

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 2024

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

Contents

| | |
|--------------------------------------|----------|
| Reference and Administrative Details | 1 |
| Trustees' Report | 2 to 8 |
| Independent Examiner's Report | 9 |
| Statement of Financial Activities | 10 to 11 |
| Balance Sheet | 12 |
| Statement of Cash Flows | 13 |
| Notes to the Financial Statements | 14 to 23 |

Reference and Administrative Details

| | |
|------------------------------------|--|
| Trustees | Nina Ennis, Chair |
| | Suzanna Van Schaick |
| | Nigel Cordier |
| | Hayley Allison |
| | Antonio Wedral |
| Senior Management Team | Simon Calvert, CEO, until September 2023 |
| | Ian Boyd, CEO, from November 2023 |
| 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 |
| Bankers | NG1 5GL |
| | 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 and auditors' report of the charitable company for the year ended 31 March 2024.

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 |
| | Hayley Allison |
| | Antonio Wedral (appointed 3 April 2024) |
| | David Maruta (resigned 3 May 2024) |
| | Michael Savage (resigned 3 May 2024) |
| | Berenice Brown (resigned 10 April 2023) |
| | Amran Hussain (resigned 26 March 2024) |

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 submit a CV and are interviewed by the chair and other board members.

After the recruitment process, new trustees are invited to attend a board meeting where 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 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, 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 is 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

Introduction:

As we reflect back on our 2023/2024 charitable year, it is important to acknowledge the progress and changes within our organisation, as well as the impact we've had on the community. This year has been marked by significant milestones, challenges, and achievements, and we are grateful to everyone who has contributed to our success.

Leadership Changes:

This year brought notable changes in our senior management team. In September 2023, Managing Director, Simon Calvert left the charity, and after an external recruitment process, Ian Boyd joined as Managing Director in November 2023. The trustees would like to place on record their thanks to Simon for his contributions to the charity over the past couple of years. We are excited to welcome Ian as our new Managing Director, who brings a wealth of experience and a fresh perspective to our organisation.

Additionally, this year we have seen changes in the management of our Beyond Diagnosis program and the Learning Centre. In July 2023, the charity recruited two new senior positions into the operational team. Pedram Owladi joined as Service Delivery Project Manager and Sadman Shovan joined as Learning Centre Manager. We are confident that these new leaders will continue to drive our mission forward with passion and commitment.

Trustees' Report

Partnerships and Collaborations:

Over the past year our organisation has strengthened its ties with a number of key partners, most notably:

- Macmillan Cancer Support through the funding the delivery of our Beyond Diagnosis project and the Deaf Cancer Support Project
- NHS Nottingham and Nottinghamshire Integrated Care Board (ICB) and Integrated Care System (ICS). We actively participated in the ICS Partners Assembly and the ICB VCSE (Voluntary, Community, and Social Enterprise) forum
- Nottingham City Council
- NHS Nottingham University Hospitals
- National Lottery Community Fund
- Nottingham City General Practice Alliance
- Manchester University via their S.O.R.D (Social Research with Deaf People) department
- Anglia Ruskin University
- Nottingham Trent University
- Nottingham Community Voluntary Service

These collaborations have enabled us to align our services better with the needs of the community and enhance our impact.

Key Project Highlights:

1. Beyond Diagnosis

The Macmillan Beyond Diagnosis service supports anyone over 18 in Nottingham affected by cancer, providing support for those with a diagnosis and for those who care about them. Self Help UK Macmillan specialists and volunteers provide both practical and emotional support, helping clients to come to terms with a diagnosis and get the best out of life.

We continue to benefit from our wonderful team and the impactful relationships and partnerships we've developed, and so we were absolutely thrilled to be announced as Macmillan Professionals Awards Excellence Awards winners. Continuing the excellent work of our Beyond Diagnosis service, delivered in partnership with Macmillan, this award recognises the person-centred care, and tailored practical and emotional support we provide to people living with cancer. Our dedicated volunteers also play a key role in meeting patients' needs. Our service really demonstrates the power of volunteers and is making truly meaningful changes to peoples' lives. The judges thought the service was "just fabulous!" and a lifeline to so many people.

