

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 2023

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

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Reference and Administrative Details

Trustees	Nina Ennis, Chair Suzanna Van Schaick Nigel Cordier David Maruta Michael Savage Hayley Allison Berenice Brown Amran Hussain
Senior Management Team	Simon Calvert, CEO
Charity Registration Number	1061691
Company Registration Number	03309760
Registered Office	21-23 Pelham Road Nottingham NG5 1AP
Independent Examiner	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL
Bankers	Natwest Bank Smiths Bank 16 South Parade Nottingham NG1 2JX

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 2023.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Nina Ennis, Chair
	Suzanna Van Schaick
	Nigel Cordier
	David Maruta (appointed 15 March 2023)
	Michael Savage (appointed 15 March 2023)
	Hayley Allison (appointed 21 November 2022)
	Berenice Brown (appointed 21 November 2022)
	Amran Hussain (appointed 21 November 2022)
	John Moore (resigned 23 November 2022)

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 open advert and direct approach to individuals who had expressed an interest in joining the board. Potential trustees provide a CV and are interviewed by the chair and other board members. For successful candidates references are obtained, and a trustee eligibility declaration form is completed.

After interview new trustees are invited to observe a board meeting, and if they wish to take up the position of trustee, they are co-opted until their membership is ratified at the AGM.

Trustees are selected for their interest in the work of Self Help and their skill and expertise.

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.

Trustees' Report

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 is 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, cancer, 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. 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

Our work benefits the public by providing direct services to clients via our Macmillan funded projects, and by supporting the development of peer support and self help which are now recognised by the NHS as effective techniques for the delivery of personalised care.

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

2022/23 was a busy but successful year for SHUK. Key achievements are detailed below, but none of these would have been possible without the hard work, passion and enthusiasm of our staff and volunteer teams.

Macmillan Beyond Diagnosis Service

With an additional two years of funding from Macmillan in April 2022, our project, Beyond Diagnosis, embarked on an exciting journey towards sustainability beyond May 2024. Self Help UK seized the opportunity to build upon our two new contracts with Health, strategically aligning the project with current health priorities. Our focus remained on the unique strengths of our service: providing personalised support, empowering individuals to take charge of their own health, and ensuring an enhanced patient experience, even for those in palliative care.

Self Help UK has aimed to firmly establish our service as an indispensable component of cancer pathways in Nottinghamshire. To achieve this, the organisation adopted an innovative approach that utilised holistic support tools. Acting as a vital conduit, Self Help UK facilitated the seamless sharing of information between primary and secondary care, as well as other crucial aspects of our clients' support networks.

As Self Help UK forged ahead, the organisation dedicated ourselves to securing the necessary funding for the ongoing operational costs of our project. Simultaneously, the organisation eagerly explored opportunities for additional grants or earned income from various sources. Collaborating closely with our esteemed health colleagues, the organisation delved into the potential to transition existing Macmillan-funded positions into roles associated with Primary Care Networks and the Integrated Care System over the next two years. It was an exciting time of growth and expansion for our project as Self Help UK sought to ensure its sustainability and long-term impact.

Trustees' Report

PCN - Cancer Care Coordinator

During 2022-23 Self Help UK has had interest from several PCNs. Within the PCN, the Cancer Care Coordinators (CCC) played a crucial role. They provided additional time, expertise, and capacity to assist patients in preparing for clinical conversations and following up with primary care professionals. Collaborating closely with GPs and other primary professionals, Self Help has managed a caseload of identified patients, ensuring that timely and appropriate support was available to both patients and their caregivers. The holistic needs assessment utilised by the CCC ensured that patients' changing needs were promptly addressed.

The CCC went above and beyond by tailoring their support and implementing a comprehensive model of personalised care that aligned with local priorities, tackled health inequalities, and addressed population health management risk stratification. Their commitment to delivering effective and relevant support was commendable.

Prehab - Link Worker

From April 2022, Self Help UK link workers received an impressive 171 referrals, allowing individuals with cancer to prepare for their treatment by promoting healthy behaviours and tailoring exercise, nutrition, and psychological interventions to their specific needs. This personalised care approach has proven to be highly effective.

