

GASPED

England & Wales · Charity number 1072174

Details

Status Registered

Legal form Charitable company

Company number [03580793](#)

Registered 1998-10-28

Register [View on the Charity Commission register](#)

Contact

Address 5a Cheapside
Wakefield
WF1 2SD

Phone 01924787507

Email resourcecentre@gasped.co.uk

Website www.gasped.org.uk

Activities

Objects: TO ADVANCE THE EDUCATION OF THE PUBLIC AND RAISE AWARENESS ABOUT ADDICTIVE BEHAVIOURS, MENTAL HEALTH AND DOMESTIC ABUSE BY PROVIDING NON-JUDGEMENTAL SUPPORTIVE SERVICES TO ENCOURAGE THOSE WHO USE THEM TO GROW IN CONFIDENCE AND RAISE TO THE CHALLENGES THEY FACE.

Activities: GASPED provides information, education, advice, help/support to the public raise awareness about addictive behaviours, mental health, domestic and sexual abuse by providing non-judgemental supportive services to encourage people to grow in confidence and raise to the challenges they face. Services
Counselling 1-2-1 support
Creative social activities
Training and education

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- City Of Wakefield

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£386,041	£415,654	-	-
2023-12-31	£438,647	£377,584	-	-
2022-12-31	£253,900	£183,590	-	-
2021-12-31	£84,674	£108,286	-	-
2020-12-31	£183,752	£121,610	-	-

Trustees

Name	Role	Appointed
DAMIEN BETTS	Chair	2011-05-03
Frances Maria hankins		2023-08-16
KEMI DAWODU		2021-12-01
MIRBAN HUSSAIN		2017-01-16
ROHIE SOSSEH NJIE		2021-12-01
Trevor Hurdus-Warren		2024-07-24

GASPED

England & Wales - Charity number 1072174

Accounts

GASPED ANNUAL REPORT



20 24

Charity: 1072174
Company Registration: 03580792



Supporting Male Victims of
Domestic & Sexual Abuse.
IDVA and ISVA Services.



Here For You
Out Of Hours Support in A Safe Space

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INTRODUCTION

GASPED is a voluntary organisation and registered charity established in 1995. (Charity Number 1072174 and Company Number 03580793).

The service was created because of one parent's experience of living, caring for and supporting her son who was addicted to drugs. As a result of recognising the isolation, fear, guilt, shame and stigma, a support group and helpline were established to help and support others in similar circumstances.

Today the charity remit is much broader, and we work with local people focussing on the more deprived areas enabling them build emotional resilience, self-esteem, improve their health, wellbeing, education and employment through a range of practical and emotional support.

In 2019 GASPED Board of Trustees recognised that if GASPED were to continue to survive we needed to deliver more generic support and counselling and to be recognised for our expertise in certain areas for example in Mental Health, Suicide, Domestic and Sexual Abuse and Practical Support. The Trustees took steps to change our governing documents with consultation from the Charity Commission to reflect on the true nature of the services we plan to deliver.

GASPED's Articles of Association now include the following statement:

"To advance the education of the public and raise awareness about addictive behaviours, mental health and domestic and sexual abuse by providing non-judgemental supportive services to encourage those who use them to grow in confidence and rise to the challenges they face."



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OUR FOCUS

GASPED focuses on supporting people in emotional distress and their families, with practical support and counselling services by:

- Raising awareness about addictive behaviours, suicide, mental health, domestic and sexual abuse.
- Providing non-judgemental supportive services guided by those with lived experience to help people grow in confidence and rise to the challenges they face.

OUR MISSION

“Our Mission is to raise awareness about addictive behaviours, mental health and male victims of sexual and domestic violence, by providing non-judgemental, supportive services to encourage service users to grow in confidence and raise to the challenges they face.”

To develop bespoke mental health programmes for vulnerable people in our community and providing support for those who have been unable to access mainstream services in the past.

Working to avoid mental health crisis by listening, advising, and empowering people to make positive change in their lives.



STRATEGIC AIMS & OBJECTIVES

GASPED aims to be a sustainable charity and company limited by guarantee, providing practical help, information and support to parents, partners, families, and carers for people with mental health problems, male victims of domestic abuse and sexual violence, and to challenge poverty and deprivation by:

- Delivering outcome focussed whole family approach.
- Facilitating and supporting the development of support groups within Yorkshire for anyone who identifies themselves as male and developing effective information sharing networks between those groups.
- Developing and providing programmes of training and education in order to raise awareness of the impact of mental health, domestic and sexual abuse within communities.
- Continuous person-centred support in deprived communities in Yorkshire aimed at contributing towards closing the gap between the most and the least deprived communities.
- Working with BAME groups with the aim of continuous improvement of engagement and support.
- Providing therapies, counselling, advice, information and advocacy available in our Resource Centres, and within communities unable to access the centre.
- Co-producing and Co-developing initiatives with communities.
- Being pro-active by delivering a range of early intervention initiatives both practical and emotional aimed at reducing the impact on mainstream services.
- Contribute towards building individual and community resilience.
- Contribute towards the relief of poverty in the community.
- Aligning with local and regional priorities: West Yorkshire Combined Authority, South West Yorkshire & Partnership NHS Trust and Wakefield Council.
- Achieving and maintaining recognised quality mark.
- Partnership working with local and regional organisations.
- Focus our work in the most deprived areas as defined by the Index of Multiple Deprivation.



GASPED ETHOS

GASPED seeks to respond to its beneficiaries through a social model of health. This holistic response to need is illustrated below.

PRACTICAL

- Capacity Building & Training
- Research & Data Analysis
- Advice & Information
- Group Support
- 1-2-1 Support
- Newsletters

COLLABORATION

- Community Engagement
- Partnership Working
- Co - Development
- Co - Production



HOLISTIC

PSYCHOLOGICAL

- District of Wakefield
- Emotional Support
- Support Drop - In
- Counselling

SOCIAL

- Creative Workshops
- Group Support
- Social Events
- AGM

Through these different strands, GASPED seeks to work with our beneficiaries to find the best fit interventions with the understanding that it takes as long as it takes. Therefore, long term commitment to our beneficiaries is crucial.

The Goal – Delivering person centred support which is co-produced and co-developed aimed at increasing ability of the community to make healthy choices and having a sense of autonomy and control leading to valued outcomes.



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BOARD OF TRUSTEES

Chair	Damien Betts
Deputy Chair	Paul Wright (Resigned 31/01/24) Fran Hawkins (from 31/01/24)
Treasurer	Mirban Hussain
Company Secretary	Jane Richardson
Trustee	Kemi Dawodu
Trustee	Rohie Njie
Trustee	Fran Hawkins
Trustee	Trevor Hurdus-Warren (from 24/07/24)

EMPLOYEES

Chief Executive Officer

Stan Foster

Assistant Manager

Tracey

Marketing Manager

Sarah

Support Worker Co-Ordinator

Kerry

Counselling Co-Ordinator

Paula

Support Workers

Lee

Leeann

Craig

Olivia

Tom

Rhys

Andrew

Jennifer

Support Worker/Counsellor

Helen

Administration

Priya

Chief Financial Officer

Niraj

Operations Manager

Gemma

Muslim Bereavement Workers

Waheeda

Ghufrana

Here For You Staff

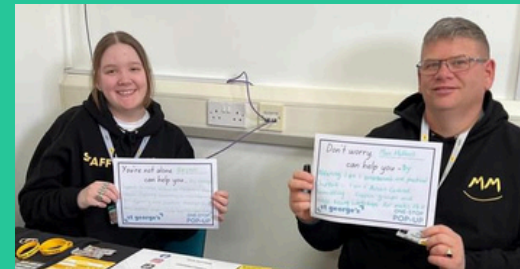
Alannah

Drew

Jennifer

Akeem

Mila



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COMMUNITY BASED SERVICES

GASPED would like to thank Humanity 1st, Eastmoor Rugby Club, Airedale Library, Ferrybridge Community Centre, St Georges Centre Lupset, Wakefield, Castleford, Pontefract and Hemsworth Job Centres, The Art House, Rycroft Leisure Centre, Lightwaves Leisure Centre, Agbrigg Community Centre for their support which has enabled GASPED to deliver practical & emotional support, coffee groups and counselling those areas.

GASPED have access to other venues from both statutory and voluntary organisations to deliver further support, however during 2024 GASPED worked to its full capacity, therefore we are looking at other resources to add capacity to deliver further support in local communities. The more we work in local communities the more are trusted and more needs are recognised, leading to needing to be done.

We recognise that poverty is continuing to bite deeper in our communities and GASPED need to travel into those communities to deliver much needed support as many people do not have the disposable income to travel to the city of Wakefield.



BOARD OF TRUSTEES REPORT

GASPED support for people in emotional distress increased during 2024 with more and more people coming forward with more complex needs who have been signposted from statutory and voluntary organisations and also self-referred seeking a wider range of practical and emotional support. Consultation tells us that poverty is the main driver leading to loss of hope, aspirations and low expectations. Poverty whether fuel poverty, hygiene poverty or food poverty, hungry desperate people are struggling to cope and are arriving at GASPED desperate for support.

The Trustees would like to thank the staff, counsellors and volunteers who worked long unsocial hours to enable members of local communities to access GASPED services. GASPED volunteers contributed over 3,150 hours of volunteer time during 2024 supporting GASPED in several initiatives including Know Your Neighbourhood Project and MAN MATTERS support groups plus administration duties.

GASPED face-to-face and telephone conversations with people were not only about giving emotional support, practical advice, but also about challenging issues of Domestic Abuse, Sexual Abuse, Suicide Ideation, Male Identity and supporting West Yorkshire Women and Girls strategy by challenging misogamy.