Impact:

- Supporting 359 clients to get the right support whilst enabling them to maintain their independence
- 266 Holistic Needs Assessments (HNAs) completed
- Short term or one-off practical support such as help with gardening, shopping, hospital visits, IT training needs, moving furniture, or helping to sort out paperwork or fill in a form
- Help with joining peer support groups and other groups or activities
- Emotional support offered by volunteers
- 962 volunteer hours

2. Cancer Surgery Prehab Service:

Continuing in the award winning theme, we were very pleased to be able to announce that we were also crowned Patient Experience Network Awards Winners! We attended the #PENNA23 awards as part of our partnership work with the Prehabilitation Service for Cancer Patients at City Hospital, Nottingham. The Patient Experience Network (PEN) is an independent, not for profit service provider and membership-based network. Our Link Workers help patients access support in their local communities, ensuring a holistic and personalised Prehab Programme is provided. Patients due to undergo certain cancer surgeries are referred to our service by their cancer nurse specialist. We were shortlisted for 2 awards:

- Partnership Working to Improve the Experience
- Personalisation of Care

We were all so happy and overwhelmed that we won BOTH awards! It was a very proud day and we met with and listened to some inspirational people and services.

Trustees' Report

3. PCN (Primary Care Network) Cancer Care:

Our PCN Cancer Care Co-ordinators have worked hard to build their relationships with the GP practices in their area. This year we started work within 5 surgeries across the Nottingham City PCN network. This is no mean feat when each Practice had different approaches, requirements, and systems. The success of the service is such that we are now in talk with other areas who are interested in establishing similar services.

The work that they do involves contacting patients in their first 3 months of your diagnosis to introduce their role in their cancer journey. This is an opportunity for patients to ask any initial questions or raise any concerns in the early stages of diagnosis. Our Cancer Care Coordinators will contact patients again within the first 6-9 months after first diagnose, usually after hospital treatment is complete. They will invite patients to a Cancer Care Review. This is an appointment to freely discuss the questions or concerns patient have that are related to their cancer diagnosis. This appointment is led by the patient and is a safe space to express feelings. A Cancer Care Review (CCR) is a conversation between a patient and their GP or Practice Nurse about their cancer journey. It is essential to personalised care and helps patients to talk about their cancer experience and concerns, and understand what support is available in their community. Our Cancer Care Coordinators also help the GP practices to encourage people to take up cancer screening. Cancer screening means that cancers can be caught early. The earlier patients are diagnosed, the earlier they can get treated and the greater chance a person has of beating that cancer.

4. Deaf Cancer Support Project

Our Macmillan Deaf Cancer Support Project, led by a Deaf team, provides virtual emotional and practical support to Deaf people experiencing cancer or affected by cancer. The team has supported the establishment of new peer support groups, so that Deaf people affected by cancer can meet other people with similar experiences. The team has provided information and advice to signpost people to appropriate services. Service users feel empowered by getting access to information in their language. They realise they have choices.

The projects national profile continues to grow, with meetings with the CEO of Macmillan and running a workshop at the Macmillan Professional's Conference. The team expanded to 7 staff members with the appointment of three new staff, and we are looking forward to delivering an integrated service offering both face to face and digital support to deaf people on their cancer journey.

We continued successful conversations with Macmillan to continue funding this national project for another two years until at least March 2026.

Impact:

- 48 cancer members and deaf carers provided with holistic care, improving mental health and wellbeing
- Recruitment and development of 33 volunteers dedicated to supporting the project
- Weekly Zoom sessions with attendance average of 18 people per session
- Increased awareness of the issues affecting deaf cancer patients, including appearances on TV (BBC's 'See Hear' programme), health and awareness events and cancer surgery days

5. Learning Centre & Community Outreach

For anyone interested in holistic, person centred care, our Learning Centre provides courses, workshops, and consultancy. These are designed and informed by our specialist knowledge and experience in personalised care, enriched by our history of community involvement.