The link workers have empowered patients, enabling them to maximise their resilience during treatment and improve their long-term health outcomes. Their dedication to empowering patients was evident in their efforts to enhance physical and mental well-being, supporting patients to live their lives to the fullest.

The primary role of the link worker was to conduct holistic needs assessments. This enabled them to provide the necessary emotional and practical support to clients, ensuring they felt prepared for surgery and beyond. By actively listening to the clients' priorities, the link workers were able to offer tailored support while also promoting their independence.

Learning Centre (previously known as the Resource Centre)

The online learning centre, funded by the National Lottery Community Fund, was fully mobilised with a team in place. The team consisted of a team leader, commercial manager, and marketing/engagement head.

The learning centre team was developed with a national focus, aiming to provide peer support groups across the country with courses and training resources. They continued to offer support to the self-help groups in Nottingham.

To determine the training needs of self-help groups, several surveys were conducted. The Self Help UK's digital curriculum was developed and deployed via the online learning centre. The first online course was developed and released by the learning centre team, with several new courses planned for 2023.

BAME project

The BAME Project supported the restoration of self-help groups (peer support groups) within the Black, Asian, and ethnic minority communities in Nottingham City following the pandemic and promoted self-help group development to support communities faced by health inequalities and poorer health outcomes. This included running wellbeing walks, monthly virtual and in-person drop-in sessions for BAME groups, providing practical support for the groups. The project helped restore groups that suffered during the lockdown by providing IT skills training. Additionally, the project organised webinars on topics such as Long Covid, employment, wellbeing, mental health, and fundraising. Several surveys were conducted to understand the needs and concerns of the groups.

Trustees' Report

The BAME Project played a significant role in supporting the restoration of self-help groups, organising various support activities, and actively participating in the Race Inequalities Place Based Partnership committee in Nottingham.

The project also contributed to Self Help UK's approach to Equality Diversity and Inclusion, further emphasising its commitment to promoting inclusivity and addressing disparities.

Macmillan Deaf Cancer Support Pilot

In April 2022, the Deaf Cancer Support Team embarked on an exciting journey with the recruitment of three new employees. These individuals brought their unique skills and perspectives to the team, focusing on vital aspects such as peer support, advocacy, and administration. This infusion of fresh talent injected new energy into the pilot program, propelling it forward.

During the pilot's development phase, the team was dedicated to refining every aspect of the project. They meticulously examined the client journey, streamlined project processes, and implemented effective data collection methods. With the support of other departments within Self Help UK, the Deaf team took charge of developing an impressive project website, tailored specifically to the needs of the deaf community. Collaboration with Macmillan's communication team allowed them to create captivating promotional materials and devise a comprehensive strategy to spread awareness about the initiative.

Recognising the importance of thorough evaluation, the Deaf Cancer Support Team engaged the expertise of Manchester University's SORD team. This collaboration ensured that the pilot program would be rigorously assessed, providing valuable insights and recommendations for future improvements. The involvement of an esteemed research team added credibility and depth to the project, showcasing a commitment to evidence-based practices.

The formal launch of the project in October 2022 was an exciting milestone for the Deaf Cancer Support Team, Self Help UK, and Macmillan. Through their combined efforts, they managed to gain significant media coverage, capturing the attention of the public and generating widespread awareness about the project's goals and impact. This achievement not only showcased the dedication and hard work of the team but also highlighted the importance of supporting the deaf community in their fight against cancer.

Operations

In April 2022, Self Help UK embarked on a transformative journey, re-evaluating and revamping various operational areas within the organisation. One of the most significant changes occurred in IT, where the entire approach was thoroughly reviewed. After careful consideration, the decision was made to switch suppliers and embrace SharePoint, a cutting-edge cloud-based system. By February 2023, the implementation of SharePoint was successfully completed, marking a milestone in the organisation's technological evolution.