During 2024 GASPED increased the number of staff thanks to the funding from NHS Mental Health Alliance and West Yorkshire Combined Authority with new staff delivering practical and emotional support for the MAN MATTERS project and a West Yorkshire project delivering support for Male Victims of Sexual Abuse.

In 2023 GASPED made a decision to aim for a quality mark, we did have evidence from clients about the quality of our service but felt that wasn't enough we wanted an outside organisation to come and have a look at what and how we deliver and if our processes and procedures fit for purpose. GASPED were recommended Lime Culture who we went with for two quality marks one for our Counselling Services and the other for our Support Work Services for working with Male Victims of Sexual Abuse. The GASPED team proved they were committed to obtaining the quality marks and somehow while still looking after clients fitted what needed to be done in their heavy work load.



In 2024 the Trustees decided to develop a further strategy for GASPED, with the help of Jo Crebbin at Cranfield Trust. GASPED had support from a volunteer Adrian Cook who began to develop a 5 year strategy for GASPED. This process involved Adrian interviewing all trustees, staff and a number of volunteers as well as an away day for trustees. Adrian began the process in October 2024 and is due to be completed February 2025. Adrian delivered the strategy as a volunteer, giving up his time and commitment to GASPED. All trustees and staff would like to thank Adrian for his dedication to delivering GASPED's strategy and his patience in coaxing out the information he required. Many thanks to Jo at Cranfield Trust for pairing Adrian up with GASPED, we will be forever grateful.

During 2024, thanks to National Lottery Community Fund, the MAN MATTERS initiative celebrated its second year of delivery. The grant is for 3 years and is to deliver practical and emotional support throughout the District of Wakefield for all people aged 18 and over who describe themselves as male. GASPED held the celebration event at St Swithin's Community Centre at Eastmoor. GASPED would like to thank St Swithin's for their support a great venue and a great day. GASPED are also grateful to everyone who gave up their time to attend and for all the contributions made in the workshops, GASPED gained valuable insight for our future.

MAN MATTERS is aimed to get men to talk about their feelings, either in 1-2-1 settings, group or person-centred counselling, to be part of the solution to reduce violence against women and girls, and for men to be not be part of the problem but to be part of the solution, contributing towards West Yorkshire Combined Authority Women and Girls Strategy. MAN MATTERS is also about challenging suicide ideation, creating links with communities to reduce isolation and loneliness. MAN MATTERS delivers a range of practical and emotional support, the team work with what that male chooses to reveal, challenging negative feelings, shame, stigma, the loss of hope and not seeing an answer to their issues, that many men face.

MAN MATTERS is not all things to all men, so the team have built up excellent referral networks enabling MAN MATTERS to signpost if needed.

The number of men contacting GASPED to access the MAN MATTERS Project and talking about their feelings has continued to increase, thanks to the promotion work of Olivia, Kerry, Lee and Sarah the number of men accessing our services have exceeded our expectations, during 2024 self-referrals far exceeded referrals by agencies.

GASPED would also like to thank people who buy National Lottery tickets as we gained Know your Neighbourhood funding. This funding focuses on the most deprived areas of Wakefield District as identified by the Index of Multiple Deprivation. This enables GASPED to link with local communities, further consult, co-produce/co-develop initiatives through group meetings.

NHS West Yorkshire Mental Health Alliance funding has been key to the success of MAN MATTERS enabling GASPED to recruit workers to work with more vulnerable men within the District of Wakefield enabling GASPED to deliver more work throughout the most deprived areas of the district. The new workers are local people with excellent local knowledge and skills to engage with local communities.

To meet the needs of the community GASPED have three support groups per week under the MAN MATTERS Project. One in a morning, one afternoon and one evening. The groups are based in different parts of the district to enable men to attend who may have transport issues. The venues are at Airedale Library, Ferrybridge Community Centre and Eastmoor Rugby Club. All three organisations have been very supportive of the meetings and promoted the meeting in their communities.



Supporting Male Victims of
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Here For You
Out Of Hours Support In A Safe Space

Throughout 2024 GASPED continued to deliver practical and emotional support throughout the District of Wakefield for anyone who describes themselves as a male victim of domestic abuse, thanks to a contract from the West Yorkshire Combined Authority Policing and Crime Team. The growing number of men accessing practical and emotional support, with an increase of self-referrals and improved links within.

GASPED are proud to say that we are reaching out to male victims through social media platforms, website and through the networks we have built up over the years, to help us promote the male victim service, however the success of GASPED marketing has resulted in more men coming forward for support which has put an additional pressures on staff who are delivering that support.

GASPED continued delivering thanks to West Yorkshire Combined Authority practical and emotional support for anyone who describes themselves as male, lives in West Yorkshire and is a victim of Sexual Abuse, lessons learnt in the promotion/marketing for male victims of domestic abuse allowed GASPED to very quickly receive and begin work with men referred both self-referrals and through agencies.

GASPED's partnership with Touchstone Leeds delivering NHS Here For You contract for Wakefield continues the contract has been extended to March 2027. During 2024 staff increased, however there has been a challenge recruiting staff and unfortunately during 2024 two staff have moved on to other employment, but by November we have moved from 3 to 4 staff with one member of staff working at Pinderfields Hospital. During 2024 Safe Space changed its name to "Here For You" to avoid confusion with the police Safe Space project. Here For You is an out of hours support service for anyone aged 16+ who require emotional support. It is open 18:00-00:00, everyday, designed to reduce the impact on Wakefield Hospitals Emergency Departments and Southwest Yorkshire Ambulance Service.

GASPED in partnership with Humanity 1st and White Rose Boxing Club were successful in gaining funding from West Yorkshire Mayors Safer Communities Fund, this partnership projects which aligned with West Yorkshire Police and Crime Plan, enabled joint working across the district of Wakefield making a positive difference in deprived communities. GASPED are once again very grateful to Tracy Brabin and her Team at West Yorkshire Combined Authority for their ongoing support.

GASPED were also successful in gaining funding from Wakefield Council UKSPF fund, which GASPED delivered bereavement support for the Muslim community in the district of Wakefield. The funding was for 6 months in which GASPED discovered there were many challenges which were not clear during our consultation for the project. Six months did not give GASPED enough time to develop trusting and working relationships with the community which resulted in the project not being as successful as GASPED would have liked it be, however GASPED did discover many gaps in service delivery while working with the community and GASPED have been asked to return should funding become available.

GASPED would like to thank NOVA Wakefield and Wakefield Positive Mental Health Network for allowing GASPED to promote the service via their newsletters. Along with Sarah, GASPED's Marketing Manager, who is working wonders on social media creating awareness throughout the local communities of the services GASPED are delivering and how to access those services.

GASPED would also like to thank all the individuals and communities in West Yorkshire GASPED have consulted with during 2024, we have listened to your concerns and will adapt our services to community needs.



VOLUNTEERS

GASPED cannot run without its dedicated team of volunteers without who our services would not be possible. Our volunteer counsellors and group facilitators support people across Wakefield who present with mental health issues, trauma, sexual and domestic abuse, grief and suicide ideation. Our volunteers complete a process of interviews, training and induction days to become a GASPED volunteer. We ensure as an organisation they are prepared to support whoever comes through our door.

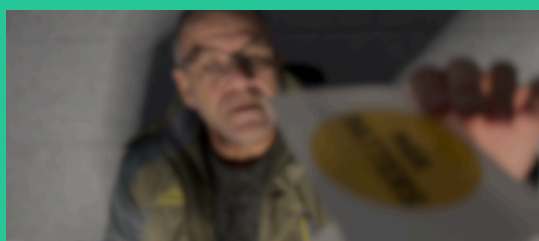
All GASPED volunteers go through enhanced supervision and we provide regular check ins. supervisions and ensure they have clinical supervision in place.

Our volunteers will support in the following areas:

- Office Administration and Building Maintenance
- Social Media and Marketing Campaigns
- Delivery of Person Centred Counselling
- Co - Production of GASPED Services
- Marketing and Awareness Events
- Community Consultation
- Group Support
- Fundraising

GASPED had over 900 attendees in 2024 at its Support Groups these groups across our community have become a vital part of GASPED operations and would not be possible without our volunteers.

GASPED Trustees would like to say thank you to all our volunteers who committed hours throughout 2024.



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Out Of Hours Support in A Safe Space

FUNDERS & SUPPORTERS

Without the help and support of our commissioners, other grant making trusts and foundations we would not be able to continue the development and expansion of our services. We are very grateful for their support, as it allows us to provide a wide range of services to meet the ever-increasing needs of our client base.

We would like to take this opportunity to thank each one of them for their support in enabling GASPED to continue providing a quality range of services for those who need to access our resources.

- Here For You partnership project with Touchstone Leeds
- The National Lottery Community Fund
- Policing and Crime, West Yorkshire Combined Authority
- The National Lottery Know Your Neighbourhood
- Wakefield NHS Mental Health Alliance
- Wakefield Council UKCRF team
- Wakefield Safer Communities Fund
- Wakefield Council Edge of Care team
- Nova Live Well Wakefield Small Grants
- Prosper Wakefield
- Centre for Social Justice
- The Spooner Charitable Trust
- Creative Minds
- Wakefield and District Sight Aid
- Arnold Clark Motors
- Reed in Partnership

THANK
YOU!



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2025 & BEYOND

GASPED during 2025 and beyond GASPED will continue to work to its full potential, we are fortunate to have an amazing, dedicated team of staff, volunteers and trustees who overcome work challenges daily supporting the most vulnerable people in our community focussing on the more deprived districts of Wakefield. GASPED will maintain its person-centred model of support not just for counselling but also for the support work we deliver. GASPED's culture is not to dismiss clients after 6 sessions of support but to offer them a minimum of 12 sessions, with the purpose of empowering the client to be self sustainable and become less reliant on statutory and VCSE services.