Our Learning Centre has empowered individuals and professionals to support the set-up and running of peer support groups. Through our workshops, training, and E-Learning courses, we have equipped people with the knowledge and skills needed to successfully run their groups.

We equip, empower and encourage the development of peer support groups across the UK. We empower communities to enhance health, combat isolation, and foster self-care by creating peer support networks, providing training and guidance.

Our very own Shazia Nazir ably representing the charity at The Sophia International Symposium of Working with Self-Help Groups. The event was held at in Tokyo, Japan and we were grateful to be able to add our voice to that of fellow international self help peers across the world.

Impact:

- Online 'Peer Support Group Starter Kit' course launched, with 88 freely accessible training resources, enabling a new learning experience for those interested in peer support groups

Trustees' Report

- Made accessible to 765 groups and individuals across the UK
- Workshops and training provided to multiple organisations
- Implemented a new curriculum focusing on digital literacy and vocational training
- Our Online Directory of peer support groups continues to enable individuals and health professionals to easily find and connect with relevant support groups. Registered groups 190, 24,400 views annually, Groups equipped 765, improved confidence 100%

Website Development:

We acknowledge that our previous report mentioned the launch of our new website by August 2023. While we faced some unforeseen and beyond our control delays, we are confident that the website will go live later this year. The new platform will offer improved navigation, updated resources, and a more user-friendly interface, enhancing our ability to connect with the community and provide vital information.

Staff Support Initiatives:

In recognising the importance of staff well-being, we have introduced an Employee Assistance Program (EAP) and trained several staff members as Mental Health First Aiders and Menopause Champions. These initiatives are part of our ongoing commitment to supporting our team and ensuring a healthy work environment.

As we close this chapter, we look forward to the opportunities and challenges of the coming year. Together, we will continue to build a stronger, more resilient community.

Thank you for taking the time to read our Annual Report for 2023/2024. Your support and engagement are crucial to our success. If you have any questions or would like more information, please do not hesitate to contact us.

Email: info@selfhelp.org.uk

Website: www.selfhelp.org.uk

Facebook: <https://www.facebook.com/SelfHelpUK>

X: <https://twitter.com/selfhelpteam>

Financial review

It was anticipated that the charity would need to draw on unrestricted reserves in the financial year 2023-24; however, this has not been necessary and at the end of the year a small 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 salary savings whilst recruiting vacant posts. Core costs expenditure in the financial year 2024-25 is expected to rise, mainly due to additional salary costs that aren't met by funded projects but is necessary to achieve the strategic vision of the organisation for the future. We have also seen a rent increase, and awarded staff an uplift that isn't included in salary funding.

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 £86k.

Major risks and management of those risks

Funding

It is anticipated that the charity will need to draw on reserves this year, as finances around staffing are squeezed further. There is no further funding for the Learning Centre and if it is not self sufficient when the funds are used up we need to be mindful that financially supporting this project would quickly drain our reserves. The Finance Sub Committee meet regularly each quarter to review the finances of the charity, with a 2 year forecast, so that we can identify future risk and react proactively.

Trustees' Report

Funds held as custodian trustee on behalf of others

At the end of the financial year, SHUK held £6,174 on behalf of third parties. This funding is held on behalf of 20 self-help groups who do not have their own bank accounts.

Acknowledgements

We are incredibly grateful for the support given by our funders - the National Lottery, Macmillan, Nottingham and Nottinghamshire ICB and its PCNs.

None of our achievements would be possible without our exceptional staff and volunteers to whom we give our heartfelt thanks.

Plans for future periods

Aims and key objectives for future periods

As part of our future plans, we plan on refreshing our overall strategy. For us to be able to do this we plan on going back to basics with a listening and consultation exercise with our stakeholders. These stakeholders include staff, trustees, volunteers, beneficiaries, funders, and partners. We plan on asking them all a set of questions based on our work, our history, our mission, vision and values and using the feedback generated to be able to create future plans. It is anticipated that this new strategy will include specific new delivery plans, a marketing strategy, and an income development plan.