The adoption of SharePoint not only revolutionised IT, but it also triggered a restructuring of the information storage files. With this overhaul, Self Help UK's staff handbook received a comprehensive update, while organisational policies and procedures underwent meticulous review, updating, and final sign-off. Simultaneously, the IT databases responsible for collecting client, volunteer, and employee information underwent scrutiny, resulting in much-needed tidying up and optimisation. To ensure a smooth transition, employees and trustees received training on the new systems.

As part of their commitment to staying ahead, Self Help UK embarked on the ambitious task of redeveloping their website, aiming to provide a fresh and engaging online experience for users. This exciting project is set to reach completion in August 2023, promising a digital platform that reflects the organisation's mission and values.

Recognising the shifting landscape of work dynamics, Self Help UK conducted a reassessment of their office space requirements. In response to the adoption of a hybrid working model, the organisation decided to reduce the amount of physical office space needed. This adjustment led to a renegotiation of the contract with their landlord, solidifying their commitment to adaptability and cost-efficiency.

Trustees' Report

To enhance operational effectiveness, Self Help UK established separate Performance and HR subcommittees. These committees were entrusted with reviewing data, ensuring quality standards, and overseeing HR issues. Both committees quickly gained traction and embarked on key projects designed to propel the organisation forward.

Seeking to gain greater visibility into the organisation's financial standing and future prospects, Self Help UK developed a suite of innovative financial tools. These tools provided real-time insights into the organisation's financial position, bolstering sustainability and enabling scenario testing for future planning at both the Finance Committee and Board.

In response to economic challenges, Self Help UK proactively explored various initiatives to support their employees during these difficult times, including the implementation of discount schemes. Moreover, the organisation conducted an extensive audit of trustee skills and training, leading to refresher courses in safeguarding, suicide awareness, and Deaf awareness for trustees. This commitment to ongoing education and awareness showcased Self Help UK's dedication to the well-being and development of its team.

In January 2023, Self Help UK recognised the need to enhance their HR capabilities and opted for a new external provider. This provider seamlessly integrated themselves within the organisation, functioning as an integral component. As part of this HR transformation, Self Help UK initiated the process of transferring HR records to Breathe HR, an external software platform designed to streamline HR operations.

To ensure the safety and well-being of all individuals within the organisation, a comprehensive health and safety assessment was conducted in January. While minor remedial actions were identified, the overall assessment affirmed Self Help UK's commitment to maintaining a secure and conducive work environment.

Approaching the end of the 2023 financial year, Self Help UK placed a strong emphasis on fostering collaboration across their three main project areas. By reinforcing the sense of one organisation and encouraging the sharing of ideas, they aimed to harness the collective power and creativity of their team, propelling them towards even greater success.

Financial review

It was anticipated that the charity would need to draw on unrestricted reserves in the financial year 2022-23; however, this has not been necessary and at the end of the year a surplus was made, increasing the unrestricted reserves available to secure the future of SHUK in future years. The surplus made in this financial year is due to additional unrestricted funding being secured, and cost savings made throughout the year on core costs to minimise previously expected rises in expenditure.

Core costs expenditure in the financial year 2023-24 is expected to stay broadly in line with 2022-23, but we expect to see a reduction in the amount of unrestricted funding received as the current economic conditions continue.

Policy on reserves

Self Help UK's reserve policy is to hold all calculated exit costs, plus one month of all staff salaries, plus an allowance of £7k for liquidation costs. At the current time this amounts to £85k.

Major risks and management of those risks

Funding

A new funding contract for after the current Macmillan Beyond Diagnosis project contract ends in May 2024 has not yet been confirmed, and this presents a risk to the future of SHUK and the services it can provide.

Funds held as custodian trustee on behalf of others

At the end of the financial year, SHUK held £7,203 on behalf of third parties. This funding is held on behalf of 15 self-help groups who do not have their own bank accounts.

Trustees' Report

Acknowledgements

We are incredibly grateful for the support we have received from our funders - the National Lottery, Macmillan, Nottingham ICP and the PCNs.