GASPED will continue to enhance our partnerships during 2025, building stronger local networks to work closer together to offset the challenges from national VCSE organisations who having gained local contracts then constantly ask Gasped for advice. During 2024 Gasped are proud to have delivered support in the district of Wakefield with partners such as Touchstone Leeds, Humanity 1st, Spectrum People and White Rose Boxing Club.

During 2025, GASPED will continue to work with more with men who are victims and survivors of domestic abuse. We have encountered men who are victims of sexual violence and will continue developing skills and knowledge to deliver practical and emotional support to those men. During 2024 Gasped attained a quality mark for male victims/survivors of sexual violence and a separate quality mark for counselling via Lime Culture, we expect to maintain the standards of that quality mark. The success of delivery practical and emotional support is due to a team effort, which not only the knowledge and passion to deliver the support who are also qualified Independent Domestic Violence Advisors (IDVA) and Independent Sexual Violence Advisers (ISVA) but also the skills of GASPED's Marketing Manager, this has resulted in 50% of referrals being self-referrals. Gasped would also like to thank Wakefield mental Health Nurses, WADDAS, Victim Support Turning Point and Liaison and Diversion teams for their referrals and their trust in GASPED to deliver the support needed.

GASPED will continue to align with NHS plan West Yorkshire Police and Crime Plan looking for new and innovative methods to contribute towards increasing the safety of the local community and support Wakefield Safety Together partnership.



Poverty is continuing to have a negative impact within the District of Wakefield and is hitting the more deprived areas far more than the less deprived areas, one of many impacts of poverty is a growing need for practical and emotional support as people struggle to cope daily. One of Gasped core aims is to contribute towards the reduction of poverty within the district of Wakefield, in partnership with other local organisations or delivering standalone initiatives seeking resources to do so.

The MAN MATTERS project funded by National Lottery Community Fund and the people who buy Lottery tickets, is making a positive difference in the district. Man Matters is available to anyone who describes themselves as male and lives within the District of Wakefield. When to bid was written we were not sure of the numbers of men who would come forward, what we have found is that many men are coming forward for practical and emotional support which has led to a waiting list, evidence that there is need. During 2024 we continued consultation with men not only within the district of Wakefield but also in Bradford, Barnsley, Doncaster Huddersfield and Dewsbury on how and where we deliver Man Matters service. Consultation was in response to the enquiries GASPED received from those areas, all the areas were happy to support GASPED however they all lacked the financial resources to support us, therefore as the Lottery funding MAN MATTERS comes to an end in March 2025 GASPED will apply for further Lottery funding to continue this project hopefully for another 3 years but concentrate on the District of Wakefield.

2024 will see GASPED continue to deliver practical support for all people who describe themselves as male who are victims of domestic abuse who live in the District of Wakefield and sexual abuse for men who live in West Yorkshire funded by the West Yorkshire Combined Authority. GASPED have continued to work at finding different avenues of engaging with male victims and our networks have extended leading to more and more people discovering our services, and the number of people coming forward for our confidential service growing as GASPED delivering the domestic abuse support and sexual abuse throughout the district and through consultation discovered the need for support for male victims of sexual abuse. GASPED have also been fortunate in that VCSE and statutory organisations that have supplied GASPED rooms to deliver support and promote our service in their communities. The however is that men are approaching GASPED as victims/survivors of domestic and sexual abuse, we also receive enquiries for support from neighbouring districts, unfortunately we now have a waiting list due to limited resources and the intense and complex nature of abuse, and GASPED experts giving dedicated support, to circumnavigate the waiting list we are planning a support group for victims/survivors where they can receive peer support while waiting for more intense support.

There is also much that GASPED can do to further support people from local communities throughout the district in both practical and emotional support and that while GASPED has the skills to support we are never complacent about our skill level, GASPED recognise poverty is a major factor when working in deprived areas of the district with people with emotional issues. GASPED will continue to focus on challenging poverty within the district by contributing towards improving emotional wellbeing and/or supporting people into employment.



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Here For You
Out Of Hours Support In A Safe Space

Here For You contract in partnership with Touchstone Leeds is contracted until March 2027 there is no doubt that Here For You programme to reduce the number of people accessing accident and emergency services is having a positive impact as there is a growing number of people accessing the service. Here For You is based at Prosper House Wakefield however they may have to move premises due to the owner wishing to sell the premises, this move is expected to take place during 2025.

During 2025 GASPED plan to deliver more early intervention programmes of support in schools and colleges, co-producing and co-developing initiatives to engage young people delivered by staff and volunteers who have had adverse lived experience.

GASPED will review and update our website, the main reasons will be to reflect GASPED attainment of Lime Culture Quality mark but also the website is very male dominated and in reality, during 2024 the ratio between men and women accessing GASPED services is 60% male and 40% female, therefore GASPED website needs to reflect our services for women much more.

Further plans for 2025 is to deliver more services which reflect the diverse cultures of the Wakefield District and surrounding areas, GASPED are already working in partnership with Humanity 1st who focuses their work on asylum seekers and refugees, where we deliver emotional support and workshops. Through consultation with local Muslim and Eastern European communities GASPED will seek resources to co-produce and co-develop initiatives to match local community needs.



**Supporting Male Victims of
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**Muslim Bereavement
Services**



**Supporting Male Victims of
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*IDVA and ISVA Services.***



STATEMENT OF FINANCIAL ACTIVITIES FOR 2024

	2024 Unrestricted funds £	2023 Unrestricted funds £	2024 Restricted funds £	2023 Restricted funds £	2024 Total funds £	2023 Total funds £
Income						
Grants and donations	6,475	4,726	252,177	265,253	258,652	286,664
Contracts		6,980	127,390	170,143	127,390	151,983
Other income	-	-	-	-	-	-
Total income	6,475	11,706	379,567	435,396	386,041	438,647
Expenditure						
Cost of sales	-		34,680	36,455	34,680	36,455
Salaries and NICs	-	3,000	299,457	237,487	299,457	240,487
Travel expenses	-	-	-	15,973	-	15,973
Staff and volunteer training	-	950	8,841	6,209	8,841	7,159
Rent	-	-	11,000	11,000	11,000	11,000
Utilities	-	-	5,595	6,530	5,595	6,530
Office administration costs	400	580	12,069	9,001	12,469	9,581
Printing, postage and stationery	-	243	4,688	3,497	4,688	3,740
Telephone	-	-	1,856	2,650	1,856	2,650
Repairs and maintenance	-	1,080	6,033	2,949	6,033	4,029
Insurance	-	-	1,736	1,708	1,736	1,708
Bank Charges	-	-	-	6,758	-	6,758
Professional fees	135	-	8,575	4,373	8,710	4,373
Independent examination	2,750	-	-	-	2,750	3,420
Activities expenditure	-	-	-	-	-	-
Website costs	-	-	1,039	-	1,039	-
Consultancy	-	-	16,740	30,416	16,740	30,416
Bank Charges	-	-	60	60	60	60
Total expenditure	3,285	5,653	412,369	375,066	415,654	377,584
Transfers between funds	-	-	-	-	-	-
Net movement in funds	3,190	5,853	32,802	71,150	29,612	61,063
Fund balances brought forward	43,726	108,825	144,406	60,661	188,132	127,069

**FaithStar
Accounting.**



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RISK ASSESSMENT & RESERVES POLICY

RISK ASSESSMENT STATEMENT

GASPED have an accreditation for counselling and male victims of sexual abuse. GASPED believe by having this accreditation we will minimise risk to GASPED by having thorough systems in place that have been independently verified.

ACCOUNTS

A copy of 2024 accounts accompany this document.

The trustees are endeavouring to provide a level of unrestricted funds which equate to four months running costs. At present the level of free reserves represents around £78,500 running costs but the trustees have approved a budget for the next year which should work towards the required level.

Funds are ring fenced to projects as per conditions of funders.



Supporting Male Victims of
Domestic & Sexual Abuse.
IDVA and ISVA Services.



Here For You
Out Of Hours Support In A Safe Space



“ 5/5 support. Helen had always taken me under her wing and fought my corner every given opportunity. She saved my life and got me to face my trauma head on.



GASPED



@gaspedofficial



@gaspedofficial



www.gasped.co.uk



01924 787501



resourcecentre@gasped.co.uk



5-5a Cheapside, Wakefield, WF1 2SD



**Supporting Male Victims of
Domestic & Sexual Abuse.
IDVA and ISVA Services.**



Here For You
Out Of Hours Support in A Safe Space

GASPED
Statement of financial activities
for the year ended 31 Dec 2024

		Unrestricted fund	Restricted fund	Total 2024	Total 2023
	Notes	£	£	£	£
Income from					
Grants, Donations and legacies	5	6,475	252,177	258,652	286,664
Contracts		-	127,390	127,390	151,983
Income from investments		-	-	-	-
Total income		<u>6,475</u>	<u>379,567</u>	<u>386,041</u>	<u>438,647</u>
Expenditure on					
Charitable activities					
Cost of Sales		-	34,680	34,680	36,455
Salaries and NICs	4	-	299,457	299,457	240,487
Travel Expenses		-	-	-	15,973
Staff and Volunteer Training		-	8,841	8,841	7,159
Rent		-	11,000	11,000	11,000
Utilities		-	5,595	5,595	6,530
Office Administration Costs		400	12,069	12,469	9,581
Print, Postage and Stationery		-	4,688	4,688	3,740
Telephone		-	1,856	1,856	2,650
Repairs and Maintenance		-	6,033	6,033	4,029
Insurance		-	1,736	1,736	1,708
Professional Fees		135	8,575	8,710	4,373
Independent Examination	7	2,750	-	2,750	3,420
Activities Expenditure		-	-	-	-
Website Costs		-	1,039	1,039	-
Consultancy		-	16,740	16,740	30,416
Bank Charges		-	60	60	60
Total expenditure		<u>3,285</u>	<u>412,369</u>	<u>415,654</u>	<u>377,584</u>
Net movements in funds		3,190	- 32,802	- 29,612	61,063
Fund Transfers		-	-	-	-
Funds brought forward		43,726	144,406	188,132	127,069
Funds carried forward		<u>46,916</u>	<u>111,604</u>	<u>158,520</u>	<u>188,132</u>

Balance Sheet as at 31 December 2024

—

and is signed on

Damien Betts (Chair)

GASPED

Notes to the Accounts

for the year ended 31 Dec 2024

1 Accounting Policies

(a) Basis of preparation

The Financial Statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these The Charity meets the definition of a public benefit entity as defined under FRS102.