We anticipate taking the first part of the year to work on this consultation and listen to feedback, before using the second part of the year to create and refresh any new plans, meaning that by the end of the year we should be in possession of some concrete new strategic plans. Overall, it is anticipated that the development of our strategic plan will allow us to:

- Increase our focus on forming partnerships with other organisations to broaden our reach and impact.
- Enhance our programmes based on feedback and emerging community needs.
- Invest in staff development and training to ensure the highest quality of service.

As part of our future plans, we are also excited to announce new funding from Macmillan, which will support our ongoing efforts and enable us to expand our services. Both the Beyond Diagnosis Project and the Deaf Cancer Support Project will receive new funding from April 2024 onwards till March 2026 to continue our excellent partnership with Macmillan.

Self Help UK has plans to further enhance operational efficiency and streamline processes. A significant focus will be going through an internal staff HR consultation focused on reviewing policies and procedures (our new handbook) and addressing any employee contracts and working conditions that need updating.

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 the Learning Centre aims to provide even more valuable learning opportunities to its audience.

To improve service delivery, Self Help UK intends to invest further in the development of its Subcommittees. In particular our Performance 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. This should result in better quality impact data, based on internal KPIs and targets.

We continue to evaluate and adapt plans to ensure the ongoing ability to achieve positive outcomes in our service delivery and financial stability. An example of this would include our plans to collaborate with the Integrated Care Board and other system partners in order to secure funding for the continuation of the Beyond Diagnosis service beyond April 2026. 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.

We are optimistic about the future and remain committed to making a meaningful difference in the lives of those we serve. Thank you for your continued support and dedication to our mission.

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.

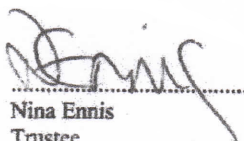
The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding 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 18/09/24 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 2024.

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.

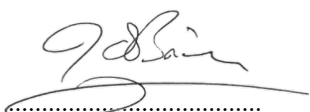
Independent examiner's statement

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: 23/09/24

Statement of Financial Activities for the Year Ended 31 March 2024
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

| | Note | Unrestricted £ | Restricted £ | Total 2024 £ | Total 2023 £ |
|------------------------------------|------|-----------------------|----------------------|-----------------------|-----------------------|
| Income and Endowments from: | | | | | |
| Donations and legacies | 2 | 632,093 | - | 632,093 | 533,326 |
| Charitable activities | 3 | 15,383 | 174,066 | 189,449 | 237,464 |
| Total Income | | <u>647,476</u> | <u>174,066</u> | <u>821,542</u> | <u>770,790</u> |
| Expenditure on: | | | | | |
| Charitable activities | 5 | <u>(648,212)</u> | <u>(150,089)</u> | <u>(798,301)</u> | <u>(682,726)</u> |
| Total Expenditure | | <u>(648,212)</u> | <u>(150,089)</u> | <u>(798,301)</u> | <u>(682,726)</u> |
| Net (expenditure)/income | | <u>(736)</u> | <u>23,977</u> | <u>23,241</u> | <u>88,064</u> |
| Net movement in funds | | (736) | 23,977 | 23,241 | 88,064 |
| Reconciliation of funds | | | | | |
| Total funds brought forward | | <u>213,630</u> | <u>75,835</u> | <u>289,465</u> | <u>201,401</u> |
| Total funds carried forward | 17 | <u><u>212,894</u></u> | <u><u>99,812</u></u> | <u><u>312,706</u></u> | <u><u>289,465</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 2024
(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 2023 £ |
|------------------------------------|------|----------------------------|--------------------------|-----------------------|
| Income and Endowments from: | | | | |
| Donations and legacies | 2 | 533,326 | - | 533,326 |
| Charitable activities | 3 | <u>26,923</u> | <u>210,541</u> | <u>237,464</u> |
| Total income | | <u>560,249</u> | <u>210,541</u> | <u>770,790</u> |
| Expenditure on: | | | | |
| Charitable activities | 5 | <u>(513,992)</u> | <u>(168,734)</u> | <u>(682,726)</u> |
| Total expenditure | | <u>(513,992)</u> | <u>(168,734)</u> | <u>(682,726)</u> |
| Net income | | 46,257 | 41,807 | 88,064 |
| Transfers between funds | | <u>4,469</u> | <u>(4,469)</u> | <u>-</u> |
| Net movement in funds | | 50,726 | 37,338 | 88,064 |
| Reconciliation of funds | | | | |
| Total funds brought forward | | <u>162,904</u> | <u>38,497</u> | <u>201,401</u> |
| Total funds carried forward | 17 | <u><u>213,630</u></u> | <u><u>75,835</u></u> | <u><u>289,465</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 2024