Plans for future periods

Aims and key objectives for future periods

During the year Self Help UK plans to collaborate with Macmillan and the Integrated Care Board to secure funding for the continuation of the Beyond Diagnosis service beyond April 2024. This partnership will be crucial in providing ongoing support to individuals beyond their initial cancer diagnosis. Self Help UK also aims to adapt its support to meet the evolving needs of Primary Care Networks (PCNs) and their patients. By leveraging performance data as evidence, the organisation seeks to attract new PCNs to commission their services, thus expanding their reach and impact.

Collaborating with the Integrated Care Board, Self Help UK will continue to advocate for the recognition and value of Preop Link Workers in the cancer journey. By demonstrating the positive impact of these workers on patients' treatment experiences and outcomes, the organisation aims to secure further support and integration of this vital service.

The Learning Centre at Self Help UK plans to expand its course offerings based on demand and explore different commercial models. Building upon a solid foundation established in the past 12 months, the Learning Centre aims to provide even more valuable learning opportunities to its audience.

The Macmillan Deaf Cancer Support Pilot, a project initiated by Self Help UK, aims to secure additional resources and expand its promotion activities to engage clinical professionals and the Deaf community further. The pilot team plans to collaborate with Macmillan to submit a bid for the development of face-to-face provisions alongside the existing digital support, creating a comprehensive and holistic approach to Deaf cancer support starting from April 2024. Increasing the number of volunteers will be a priority to meet the anticipated future demand for the service.

Self Help UK has ambitious plans for 2023/24, aiming to further enhance operational efficiency and streamline processes. A significant focus will be on reviewing HR policies and procedures and addressing any employee HR anomalies. Additionally, the organisation aims to complete the transition of employer information to breathe HR, a move that will contribute to smoother operations.

To improve service delivery, Self Help UK intends to invest further in the development of its Performance Subcommittee. This subcommittee will focus on enhancing the organisation's collection and utilisation of performance data. Moreover, it will work towards promoting equality, diversity, and inclusion within the organisation through an EDI Group.

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.

Trustees' Report

Statement of 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 applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

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 the incoming resources and application of resources, including its income and expenditure, of the charitable company 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 accounting standards, comprising FRS 102 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 proper accounting records that can 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.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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 25/08/23 and signed on its behalf by:



Nina Ennis
Trustee

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

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 2023.

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.

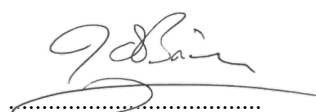
Independent examiner's statement

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, FAIA, 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: 30/08/23

Statement of Financial Activities for the Year Ended 31 March 2023
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
Income and Endowments from:					
Donations and legacies	2	533,326	-	533,326	361,594
Charitable activities	3	26,923	210,541	237,464	183,959
Total Income		<u>560,249</u>	<u>210,541</u>	<u>770,790</u>	<u>545,553</u>
Expenditure on:					
Charitable activities	5	<u>(513,992)</u>	<u>(168,734)</u>	<u>(682,726)</u>	<u>(478,425)</u>
Total Expenditure		<u>(513,992)</u>	<u>(168,734)</u>	<u>(682,726)</u>	<u>(478,425)</u>
Net income		46,257	41,807	88,064	67,128
Transfers between funds		<u>4,469</u>	<u>(4,469)</u>	-	-
Net movement in funds		50,726	37,338	88,064	67,128
Reconciliation of funds					
Total funds brought forward		<u>162,904</u>	<u>38,497</u>	<u>201,401</u>	<u>134,273</u>
Total funds carried forward	17	<u><u>213,630</u></u>	<u><u>75,835</u></u>	<u><u>289,465</u></u>	<u><u>201,401</u></u>

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

The notes on pages 14 to 23 form an integral part of these financial statements.