(b) Income

have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

(c) Restricted Funds

Restricted funds are used for specific purposes as laid down by the donor. Expenditure which meets the criteria is identified to the fund together with a fair allocation of management and support costs.

(d) General Funds

Unrestricted Funds are other income received or generated for the objects of the charity without further specified purpose and are available as general funds.
specific purpose

(e) Resources Expended

Sheena Amos Youth Trust is not VAT registered.
settlement will be required, and the amount of the obligation can be measured reliably.

(f) Tangible Fixed Assets and Depreciation

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost of each asset over its useful life.

(g) Fund Accounting

Funds held by the charity are either restricted funds or unrestricted general funds. Unrestricted funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees. Restricted funds that can only be used for a particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

(h) Creditors and provisions

transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

(I) Pensions

Sheena Amos Youth Trust are contracted to The People's Pension to provide their workplace pension scheme. by B&CE, a not-for-profit organisation.

The employer's contributions made to the scheme in 2024 were £3607 (2023: £2579) with an employer's contribution rate of 7% of total pay.

GASPED
Statement of financial activities
for the year ended 31 Dec 2023

Statement of Financial Activities - prior year comparison

	Unrestricted fund	Restricted fund	Total 2023
Notes	£	£	£
Income from			
Grants, Donations and legacies	3,199	283,465	286,664
Contracts	-	151,983	151,983
Income from investments	-	-	-
Total income	<u>3,199</u>	<u>435,448</u>	<u>438,647</u>
Expenditure on			
Charitable activities			
Cost of Sales	-	36,455	36,455
Salaries and NICs	3,000	237,487	240,487
Travel Expenses	-	15,973	15,973
Staff and Volunteer Training	-	7,159	7,159
Rent	-	11,000	11,000
Utilities	-	6,530	6,530
Office Administration Costs	580	9,001	9,581
Print, Postage and Stationery	243	3,497	3,740
Telephone	-	2,650	2,650
Repairs and Maintenance	1,080	2,949	4,029
Insurance	-	1,708	1,708
Professional Fees	-	4,373	4,373
Independent Examination	-	3,420	3,420
Activities Expenditure	-	-	-
Website Costs	-	-	-
Consultancy	-	30,419	30,419
Bank Charges	-	60	60
	-	-	-
Total expenditure	<u>4,903</u>	<u>372,681</u>	<u>377,584</u>
Net movements in funds	- 1,704	62,767	61,063
Fund Transfers	-	-	-
Funds brought forward	205,018	90,121	295,139
Funds carried forward	<u>203,314</u>	<u>152,888</u>	<u>356,202</u>

GASPED

Notes to the accounts

for the year ended 31 Dec 2024

	2024	2023
	£	£
2 Debtors: amounts falling due within one year		
Receivable	10,916	27,320
	<u>10,916</u>	<u>27,320</u>

3 Creditors: amounts falling due within one year

These are expenses that have been incurred but have not been billed or paid for during the accounting period. They are in respect of:

	2024	2023
	£	£
Accruals & Income	7,590	6,350
Wages and NI, Pension	7,684	13,548
	<u>15,274</u>	<u>19,898</u>

4 Staff costs and trustees' remuneration

	2024	2023
	£	£
Salaries	279,055	226,846
Redundancy costs	-	-
Social Security costs	16,796	11,062
Pensions	3,607	2,579
	<u>299,457</u>	<u>240,487</u>

The average number of monthly employees was 13 (2023: 13)

The average number of monthly full time equivalents was 7.6 (2023: 7.6)

None of the staff earned more than £60,000 pa (2024: nil)

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024	2023
	£	£
Aggregate compensation	52,632	48,313

Trustees' remuneration

Trustees Received rent expenses of £11000 in 2024 (2023: £11000)

GASPED**Notes to the accounts
for the year ended 31 Dec 2024****5 Income**

Donations and legacies	Unrestricted funds	Restricted funds	2,024	2023 Total
	£	£	£	£
Donations and legacies include the following grants receivable:				
Nova	-	571	571	7,250
PEAT Wakefield Metropolitan District Council	-	31,040	31,040	59,310
Coalfields Regeneration Trust	-	-	-	4,900
Screwfix Foundation	-	-	-	5,000
West Yorkshire Community Association Arnold Clark Automotive	-	-	-	-
Touchstone CAF22	-	87,134	87,134	58,169
Anglia Giving Amazon Groundwork	-	19,925	19,925	4,240
Community Cabin Foundation Conexus Health	-	-	-	17,935
NHS Mental Health Alliance	-	-	-	97,320
St Georges	-	-	-	10,630
Humanity 1st	-	4,250	4,250	2,500
Lottery - Man Matters	-	80,724	80,724	63,929
Lottery - KYN	-	26,831	26,831	16,065
SWYFT NHS	-	-	-	7,950
Peter Harrison	-	-	-	10,000
Wakefield Council Domestic Abuse	-	-	-	1,440
West Yorkshire Combined Authority	-	83,876	83,876	57,074
Hedley Foundation	-	-	-	3,001
Albert Hunt	-	-	-	2,000
Reed in Partnership	-	-	-	1,030
Wakefield District Sight Aid	-	-	-	3,205
Sir George Martin	-	-	-	2,500
ACOA CSJ Foundation	-	7,500	7,500	-
ACOA Prosper Wakefield	-	7,478	7,478	-
Creative Art House	-	4,875	4,875	-
Creative Lives	-	15,968	15,968	-
Haystravel	-	5,000	5,000	-
UKSPF	-	4,395	4,395	-
	-	-	-	-
	-	379,567	379,567	435,448
Donations	-	-	-	-
General Donation	5,995	-	5,995	-
	5,995	-	5,995	-
Other trading activities				
Conference income (Training)	-	-	-	-
Income from investments	-	-	-	-
Refunds	480	-	480	-
Total income	6,475	379,567	386,041	435,448

6 Restricted funds	balance				Closing balance
Funder	01/01/2024	Income	Expenditure	Transfers	31/12/2024
	£	£	£	£	£
NHS Mental Health Alliance	57,320	-	40,458	-	16,862
Humanity 1st	250	4,250	4,500	-	-
Lottery - Man Matters	33,929	80,724	87,914	-	26,739
KYN Big Lottery	-	26,831	20,858	-	5,973
West Yorkshire Combined Authority	52,907	83,876	105,013	-	31,770
ACOA CSJ Foundation	-	7,500	1,058	-	6,442
ACOA Prosper Wakefield	-	7,478	1,045	-	6,433
Creative Art House	-	4,875	4,875	-	-
Creative Lives	-	15,968	15,968	-	-
Groundwork UK	-	19,925	19,925	-	-
Haystravel	-	5,000	5,000	-	-
Nova	-	571	571	-	-
Touchstone Leeds Contract	-	87,134	87,275	-	140
UKSPF	-	4,395	3,175	-	1,219
Wakefield Council	-	31,040	14,734	-	16,306
	-	-	-	-	-
	144,406	379,567	412,369	-	111,604

Information of funders is included in the Trustee Report Financial Review

7 Independent Examination

Included in Governance costs is an amount of £2750 (2023 - £3420) for Independent Examiner fees.

GASPED
Notes to the accounts
for the year ended 31 Dec 2024

8 Analysis of net assets by funds

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Current assets	51,274	111,604	162,878
Debtors	10,916	-	10,916
Current Liabilities	- 15,274	-	- 15,274
	<u>46,916</u>	<u>111,604</u>	<u>158,520</u>

9 Statement of cash flows

	2024	2023
	£	£
Cashflow from operating activities		
Income from		
Grants, Donations and legacies	258,652	286,664
Contracts	127,390	151,983
Income from investments	-	-
Expenditure on		
Charitable activities	- 415,654	- 377,584
Changes in Working Capital		
Changes in Receivables	16,404	- 23,026
Changes in Payables	- 4,624	10,425
Net cash	- 17,832	48,462
Cash brought forward	180,710	132,248
Cash carried forward	<u>162,878</u>	<u>180,710</u>
	-	

10 Going Concern

The trustees are of the view that the charity is a going concern.

Work for funding to replace existing grants due to expire, additional new grants and contracts is ongoing.

11 Operating leases

The charity has the following lease commitments under non-cancellable operating leases:

	2024	2023
	£	£
Not later than one year	11,000	11,000
Later than one year and not later than five years		
	<u>11,000</u>	<u>11,000</u>
	2024	2023
Total Lease Payments	<u>11,000</u>	<u>11,000</u>

INDEPENDENT EXAMINER'S REPORT TO GASPED

I report on the accounts of **GASPED** for the year ended **December 2024**.