| | Note | 2024 £ | 2023 £ |
|---|------|-----------|-----------|
| Fixed assets | | | |
| Tangible assets | 12 | 2,352 | - |
| Current assets | | | |
| Debtors | 13 | 80,510 | 41,113 |
| Cash at bank and in hand | 15 | 276,336 | 286,905 |
| | | 356,846 | 328,018 |
| Creditors: Amounts falling due within one year | 14 | (46,492) | (38,553) |
| Net current assets | | 310,354 | 289,465 |
| Net assets | | 312,706 | 289,465 |
| Funds of the charity: | | | |
| Restricted income funds | | | |
| Restricted funds | 17 | 99,812 | 75,835 |
| Unrestricted income funds | | | |
| Unrestricted funds | | 212,894 | 213,630 |
| Total funds | 17 | 312,706 | 289,465 |

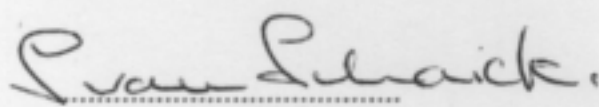
For the financial year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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 13/09/24 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 2024

| | Note | 2024 £ | 2023 £ |
|---|------|-----------------------|-----------------------|
| Cash flows from operating activities | | | |
| Net cash income | | 23,241 | 88,064 |
| Adjustments to cash flows from non-cash items | | | |
| Depreciation | | <u>1,176</u> | <u>-</u> |
| | | 24,417 | 88,064 |
| Working capital adjustments | | | |
| (Increase)/decrease in debtors | 13 | (39,397) | 65,518 |
| (Decrease)/increase in creditors | 14 | (9,178) | 26,883 |
| Increase/(decrease) in deferred income | | <u>17,117</u> | <u>(32,006)</u> |
| Net cash flows from operating activities | | (7,041) | 148,459 |
| Cash flows from investing activities | | | |
| Purchase of tangible fixed assets | 12 | <u>(3,528)</u> | <u>-</u> |
| Net (decrease)/increase in cash and cash equivalents | | (10,569) | 148,459 |
| Cash and cash equivalents at 1 April | | <u>286,905</u> | <u>138,446</u> |
| Cash and cash equivalents at 31 March | | <u><u>276,336</u></u> | <u><u>286,905</u></u> |
| Reconciliation of net cash flow to movement in net funds | | | |
| (Decrease)/increase in cash | | (10,569) | 148,459 |
| Net funds at 1 April 2023 | | <u>286,905</u> | <u>138,446</u> |
| Net funds at 31 March 2024 | | <u><u>276,336</u></u> | <u><u>286,905</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 2024

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 2024

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 2024

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 2024

2 Income from donations and legacies

| | Unrestricted funds General £ | Total 2024 £ | Total 2023 £ |
|--|---------------------------------------|--------------------|--------------------|
| Grants, including capital grants; | | | |
| Government grants | 199,952 | 199,952 | 97,044 |
| Grants from other charities | 432,026 | 432,026 | 435,114 |
| Other income from donations and legacies | 115 | 115 | 1,168 |
| | <u>632,093</u> | <u>632,093</u> | <u>533,326</u> |