Statement of Financial Activities for the Year Ended 31 March 2023
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	2	361,594	-	361,594
Charitable activities	3	<u>2,666</u>	<u>181,293</u>	<u>183,959</u>
Total income		<u>364,260</u>	<u>181,293</u>	<u>545,553</u>
Expenditure on:				
Charitable activities	5	<u>(325,413)</u>	<u>(153,012)</u>	<u>(478,425)</u>
Total expenditure		<u>(325,413)</u>	<u>(153,012)</u>	<u>(478,425)</u>
Net income		38,847	28,281	67,128
Transfers between funds		<u>1,809</u>	<u>(1,809)</u>	<u>-</u>
Net movement in funds		40,656	26,472	67,128
Reconciliation of funds				
Total funds brought forward		<u>122,248</u>	<u>12,025</u>	<u>134,273</u>
Total funds carried forward	17	<u><u>162,904</u></u>	<u><u>38,497</u></u>	<u><u>201,401</u></u>

The notes on pages 14 to 23 form an integral part of these financial statements.

(Registration number: 03309760)
Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Current assets			
Debtors	13	41,113	106,631
Cash at bank and in hand	15	<u>286,905</u>	<u>138,446</u>
		328,018	245,077
Creditors: Amounts falling due within one year	14	<u>(38,553)</u>	<u>(43,676)</u>
Net assets		<u>289,465</u>	<u>201,401</u>
Funds of the charity:			
Restricted income funds			
Restricted funds	17	75,835	38,497
Unrestricted income funds			
Unrestricted funds		<u>213,630</u>	<u>162,904</u>
Total funds	17	<u>289,465</u>	<u>201,401</u>

For the financial year ending 31 March 2023 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 financial statements 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.

The financial statements on pages 10 to 23 were approved by the trustees, and authorised for issue on 22/08/23 and signed on their behalf by:



Suzanna Van Schaick
Trustee

The notes on pages 14 to 23 form an integral part of these financial statements.

Statement of Cash Flows for the Year Ended 31 March 2023

	Note	2023 £	2022 £
Cash flows from operating activities			
Net cash income		88,064	67,128
Working capital adjustments			
Decrease/(increase) in debtors	13	65,518	(71,712)
Increase/(decrease) in creditors	14	26,883	(9,393)
(Decrease)/increase in deferred income		<u>(32,006)</u>	<u>25,706</u>
Net cash flows from operating activities		<u>148,459</u>	<u>11,729</u>
Net increase in cash and cash equivalents		148,459	11,729
Cash and cash equivalents at 1 April		<u>138,446</u>	<u>126,717</u>
Cash and cash equivalents at 31 March		<u><u>286,905</u></u>	<u><u>138,446</u></u>
Reconciliation of net cash flow to movement in net funds			
Increase in cash		148,459	11,729
Net funds at 1 April 2022		<u>138,446</u>	<u>126,717</u>
Net funds at 31 March 2023		<u><u>286,905</u></u>	<u><u>138,446</u></u>

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

The notes on pages 14 to 23 form an integral part of these financial statements.

Notes to the Financial Statements for the Year Ended 31 March 2023

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)) (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.

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 2023

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 2023

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.

Notes to the Financial Statements for the Year Ended 31 March 2023

2 Income from donations and legacies

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Grants, including capital grants;			
Government grants	97,044	97,044	10,312
Grants from other charities	435,114	435,114	351,111
Other income from donations and legacies	1,168	1,168	171
	<u>533,326</u>	<u>533,326</u>	<u>361,594</u>

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Sales & charges	26,923	-	26,923	2,666
Grants & donations	-	210,541	210,541	181,293
	<u>26,923</u>	<u>210,541</u>	<u>237,464</u>	<u>183,959</u>

4 Grants & contracts

	Unrestricted funds £	Restricted funds £	Total £
Macmillan Cancer Support	435,114	-	435,114
Nottinghamshire County Council	16,350	4,300	20,650
Nottingham Hospitals Charity	-	33,244	33,244
NHS Nottingham & Nottinghamshire ICB	27,124	-	27,124
National Lottery Community Fund	-	172,500	172,500
Sundry grants & donations	1,168	497	1,665
Nottingham City GP	53,570	-	53,570
	<u>533,326</u>	<u>210,541</u>	<u>743,867</u>