Respective responsibilities of the PCC and examiner

GASPED is responsible for the preparation of the accounts. **GASPED** considers that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by **GASPED** and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from **GASPED** concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

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

- 1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or
- 2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

FaithStar LLP
1 Concourse Way,
Acero
S1 2BJ

LLP



FaithStar
LLP

Signed Independent Examiner

GASPED

England & Wales - Charity number 1072174

Accounts



2023

"Take a Breath"

GASPED

ANNUAL REPORT

2021

2





Giving Advice and Support for People in Emotional Distress

CONTENTS

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Giving Advice and Support for People in Emotional Distress

Introduction

About GASPED

Gasped is a voluntary organisation and registered charity established in 1995. (Charity Number 1072174 and Company Number 03580793).

The service was created because of one parent's experience of living, caring for and supporting her son who was addicted to drugs. As a result of recognising the isolation, fear, guilt, shame and stigma, a support group and helpline were established to help and support others in similar circumstances.

Today the charity remit is much broader, and we work with local people to help them build emotional resilience, self-esteem, improve their health, wellbeing and education.

In 2019 Gasped Board of Trustees recognised that if Gasped were to continue to survive we needed to deliver more generic support and counselling and to be recognised for our expertise in certain areas for example in mental health, suicide, domestic abuse and practical support. The Trustees took steps to change our governing documents with consultation from the Charity Commission to reflect on the true nature of the services we plan to deliver.

Gasped's Articles of Association now include the following statement:

"To advance the education of the public and raise awareness about addictive behaviours, mental health and domestic and sexual abuse by providing non-judgemental supportive services to encourage those who use them to grow in confidence and rise to the challenges they face."

GASPED focuses on **supporting people in emotional distress** and their families, with practical support and counselling services by:

- **Raising awareness** about addictive behaviours, suicide, mental health, domestic and sexual abuse.
- **Providing non-judgemental supportive services** guided by those with lived experience to help people grow in confidence and rise to the challenges they face.



Giving Advice and Support for People in Emotional Distress

Mission Statement and Strategic Aims and Objectives

Our Mission

“Our Mission is to deliver person centred, bespoke and cost-effective mental health programmes to vulnerable people in our community, helping them to develop emotional resilience to face life’s challenges. “



To develop bespoke mental health programmes for vulnerable people in our community and providing support for those who have been unable to access mainstream services in the past.

Working to avoid mental health crisis by listening, advising, and empowering people to make positive change in their lives.

Giving Advice and Support for People in Emotional Distress



Strategic Aims and Objectives

GASPED aims to be a sustainable charity and company limited by guarantee, providing practical help, information and support to parents, partners, families, and carers for people with mental health problems, male victims of domestic abuse and sexual violence, and to challenge poverty and deprivation by:

- Delivering outcome focussed whole family approach.
- Facilitating and supporting the development of support groups within Yorkshire for anyone who identifies themselves as male and developing effective information sharing networks between those groups.
- Developing and providing programmes of training and education in order to raise awareness of the impact of mental health, domestic and sexual abuse within communities.
- Working with BAME groups with the aim of continuous improvement of engagement and support.
- Providing therapies, counselling, advice, information and advocacy available in our Resource Centres, and within communities unable to access the centre.
- Being pro-active in the delivery of early intervention both practical and emotional.
- Co-producing and Co-developing initiatives with communities.

Being pro-active by delivering a range of early intervention initiatives aimed at reducing the impact on mainstream services.

- Contribute towards building individual and community resilience.
- Contribute towards the relief of poverty in the community.



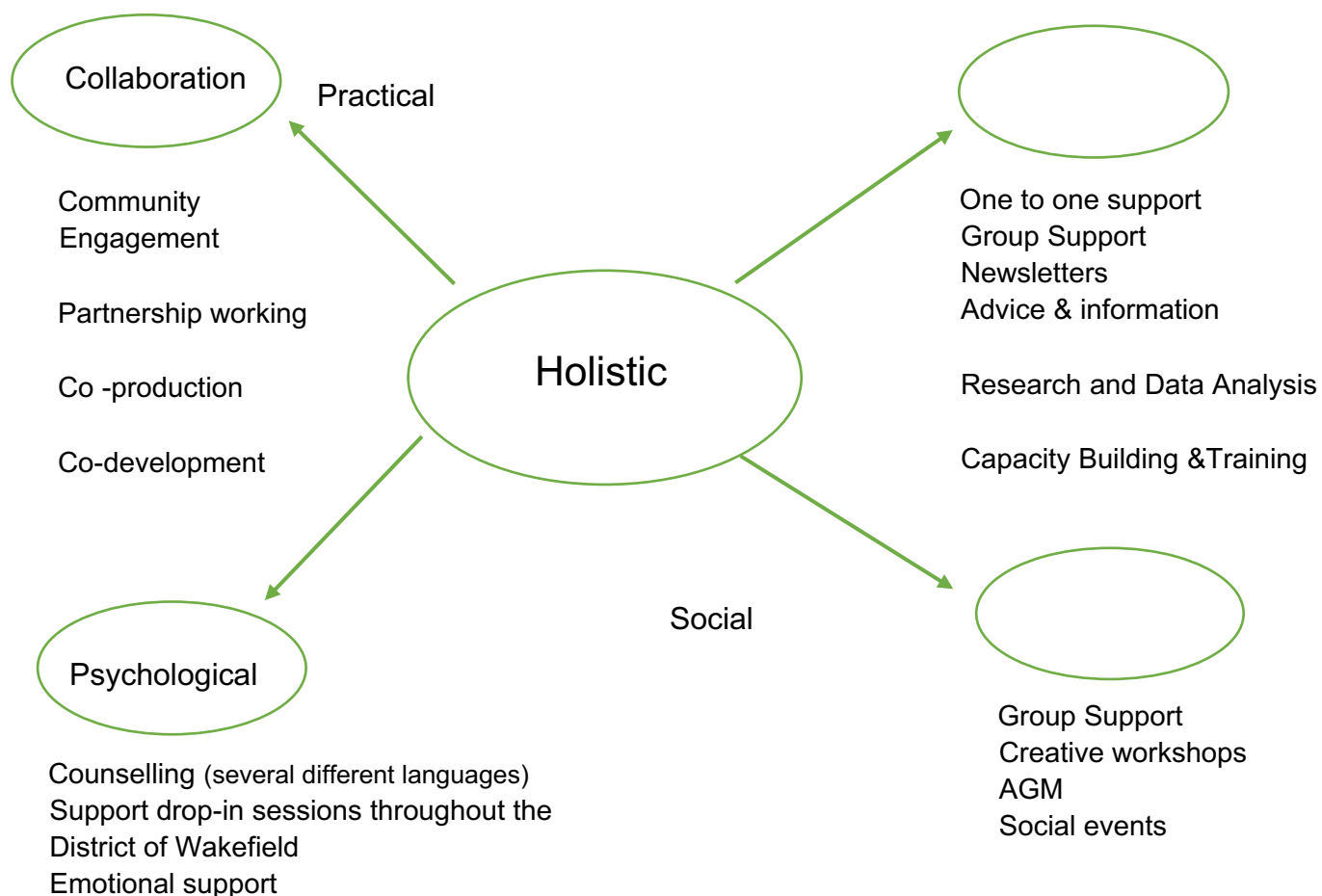
- Aligning with local and regional priorities: West Yorkshire Combined Authority, South West Yorkshire & Partnership NHS Trust and Wakefield Council.
- Achieving a recognised quality mark
- Partnership working with local and regional organisations.
- Focus our work in the most deprived areas as defined by the Index of Multiple Deprivation.

GASPED "Take a Breath"

Giving Advice and Support for People in Emotional Distress

GASPED Ethos

GASPED seeks to respond to its beneficiaries through a social model of health.
This holistic response to need is illustrated below.



Through these different strands, GASPED seeks to work with our beneficiaries to find the best fit interventions with the understanding that it takes as long as it takes. Therefore, long term commitment to our beneficiaries is crucial.

The Goal – Delivering person centred support which is co-produced and co-developed aimed at increasing ability of the community to make healthy choices and having a sense of autonomy and control leading to valued outcomes.

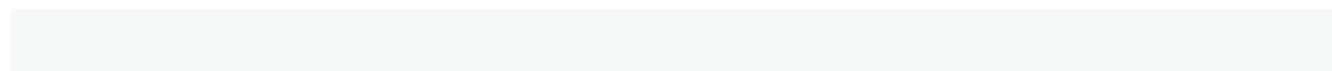


Giving **A**dvice and **S**upport for **P**eople in **E**motiona**L** **D**istress

Management Committee

Management Committee Members - 2023

Chair	Damien Betts
Deputy Chair	Paul Wright
Treasurer	Mirban Hussain
Company Secretary	Jane Richardson
Trustee	Kemi Dawodu
Trustee	Rohie Njie
Trustee	Zafer Resigned 16.08.23
Trustee	Fran Hawkins Elected 16.08.23
Trustee	Niraj Misty from 16.08.23 until 03.12.23





"Take a Breath"



Employees 2023

Chief Executive Officer	Stan Foster
Domestic Abuse Lead/Assistant Manager	Tracey Riggott
Social Media and Marketing	Sarah Moran
Man Matters Project Lead	Olivia Hemsley
Future SELPH Lead	Yanina Ratcliffe until June
Counselling Co-ordinator	Paula Thompson
Support Worker, Sexual Abuse Lead	Kerry Fisher
Support Worker	Lee Maden
Chief Financial Officer	Niraj Mistry from December
Operations Manager	Gemma Sharp from December
Wakefield Safe Space Support Workers	Drew Messenger Alannah Carragher Jennifer Brummitt



Giving Advice and Support for People in Emotional Distress

GASPED Resource Centre Services

Resource Centre - Wakefield Opening Times

Monday - 9.00am – 8.00pm

Tues, Wed, Thurs - 9.00am - 5.00pm

Friday- 9.00am - 3.00pm

Saturdays and Evenings by Appointment Only

Counselling

Peer Support Groups

Practical Support

Drop in Sessions

**Information
Sessions**

**Co-produced
Community
Development Initiatives**



Community
Consultations

Partnerships working
with other
organisations to
achieve Wholistic
Person Centred Care

Training & Education

Giving Advice and Support for People in Emotional Distress

Community Based Services



Gasped would like to thank Eastmoor Rugby Club, Airedale Library, St Georges Centre Lupset, Wakefield, Castleford, Pontefract and Hemsworth Job Centres, Rycroft Leisure Centre, Oasis Christian Centre and The Ridings Wakefield for their support which has enabled Gasped to deliver practical support and counselling those areas.