3 Income from charitable activities

| | Unrestricted funds General £ | Restricted funds £ | Total 2024 £ | Total 2023 £ |
|--------------------|---------------------------------------|--------------------------|--------------------|--------------------|
| Grants & donations | - | 174,066 | 174,066 | 210,541 |
| Sales & charges | 15,383 | - | 15,383 | 26,923 |
| | <u>15,383</u> | <u>174,066</u> | <u>189,449</u> | <u>237,464</u> |

4 Grants & contracts

| | Unrestricted funds £ | Restricted funds £ | Total £ |
|--------------------------------------|----------------------------|--------------------------|----------------|
| Macmillan Cancer Support | 429,074 | - | 429,074 |
| Nottinghamshire County Council | 16,350 | - | 16,350 |
| Nottingham Hospitals Charity | 2,952 | - | 2,952 |
| NHS Nottingham & Nottinghamshire ICB | 34,248 | - | 34,248 |
| National Lottery Community Fund | - | 162,420 | 162,420 |
| Sundry grants & donations | 115 | 11,646 | 11,761 |
| Nottingham City GP | 149,354 | - | 149,354 |
| | <u>632,093</u> | <u>174,066</u> | <u>806,159</u> |

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

5 Expenditure on charitable activities

| | Unrestricted funds General £ | Restricted funds £ | Total 2024 £ | Total 2023 £ |
|----------------------------------|---------------------------------------|--------------------------|--------------------|--------------------|
| Bank charges | 605 | 41 | 646 | 601 |
| Board costs | - | - | - | 1,290 |
| Communications & marketing | 6,788 | 699 | 7,487 | 4,223 |
| Conference & events | 4,069 | 20 | 4,089 | 5,608 |
| Group training events | 24 | - | 24 | 804 |
| Depreciation | 1,176 | - | 1,176 | - |
| Clinical supervision | 3,350 | - | 3,350 | 1,400 |
| Engagement | 2,916 | - | 2,916 | 261 |
| Digital costs | 1,197 | 12,624 | 13,821 | 16,966 |
| Evaluation | 18,375 | - | 18,375 | 24,500 |
| Health & safety | 3,839 | - | 3,839 | 3,214 |
| Human Resources | 6,013 | - | 6,013 | 3,491 |
| Interpreting costs | 870 | - | 870 | 70 |
| Insurance | 2,025 | 297 | 2,322 | 2,076 |
| IT equipment, software & support | 24,868 | 2,827 | 27,695 | 27,750 |
| Legal & professional fees | 4,034 | 36 | 4,070 | 4,649 |
| Premises costs | 18,015 | - | 18,015 | 15,365 |
| Printing, postage & stationery | 2,925 | 29 | 2,954 | 2,199 |
| Publications & subscriptions | 309 | - | 309 | 1,003 |
| Recruitment | 4,980 | 1,466 | 6,446 | 4,168 |
| Staff expenses | 8,246 | - | 8,246 | 7,831 |
| Training | 13,847 | 380 | 14,227 | 4,248 |
| Salaries, NI & pension | 548,971 | 101,170 | 650,141 | 542,500 |
| Start up costs | - | - | - | 3,660 |
| Volunteer expenses | 1,205 | - | 1,205 | 2,069 |
| Volunteer training | 65 | - | 65 | 2,140 |
| Temporary staff | - | - | - | 640 |
| Internal recharges | (30,500) | 30,500 | - | - |
| | <u>648,212</u> | <u>150,089</u> | <u>798,301</u> | <u>682,726</u> |

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

6 Staff costs

The aggregate payroll costs were as follows:

| | 2024 £ | 2023 £ |
|--|----------------|----------------|
| Staff costs during the year were: | | |
| Wages and salaries | 582,359 | 487,750 |
| Social security costs | 42,956 | 33,906 |
| Pension costs | 24,826 | 20,844 |
| | <u>650,141</u> | <u>542,500</u> |

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

| | 2024 No | 2023 No |
|-----------------------------|------------|------------|
| Average number of employees | <u>25</u> | <u>23</u> |

21 (2023 - 21) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £24,826 (2023 - £20,844).