Notes to the Financial Statements for the Year Ended 31 March 2023

5 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Bank charges	601	-	601	440
Bad debt expense	-	-	-	48
Board costs	1,290	-	1,290	118
Communications & marketing	3,524	699	4,223	12,031
Conference & events	2,856	2,752	5,608	554
Group training events	-	804	804	-
Clinical supervision	1,400	-	1,400	-
Engagement	186	75	261	1,413
Digital costs	10,714	6,252	16,966	-
Evaluation	24,500	-	24,500	-
Grant repayment	-	-	-	1,050
Health & safety	3,214	-	3,214	2,842
Equipment, repairs & renewals	-	-	-	21
Hospitality & refreshments	-	-	-	540
Human Resources	3,491	-	3,491	3,386
Insurance	2,076	-	2,076	1,969
Interpreting costs	70	-	70	2,449
IT equipment, software & support	24,189	3,561	27,750	11,613
Legal & professional fees	4,649	-	4,649	3,362
Premises costs	15,365	-	15,365	17,804
Printing, postage & stationery	2,102	97	2,199	774
Publications & subscriptions	1,003	-	1,003	1,705
Recruitment	4,168	-	4,168	-
Staff expenses	7,458	373	7,831	-
Training	3,400	848	4,248	-
Salaries, NI & pension	434,610	107,890	542,500	412,683
Start up costs	-	3,660	3,660	1,758
Sundry expenditure	-	-	-	51
Volunteer expenses	2,069	-	2,069	1,768
Volunteer training	2,140	-	2,140	-
Temporary staff	-	640	640	-
Volunteer recruitment	-	-	-	46
Internal recharges	(41,083)	41,083	-	-
	<u>513,992</u>	<u>168,734</u>	<u>682,726</u>	<u>478,425</u>

Notes to the Financial Statements for the Year Ended 31 March 2023

6 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	487,750	377,428
Social security costs	33,906	20,465
Pension costs	20,844	14,790
	<u>542,500</u>	<u>412,683</u>

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

	2023 No	2022 No
Average number of employees	<u>23</u>	<u>16</u>

21 (2022 - 12) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £20,844 (2022 - £14,790).

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 £64,267 (2022 - £41,733).

7 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.

8 Related party transactions

There were no related party transactions in the year.

9 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.

10 Taxation

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

Notes to the Financial Statements for the Year Ended 31 March 2023

11 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:

	2023 £	2022 £
Independent examination	1,160	1,110
Other financial services	1,442	1,171
	<u>2,602</u>	<u>2,281</u>

12 Tangible fixed assets

	Furniture and equipment £	Computer equipment £	Total £
Cost			
At 1 April 2022	<u>30,105</u>	<u>18,077</u>	<u>48,182</u>
At 31 March 2023	<u>30,105</u>	<u>18,077</u>	<u>48,182</u>
Depreciation			
At 1 April 2022	<u>30,105</u>	<u>18,077</u>	<u>48,182</u>
At 31 March 2023	<u>30,105</u>	<u>18,077</u>	<u>48,182</u>
Net book value			
At 31 March 2023	<u>-</u>	<u>-</u>	<u>-</u>
At 31 March 2022	<u>-</u>	<u>-</u>	<u>-</u>

13 Debtors

	2023 £	2022 £
Trade debtors	31,282	89,735
Prepayments	2,566	527
Accrued income	<u>7,265</u>	<u>16,369</u>
	<u>41,113</u>	<u>106,631</u>

14 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	4,104	1,145
Other taxation and social security	3,055	6,562
Other creditors	6,894	3,963
Accruals	24,500	-
Deferred income	<u>-</u>	<u>32,006</u>
	<u>38,553</u>	<u>43,676</u>

Notes to the Financial Statements for the Year Ended 31 March 2023

15 Cash and cash equivalents

	2023 £	2022 £
Cash on hand	35	35
Cash at bank	286,870	138,411
	<u>286,905</u>	<u>138,446</u>

16 Analysis of net assets between funds

	Unrestricted		2023 Total funds £
	General £	Restricted £	
Current assets	252,183	75,835	328,018
Current liabilities	(38,553)	-	(38,553)
Total net assets	<u>213,630</u>	<u>75,835</u>	<u>289,465</u>