Gasped have access to other venues from both statutory and voluntary organisations to deliver further support, however during 2023 Gasped worked to its full capacity, therefore we are looking at other resources to add capacity to deliver further support in local communities. We recognise that poverty is



continuing to bite deeper in our communities and Gasped need to travel into those communities to deliver much needed support as many people do not have the disposable income to travel to the city of Wakefield

Giving Advice and Support for People in Emotional Distress

Management Committee Report

Gasped support for people in emotional distress increased during 2023 with more and more people coming forward seeking a range of practical and emotional support. It is sad to state that living in one of the richest countries in the world the most common basic reason for support is poverty. Poverty whether fuel poverty, hygiene poverty or food poverty, hungry desperate people are struggling to cope and are arriving at Gasped for a range of practical and emotional support.

The Trustees would like to thank the staff, counsellors and volunteers who worked long unsocial hours to enable members of local communities to access Gasped services. Gasped volunteers contributed over 3,000 hours of volunteer time during 2023 supporting Gasped in several initiatives including Know Your Neighbourhood Project and Man Matters support groups plus administration duties.

Gasped face-to-face and telephone conversations with people were not only about giving emotional support, practical advice, but also about challenging issues of Domestic Abuse, Sexual Abuse, Suicide Ideation, Male Identity and supporting West Yorkshire Women and Girls strategy by challenging misogamy.

During 2023 Gasped increased the number of staff thanks to the funding from NHS Mental Health Alliance and West Yorkshire Combined Authority with new staff delivering practical and emotional support for the Man Matters project and a West Yorkshire project delivering support for male victims of sexual abuse.

During 2023 thanks to National Lottery Community Fund the Man Matters initiative celebrated



its first year of delivery. The grant is for 3 years and is to deliver practical and emotional support throughout the District of Wakefield for all people aged 18 and over who describe themselves as male. Gaspd held the celebration event at Wakefield Town Hall in partnership with Wakefield Positive Mental Health Network, the event was attended by over 60 people and included excellent presentations from Daz Fisher and ex Leeds Rhino captain Stevie Ward. Gaspd are thankful for all the contributions made in the workshops we gained valuable insight for the future.

Man Matters is aimed to get men to talk about their feelings, either in 1-2-1 settings, group or person-centred counselling, to be part of the solution to reduce violence against women and girls, and for men to be not be part of the problem but to be part of the solution.

The number of men contacting Gaspd/Man Matters talking about their feelings has continued to increase, thanks to the promotion work of Olivia, Kerry and Sarah the number of men accessing our services have exceeded our expectations, during 2023 self-referrals far exceeded referrals by agencies.

Additional funding which is working in harmony with Man Matters we received from NHS West Yorkshire Mental Health Alliance who funded two workers, the two workers were recruited in January 2023. Mental Health Alliance funding increased our capacity to work with vulnerable men within the District of Wakefield, however with the increased capacity also increased the number of people coming forward which demonstrates the need for Man Matters and unfortunately, we do have a waiting list.

Eastmoor Rugby Club are very supportive of Man Matters Project, allowing us to meet every Monday evening between 6.00pm and 9.00pm, also helping raise the profile of Man Matters in the local community.

Throughout 2023 Gaspd continued to deliver practical support throughout the District of Wakefield for anyone who describes themselves as a male victim of domestic abuse thanks to a contract from the West Yorkshire Combined Authority Policing and Crime Team. The growing number of men accessing practical support, with an increase of self-referrals. Gaspd also set up a group of male victims in Castleford who meet on a regular basis who not only share their thoughts, feelings, fears, the stigma they face but also help in the co-production of Gaspd service to support male victims. Gaspd are proud to say that we are reaching out to



male victims through social media platforms, website and through the networks we have built up over the years, to help us promote the male victim service.

Gasped began delivering support thanks to West Yorkshire Combined Authority practical and emotional support for anyone who describes themselves as male, lives in West Yorkshire and is a victim of Sexual Abuse, lessons learnt in the promotion/marketing for male victims of domestic abuse allowed Gasped to very quickly receive and begin work with men referred both self-referrals and through agencies.

During 2022 Gasped partnered Touchstone Leeds to gain the NHS Safe Space contract for Wakefield. During 2023 staff increased from 2 to 3 and all staff had the opportunity to increase the hours they worked. Safe Space is an out of hours support service open from 6.00pm until midnight, designed to reduce the impact on Wakefield Hospitals Emergency Departments and Southwest Yorkshire Ambulance Service by working with people aged 16+ who require emotional support out of office hours opening times are 6.00pm until midnight 7 evenings per week.

The Future SELPH project in the East of the district of Wakefield, SELPH is a project funded via NHS Wakefield Mental Health Alliance to deliver practical and emotional support for young people aged 16-25. Gasped role in this project is to deliver counselling for young people who request additional emotional support. The Future SELPH contract ended in June due to a two third reduction in budget and Gasped did not exit young people from counselling as fast as Future SELPH stated.

The Trustees would also like to thank NHS Wakefield Mental Health Alliance for funding a project named Joined up Thinking. This project is a partnership with other local third sector organisations who include, Spectrum People, Reflections Yorkshire, Smash, Humanity 1st and Oasis Christian Centre, to share resources and jointly deliver a targeted approach in the most deprived areas in the District of Wakefield to improve emotional wellbeing. Joined up Thinking evidenced how quickly local third sector organisation can come together in a partnership approach and jointly meet the challenges local communities face. A legacy from Joined up Thinking is that further partnership initiatives are being developed by the original group.



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Gasped would like to thank NOVA Wakefield and Wakefield Positive Mental Health Network for allowing Gasped to promote the service via their newsletters. Along with Sarah who is Gasped Social Media and Marketing worker who is working wonders on social media creating awareness throughout the local communities of the services Gasped are delivering and how to access those services.

Feedback from clients tell Gasped that we deliver excellent services, but how do we prove how good our services are. During 2023 we decided to try to gain recognised quality marks for service delivery, as a result we contacted Lime Culture for 2 quality marks one for counselling the other for sexual abuse. The process is expected to take up to one year and as we stated in May 2023 we hope to attain the quality marks by May 2024.

Gasped would also like to thank people who buy National Lottery tickets as we gained Know your Neighbourhood funding, this funding which focuses on the most deprived areas of Wakefield District as identified by the Index of Multiple Deprivation enables Gasped to link with local communities, further consult and develop initiatives understand local wants and needs enabling through group meetings to co-produce/co-develop local initiatives.

GASPED "Take a Breath"

Giving Advice and Support for People in Emotional Distress

GASPED Volunteers



Our team of volunteers, counsellors and therapists give support to a wide range of people struggling with issues such as loneliness, unemployment, homelessness, domestic abuse including historical abuse, low self-esteem, suicide ideation, poverty and substance misuse. Many of our volunteers have lived experience and are able to offer advice and support from a place of empathy and understanding.

All GASPED volunteers undergo enhanced DBS checks, are trained appropriately for the work they wish to undertake, this not only help them develop more skills but also helps towards their own confidence building and personal development. Volunteer therapists and counsellors are offered 1 to 1 support and in house placement supervision. Volunteer duties include:

- One to one information sessions



- Counselling - all counsellors are training to or qualified fully qualified to Diploma level and are members of the BACP (British Association of Counselling and Psychotherapy)
- Technical support
- Facilitating support groups
- Advice and information on risk management policies and procedures.
- Fundraising and Administration
- Management Committee Trustees
- Support at training and promotional events
- Community consultation
- Co-production of Gasped services including steering group for Man Matters
- Domestic abuse support
- Sexual violence support

During 2023 the number of hours given by volunteers exceeded 3,000, it is difficult to put into words how grateful Gasped are for all the time that has been given to Gasped by our much-valued volunteers, we are so grateful to their contributions which has enabled Gasped to grow during 2023, in particular we are grateful to Steve for his enthusiasm and support facilitating Man Matters support groups.

Gasped are sorry that we have not named all our volunteers but wish to sincerely thank all the people who have volunteered for Gasped during 2023, through their dedicated support they have enabled Gasped to delivered more and better services, enhance Gasped work practices and procedures. Gasped could not have delivered the services they have delivered without the support of volunteers.

Gasped Trustees would like to say,

Many, Many thanks you to all our volunteers
For their time and commitment



Giving Advice and Support for People in Emotional Distress

Funders and Supporters

Without the help and support of our commissioners and other grant making trusts and foundations we would be unable to continue the development and expansion of our services. Therefore, we are very grateful for their support, which allows us to provide a wide range of services to meet the ever-increasing needs of our client base.

During 2023 Gaspd received funding for the Man Matters initiative from National Lottery Community Fund and wish to thank all the people who bought lottery tickets which has made Man Matters happen. Safe Space contract in partnership with Touchstone Leeds. UK Community Renewal Fund pilot, Future SELPH (16-25 year old counselling), Policing and Crime, West Yorkshire Combined Authority for Male victims of Domestic Abuse and Sexual Abuse Wakefield and District Sight Aid, Wakefield Mental Health Alliance.



We would like to take this opportunity to thank each one of them for their support in enabling GASPED to continue providing a quality range of services for those who need to access our resources.

