for Deaf Cancer support groups.

Lottery - to provide emergency funding due to the pandemic.

18 Related party transactions

During the year the charity made the following related party transactions:

John Moore

During the year the charity acquired services totalling £13,665 (2020 - £Nil) from Confidence Digital Ltd, a company in which John Moore is a director and controlling shareholder.

At the balance sheet date the amount due to/from John Moore was £Nil (2020 - £Nil).

Notes to the Financial Statements for the Year Ended 31 March 2021

19 3rd party funds

The following funds have been held on behalf of 3rd parties and these amounts have been excluded from the accounts of Self Help Nottingham.

	Opening balances £	Incoming resources £	(Resources expended) £	Total £
All Nations Diabetes Group	72	-	-	72
Aspley Wellbeing Group	360	-	-	360
Beeston Wellbeing group	5	-	-	5
Deaf Cancer Support Group	106	-	(106)	-
Reachout (Rushcliffe)	255	-	-	255
Coping	67	-	-	67
Families affected by Suicide	157	60	(217)	-
June's Arts and Crafts	500	-	(500)	-
Fibromyalgia Nottingham City	791	-	-	791
Friday Club	405	-	-	405
Leeway Bereavement Support	430	-	-	430
Hardship	731	-	-	731
Autistic Women Nottingham	375	-	-	375
Mental Wealth	1,350	-	(1,350)	-
Mongolian Health Group	92	-	-	92
Narcolepsy	124	-	-	124
Newark Cancer Support Group	434	-	(434)	-
Braving Women	-	800	(800)	-
My Roundabout Trauma	274	-	-	274
Nottm Depression Support	47	-	-	47
Parents of Neurodiverse Children	475	-	-	475
Open Dialogue Nottingham	563	-	-	563
Painful Bladder	344	-	-	344
Parent 2 Parent	700	-	-	700
Smart Nottingham	166	-	-	166
Sneinton & St Anns Heart Group	346	-	-	346
Sukh- Shanit (Wellbeing-Peace)	289	-	-	289
Time to Change	562	-	-	562
Women of the World	735	-	-	735
Women Matter	198	570	(768)	-
The Ugly Duckling Group	817	-	-	817
	<u>11,770</u>	<u>1,430</u>	<u>(4,175)</u>	<u>9,025</u>