	Unrestricted		2022 Total funds £
	General £	Restricted £	
Current assets	206,580	38,497	245,077
Current liabilities	(43,676)	-	(43,676)
Total net assets	<u>162,904</u>	<u>38,497</u>	<u>201,401</u>

17 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds					
<i>General</i>					
General fund	162,904	560,249	(513,992)	4,469	213,630
Restricted funds					
Cancer donations	3,035	-	-	-	3,035
Deaf donations	5,291	497	(204)	-	5,584
National Resource Centre (Lottery)	30,171	172,500	(135,455)	-	67,216
BAME	-	33,244	(30,610)	(2,634)	-
Community Champions	-	4,300	(2,465)	(1,835)	-
Total restricted funds	<u>38,497</u>	<u>210,541</u>	<u>(168,734)</u>	<u>(4,469)</u>	<u>75,835</u>
Total funds	<u>201,401</u>	<u>770,790</u>	<u>(682,726)</u>	<u>-</u>	<u>289,465</u>

Notes to the Financial Statements for the Year Ended 31 March 2023

The transfers from the BAME and Community Champions funds to the General fund relates to activities which have ceased, and the release of any restrictions on the use of these funds.

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

Cancer donations - for Cancer support groups.

Deaf donations - for Deaf Cancer support groups.

National Resource Centre (Lottery) - funding to develop the new National Self Help Resource Centre. This project forms the core of our activity providing support to individuals and groups to develop, grow and advance self help groups nationally.

BAME - the BAME Project supported the restoration of self-help groups (peer support groups) within the Black, Asian, and ethnic minority communities in Nottingham City following the pandemic and promoted self-help group development to support communities faced by health inequalities and poorer health outcomes.

Community Champions - this fund empowered local leaders with training in health material development and essential skills like Cultural Competency, Having Difficult Conversations, and Mental Health First Aid. The program, with nine registered group leaders, also fostered community unity through a 'Welcome Back and Reconnect Event,' promoting health information exchange while combatting isolation and loneliness.

These are the figures for the previous accounting period and are included for comparative purposes

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
<i>General</i>					
General fund	122,248	364,260	(325,413)	1,809	162,904
Restricted					
Arts & Craft Group	1,328	-	(1,109)	(219)	-
BAME Covid 19	7,572	-	(5,763)	(1,809)	-
Cancer donations	592	2,275	(51)	219	3,035
Deaf donations	2,533	3,436	(678)	-	5,291
Lottery Covid 2	-	88,082	(88,082)	-	-
National Resource Centre (Lottery)	-	87,500	(57,329)	-	30,171
Total restricted funds	<u>12,025</u>	<u>181,293</u>	<u>(153,012)</u>	<u>(1,809)</u>	<u>38,497</u>
Total funds	<u>134,273</u>	<u>545,553</u>	<u>(478,425)</u>	<u>-</u>	<u>201,401</u>

Notes to the Financial Statements for the Year Ended 31 March 2023

18 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	197	-	-	197
Aspley Wellbeing Group	360	-	-	360
Beeston Wellbeing group	5	-	-	5
Reachout (Rushcliffe)	255	-	-	255
Coping	67	-	-	67
Fibromyalgia Nottingham City	791	-	-	791
Friday Club	405	-	-	405
Leeway Bereavement Support	430	-	-	430
Hardship	1,020	-	-	1,020
Autistic Women Nottingham	375	-	-	375
Narcolepsy	124	-	-	124
My Roundabout Trauma	274	-	-	274
Nottm Depression Support	47	-	-	47
Painful Bladder	344	-	-	344
Parent 2 Parent	700	-	-	700
Smart Nottingham	166	-	-	166
Sneinton & St Anns Heart Group	346	-	-	346
Time to Change	562	-	-	562
Women of the World	735	-	-	735
	<u>7,203</u>	<u>-</u>	<u>-</u>	<u>7,203</u>