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 £60,395 (2023 - £64,267).

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 2024

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:

| | 2024 £ | 2023 £ |
|--------------------------|--------------|--------------|
| Independent examination | 1,285 | 1,160 |
| Other financial services | 1,571 | 1,442 |
| | <u>2,856</u> | <u>2,602</u> |

12 Tangible fixed assets

| | Furniture and equipment £ | Computer equipment £ | Total £ |
|-----------------------|---------------------------------|----------------------------|---------------|
| Cost | | | |
| At 1 April 2023 | 30,105 | 18,077 | 48,182 |
| Additions | - | 3,528 | 3,528 |
| At 31 March 2024 | <u>30,105</u> | <u>21,605</u> | <u>51,710</u> |
| Depreciation | | | |
| At 1 April 2023 | 30,105 | 18,077 | 48,182 |
| Charge for the year | - | 1,176 | 1,176 |
| At 31 March 2024 | <u>30,105</u> | <u>19,253</u> | <u>49,358</u> |
| Net book value | | | |
| At 31 March 2024 | <u>-</u> | <u>2,352</u> | <u>2,352</u> |
| At 31 March 2023 | <u>-</u> | <u>-</u> | <u>-</u> |

13 Debtors

| | 2024 £ | 2023 £ |
|----------------|---------------|---------------|
| Trade debtors | 76,067 | 31,282 |
| Prepayments | 2,641 | 2,566 |
| Accrued income | 1,802 | 7,265 |
| | <u>80,510</u> | <u>41,113</u> |

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

14 Creditors: amounts falling due within one year

| | 2024 £ | 2023 £ |
|------------------------------------|---------------|---------------|
| Trade creditors | 8,774 | 4,104 |
| Other taxation and social security | 12,656 | 3,055 |
| Other creditors | 1,542 | 6,894 |
| Accruals | 6,403 | 24,500 |
| Deferred income | 17,117 | - |
| | <u>46,492</u> | <u>38,553</u> |

15 Cash and cash equivalents

| | 2024 £ | 2023 £ |
|--------------|----------------|----------------|
| Cash on hand | 35 | 35 |
| Cash at bank | <u>276,301</u> | <u>286,870</u> |
| | <u>276,336</u> | <u>286,905</u> |

16 Analysis of net assets between funds

| | Unrestricted | | 2024 Total funds |
|-----------------------|-----------------|-----------------|---------------------|
| | General £ | Restricted £ | £ |
| Tangible fixed assets | 2,352 | - | 2,352 |
| Current assets | 257,034 | 99,812 | 356,846 |
| Current liabilities | <u>(46,492)</u> | <u>-</u> | <u>(46,492)</u> |
| Total net assets | <u>212,894</u> | <u>99,812</u> | <u>312,706</u> |

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

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

17 Funds

| | Balance at 1 April 2023 £ | Incoming resources £ | Resources expended £ | Balance at 31 March 2024 £ |
|---------------------------------------|---------------------------------|----------------------------|----------------------------|----------------------------------|
| Unrestricted funds | | | | |
| <i>General</i> | | | | |
| General fund | 213,630 | 647,476 | (648,212) | 212,894 |
| Restricted funds | | | | |
| Cancer donations | 3,035 | - | - | 3,035 |
| Deaf donations | 5,584 | 11,646 | (4,786) | 12,444 |
| National Resource Centre (Lottery) | 67,216 | 162,420 | (145,303) | 84,333 |
| Total restricted funds | <u>75,835</u> | <u>174,066</u> | <u>(150,089)</u> | <u>99,812</u> |
| Total funds | <u>289,465</u> | <u>821,542</u> | <u>(798,301)</u> | <u>312,706</u> |

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.

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

| | 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 | | | | | |
| 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 2024

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 | - | (390) | 172 |
| Women of the World | 735 | - | - | 735 |
| Beeston Community Group | - | - | (365) | (365) |
| | <u>7,203</u> | <u>-</u> | <u>(1,029)</u> | <u>6,174</u> |