- Safe Space in partnership with Touchstone Leeds
- The National Lottery Community Fund
- Policing and Crime, West Yorkshire Combined Authority
- The National Lottery Know Your Neighbourhood
- Wakefield NHS Mental Health Alliance
- Wakefield Council UKCRF team
- Wakefield Safer Communities Fund
- Wakefield Council Edge of Care team
- NHS Future SELPH
- Nova Live Well Wakefield Small Grants
- The Spooner Charitable Trust
- Creative Minds
- Wakefield and District Sight Aid
- Arnold Clark Motors
- Reed in Partnership

GASPED "Take a Breath"



Giving Advice and Support for People in Emotional Distress

2024 and beyond

Gaspd during 2024 and beyond will work to its full potential, we are fortunate to have an amazing, dedicated team of staff, volunteers and trustees who overcome work challenges daily supporting the most vulnerable people in our community focussing on the more deprived districts of Wakefield.

Gaspd will continue to enhance our partnerships during 2024, building stronger local networks to work closer together to offset the challenges from national third sector organisations who having gained local contracts then constantly ask Gaspd for advice, information or refer their clients to Gaspd for services we no longer deliver, for example the excellent local partnership named Joined up Thinking made up of Humanity1st, SMASH, and Spectrum People who worked together during 2022 into 2023 focussing on mental health initiatives in the most deprived areas of Wakefield sharing resources to create a bigger impact.

During 2024 Gaspd will continue to work with more with men who are victims and survivors of domestic abuse. We have encountered men who are victims of sexual violence and will continue developing skills and knowledge to deliver practical and emotional support to those men. As part of this process is that Gaspd started the process of attaining a quality mark for male victims/survivors of sexual violence and a separate quality mark for counselling via Lime Culture, we expect to attain the quality marks in 2024.

Gaspd will continue to align with NHS plan West Yorkshire Police and Crime Plan



contribute towards increasing the safety of the local community and support Wakefield Safety Together partnership,

Poverty is continuing to have a negative impact within the District of Wakefield and is hitting the more deprived areas far more than the less deprived areas, along with poverty there are growing needs for practical and emotional support as people struggle to cope on a daily basis. Gasped will seek to contribute towards the alleviation of poverty in partnership with other local organisations or in standalone initiatives seeking resources to do so.

Gasped has had an input in the 2023 West Yorkshire Combined Authority Men and Boys Strategy due to be published in 2024, and will not only align with the strategy but also align with the NHS plan, the West Yorkshire Police and Crime Plan. Having attended the launch of the West Yorkshire Women and Girls strategy launched by Tracy Brabin Gasped will contribute towards the strategy through Man Matters as men are part of the problem of violence against women and girls therefore need to be part of the solution.

Man Matters project funded by National Lottery Community Fund and the people who buy Lottery tickets, is making a positive difference in the district. Man Matters is available to anyone who describes themselves as male and lives within the District of Wakefield. When to bid was written we were not sure of the numbers of men who would come forward, what we have found is that many men are coming forward for practical and emotional support which has led to a waiting list, evidence that there is need. During 2023 we continued consultation with men within the district of Wakefield on how and where we deliver Man Matters services within the district, during 2024 we plan to consult with different communities in West and South Yorkshire to identify/ evidence if Man Matters would flourish in other areas based on enquiries Gasped have received from those areas

2024 will see Gasped continue to deliver practical support for all people who describe themselves as male who are victims of domestic abuse who live in the District of Wakefield and sexual abuse for men who live in West Yorkshire funded by the West Yorkshire Combined Authority. Gasped have continued to work at finding different avenues of engaging with male victims and our networks have extended leading to more and more people discovering our services, and the number of people coming forward for our confidential service growing as Gasped delivering the domestic abuse support and sexual abuse throughout the district and through consultation discovered the need for support for male victims of sexual abuse. Gasped have also been fortunate in that community and statutory organisations that have supplied Gasped rooms to deliver support and promote our service in their communities.

There is also much that Gasped can do to further support people from local communities throughout the district in both practical and emotional support and that while Gasped has



the skills to support we are never complacent about our skill level, during 2024 and beyond Gasped will seek to further enhance our skills through training and quality marks

Safe Space contract in partnership with Touchstone Leeds is contracted until March 2025 there is no doubt that Safe Space programme to reduce the number of people accessing accident and emergency services is having a positive impact as there is a growing number of people accessing the service, which may result in further opportunities to enhance the services our partnership delivers. Consultation began during 2023 to change the name from Safe Space as the name Safe Space clashed with a police project in Wakefield

During 2024 Gasped plan to deliver more early intervention programmes of support in schools and colleges, co-producing and co-developing initiatives to engage young people delivered by staff and volunteers who have had adverse lived experience.

During 2024 Gasped will review and update our website, the main reasons will be to reflect Gasped attainment of Lime Culture Quality mark but also the website is very male dominated and in reality, during 2023 the ratio between men and women accessing Gasped services is 60% male and 40% female, therefore Gasped website needs to reflect our services for women much more.

Further plans for 2024 is to deliver more services which reflect the diverse cultures of the Wakefield District and surrounding areas, Gasped are already working in partnership with Humanity1st who focusses their work on asylum seekers and refugees, where we deliver emotional support and workshops. Through consultation with local Muslim and Eastern European communities Gasped will seek to coproduce and codevelop initiatives to match local community needs.



Giving Advice and Support for People in Emotional Distress

Statement of Financial Activities for 2023

	2023 Unrestricted funds £	2022 Unrestricted funds £	2023 Restricted funds £	2022 Restricted funds £	2023 Total funds £	2022 Total funds £
Income						
Grants and donations	4,726	64,314	265,253	185,686	269,979	250,000
Contracts	6,980	3,650	170,143	-	177,123	3,650
Other income	-	250	-	-	-	250
Total income	11,706	68,214	435,396	185,686	447,102	253,900
Expenditure						
Cost of sales	-	-	36,455	32,868	36,455	32,868
Salaries and NICs	3,000	3,475	237,487	101,204	240,487	104,679
Travel expenses	-	-	15,973	4,912	15,973	4,912
Staff and volunteer training	950	-	5,679	1,571	6,629	1,571
Rent	-	-	11,000	11,000	11,000	11,000
Utilities	-	-	6,530	2,052	6,530	2,052
Office administration costs	580	-	9,001	8,192	9,581	8,192
Printing, postage and stationery	243	-	3,497	-	3,740	-
Telephone	-	-	2,650	1,778	2,650	1,778
Repairs and maintenance	1,080	590	2,949	720	4,029	1,310
Insurance	-	-	1,708	1,708	1,708	1,708
Bank Charges	-	162	6,758	-	6,758	162



"Take a Breath"

Professional fees	-	640	3,420	-	3,420	640
Independent examination	-	792	-	648	-	1,440
Activities expenditure	-	-	-	-	-	-
Website costs	-	-	30,419	2,881	30,419	2,881
Consultancy	-	-	60	8,397	60	8,397
Total expenditure	5,853	5,659	373,586	177,931	379,439	183,590
Net income / (expenditure)	5,853	62,555	61,810	7,755	67,663	70,310
Transfers between funds	-	-	-	-	-	-
Net movement in funds	5,853	62,555	61,810	7,755	67,663	70,310
Fund balances brought forward	108,825	46,270	18,244	10,489	127,069	56,759
Fund balances carried forward	114,678	108,825	80,054	18,244	194,732	127,069



Accountant BM Howarth Ltd , Metic House, Ripley Drive, Normanton. WF6 1QT

Bank

HSBC
Market Place
Dewsbury
WF13 1DH

Giving Advice and Support for People in Emotional Distress

Risk Assessment and Reserves Policy

RISK ASSESSMENT STATEMENT

Gaspeds are working towards accreditation for counselling and male victims of sexual abuse, Gaspeds believe by working for accreditation we will minimise risk to Gaspeds by having thorough systems in place that have been independently verified.

Accounts

A copy of 2023 accounts accompany this document

Reserves Policy

The trustees are endeavouring to provide a level of unrestricted funds which equate to four months running costs. At present the level of free reserves represents around £70,310 running costs but the trustees have approved a budget for the next year which should work towards the required level.

Funds are ring fenced to projects as per conditions of funders

GASPED

Charity number 1072174

A company limited by guarantee number 03580793

Draft Annual Report and Financial Statements for the
year ended 31 December 2023



Greater Awareness and Support for People Encountering Drugs

GASPED
Trustees' report

Draft Annual Report and Financial Statements for the
year ended 31 December 2023

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Statement of financial activities	7
Balance sheet	8
Notes to the accounts	9 to 12
Detailed statement of financial activities	13

for the year ended 31 December 2023

GASPED

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Damien Betts	Chair	
Mirban Hussain Paul Wright	Treasurer	
Jane Richardson		
Kemi Dawodu		
Zafar Iqbal		
Rohie Njie		Resigned 10 January 2023
Charity number	1072174	Registered in England and Wales
Company number	03580793	Registered in England and Wales

Registered and principal address

5 - 5a Cheapside
Wakefield
WF1 2SD

Independent examiner

B M Howarth Limited
Metic House
Ripley Drive
Normanton
WF6 1QT

Bankers

HSBC Bank plc
Market Place
Dewsbury
WF13 1DH

Structure, governance and management

The charity is a company limited by guarantee and was formed on 12 June 1998. It is governed by a memorandum and articles of association as amended on 2 July 2019. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £1.

Method of recruitment and appointment of trustees

The trustees of the charity are also the directors for the purposes of company law and are appointed by the members at the AGM.

The charity's objectives

To advance the education of the public and raise awareness about addictive behaviours, mental health and domestic abuse by providing non-judgemental supportive services to encourage those who use them to grow in confidence and raise to the challenges they face.

The charity's main activities

Gasped provides information, education, advice and support to the public and raise awareness about addictive behaviours, mental health and domestic abuse by providing non-judgemental supportive services to encourage people to grow in confidence and raise to the challenges they

GASPED

Trustees' report

face. Services include counselling, complimentary therapies, creative and social activities and education.

GASPED

Trustees' report (continued) for the year ended 31 December 2023

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the advancement of education for people affected by drugs and alcohol.

Achievements and performance

Gasped support for people in emotional distress increased during 2023 with more and more people coming forward seeking a range of practical and emotional support. It is sad to state that living in one of the richest countries in the world the most common basic reason for support is poverty. Poverty whether fuel poverty, hygiene poverty or food poverty, hungry desperate people are struggling to cope and are arriving at Gasped for a range of practical and emotional support.

The Trustees would like to thank the staff, counsellors and volunteers who worked long unsocial hours to enable members of local communities to access Gasped services. Gasped volunteers contributed over 3,000 hours of volunteer time during 2023 supporting Gasped in several initiatives including Know Your Neighbourhood Project and Man Matters support groups plus administration duties.

Gasped face-to-face and telephone conversations with people were not only about giving emotional support, practical advice, but also about challenging issues of Domestic Abuse, Sexual Abuse, Suicide Ideation, Male Identity and supporting West Yorkshire Women and Girls strategy by challenging misogamy.

During 2023 Gasped increased the number of staff thanks to the funding from NHS Mental Health Alliance and West Yorkshire Combined Authority with new staff delivering practical and emotional support for the Man Matters project and a West Yorkshire project delivering support for male victims of sexual abuse.

During 2023 thanks to National Lottery Community Fund the Man Matters initiative celebrated its first year of delivery. The grant is for 3 years and is to deliver practical and emotional support throughout the District of Wakefield for all people aged 18 and over who describe themselves as male. Gasped held the celebration event at Wakefield Town Hall in partnership with Wakefield Positive Mental Health Network, the event was attended by over 60 people and included excellent presentations from Daz Fisher and ex Leeds Rhino captain Stevie Ward. Gasped are thankful for all the contributions made in the workshops we gained valuable insight for the future.

Man Matters is aimed to get men to talk about their feelings, either in 1-2-1 settings, group or person-centred counselling, to be part of the solution to reduce violence against women and girls, and for men to be not be part of the problem but to be part of the solution.

The number of men contacting Gasped/Man Matters talking about their feelings has continued to increase, thanks to the promotion work of Olivia and Sarah the number of men accessing our services have exceeded our expectations, during 2023 self-referrals far exceeded referrals by agencies.

To add value and support for Man Matters Gasped are grateful for funding we received from NHS West Yorkshire Mental Health Alliance who funded two workers, the two workers were recruited in January 2023. Mental Health alliance funding increased our capacity to work with vulnerable men in our society however with the increased capacity also increased the number of people coming forward and unfortunately, we do have a waiting list.

Eastmoor Rugby Club are very supportive of Man Matters Project, allowing us to meet every Monday evening between 6.00pm and 9.00pm, also helping raise the profile of Man Matters in the local community.

Throughout 2023 Gasped continued to deliver practical support throughout the District of Wakefield for anyone who describes themselves as a male victim of domestic abuse thanks to a contract from the West Yorkshire Combined Authority Policing and Crime Team. The growing number of men accessing practical support, with an increase of self-referrals. Gasped also set up a group of male victims in Castleford who meet on a regular basis who not only share their thoughts, feelings, fears, the stigma they face but also help in the co-production of Gasped service to support male victims. Gasped are proud to say that we are reaching out to male victims through social media platforms, website and through the networks we have built up over the years, to help us promote the male victim service.

Gasped began delivering support thanks to West Yorkshire Combined Authority practical and emotional support for anyone who describes themselves as male, lives in West Yorkshire and is a victim of Sexual Abuse, lessons learnt in the promotion/marketing for male victims of domestic abuse allowed Gasped to very quickly receive and begin work with men referred both self-referrals and through agencies.

GASPED

Trustees' report (continued) for the year ended 31 December 2023

During 2022 Gasped partnered Touchstone Leeds to gain the NHS Safe Space contract for Wakefield. During 2023 staff increased from 2 to 3 and all staff had the opportunity to increase the hours they worked. Safe Space is an out of hours support service open from 6.00pm until midnight, designed to reduce the impact on Wakefield Hospitals Emergency Departments and Southwest Yorkshire Ambulance Service by working with people aged 16+ who require emotional support out of office hours opening times are 6.00pm until midnight 7 evenings per week.

The Future SELPH project in the East of the district of Wakefield, SELPH is a project funded via NHS Wakefield Mental Health Alliance to deliver practical and emotional support for young people aged 16-25. Gasped role in this project is to deliver counselling for young people who request additional emotional support. The Future SELPH contract ended in June due to a two third reduction in budget and Gasped did not exit young people from counselling as fast as Future SELPH stated.

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Going concern

Gasped will continue to enhance our partnerships during 2024, building stronger local networks to work closer together to offset the challenges from national third sector organisations who having gained local contracts then constantly ask Gasped for advice, information or refer their clients to Gasped for services we no longer deliver, for example the excellent local partnership named Joined up Thinking made up of Humanity1st, SMASH, and Spectrum People who worked together during 2022 into 2023 focussing on mental health initiatives in the most deprived areas of Wakefield sharing resources to create a bigger impact.

GASPED

Trustees' report (continued) for the year ended 31 December 2023

The trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.

Financial review

The net income for the year was £61,063, which includes net income of £(1,704) on unrestricted funds and £62,767 on restricted funds.

Reserves policy

The charity's free reserves at the year-end were £43,726.

The trustees aim to maintain sufficient reserve funds to cover 3 months operating expenditure in order to protect the charity from any unexpected event which requires additional spending.

Statement of trustees' responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

Company law requires the trustees to prepare financial accounts for each financial year which 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 the income and expenditure, of the charitable company for the year. In preparing these financial statements, the trustees are required to:

select suitable accounting policies and apply them consistently; observe

the methods and principles in the Charities SORP; make

judgements and estimates that are reasonable and prudent;

state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; prepare the accounts on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Signed on behalf of the board of trustees on 20 August 2024

Damien Betts (Chair)

GASPED

Independent examiner's qualified report to the trustees of GASPED

We report to the charity trustees on our examination of the accounts of the charitable company for the year ended 31 December 2023, which are set out on pages 6 to 12.

Responsibilities and basis of report

As the charity's trustees of the charitable 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 ourselves that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, we report in respect of our examination of your charity's accounts as carried out under section 145 of the Charities Act ('the 2011 Act'). In carrying out our examination we have followed the directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement - matter of concern identified

We have completed our examination. We have identified a matter of concern in relation to the allocation of expenses to restricted funds. Trustees should keep a better record of how the received restricted funds have been distributed and spent. Due to this the allocation of restricted funds expenditure may not be completely accurate. This has been discussed with client and improvement has been seen for the future years.

We confirm that other than the above, no material matters have come to our attention.

B M Howarth Limited
Metic House
Ripley Drive
Normanton
WF6 1QT

20 August 2024

Statement of Financial Activities

(including summary income and expenditure account) for the year
ended 31 December 2023

Notes

GASPED

		2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Income from:					
Grants	(2)	-	283,465	283,465	158,529
Contracts	(2)	-	151,983	151,983	94,286
Donations & Other income		3,199	-	3,199	1,085
Total income		<u>3,199</u>	<u>435,448</u>	<u>438,647</u>	<u>253,900</u>
Expenditure on:					
Cost of sales		-	36,455	36,455	32,868
Salaries and NICs	(3)	3,000	237,487	240,487	104,679
Travel expenses		-	15,973	15,973	4,912
Staff and volunteer training		-	7,159	7,159	1,571
Rent		-	11,000	11,000	11,000
Utilities		-	6,530	6,530	2,052
Office administration costs		580	9,001	9,581	8,192
Printing, postage and stationery		243	3,497	3,740	-
Telephone		-	2,650	2,650	1,778
Repairs and maintenance		1,080	2,949	4,029	1,310
Insurance		-	1,708	1,708	1,708
Professional fees		-	4,373	4,373	640
Independent examination		-	3,420	3,420	1,440
Activities expenditure		-	-	-	-
Website costs		-	-	-	2,881
Consultancy		-	30,419	30,419	8,397
Bank charges		-	60	60	162
Total expenditure		<u>4,903</u>	<u>372,681</u>	<u>377,584</u>	<u>183,590</u>

Balance sheet

as at 31 December 2023

GASPED

Net income / (expenditure)

Current assets

Debtors and prepayments

Cash at bank and in hand

Total current assets

Current liabilities:

amounts falling due within one year

Fund balances brought forward 45,430

81,639 127,069 56,579 **Fund balances**

carried forward (4) 43,726 144,406

188,132 127,069

All incoming resources and resources expended derive from continuing activities.

Creditors and accruals

Total current liabilities

Net current assets

Net assets

Funds

Unrestricted funds

Restricted funds

Total funds

Notes	2023	2023	2023	2022
	Unrestricted	Restricted	Total £	Total
	£	d £		£
	(1,704)	62,767	61,063	70,310
(5)	-	27,320	27,320	4,294
(6)	50,848	129,862	180,710	132,748
	50,848	157,182	208,030	136,542
			19,89	
			89,89	
			8	
	43,72	144,40	188,13	127,06
	6	6	2	9
	43,72	144,40	188,13	127,06
	6	6	2	9
(7)	7,122	12,776		9,473
	7,122	12,776		9,473

For the year ending 31 December 2023 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The trustees have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102.

The financial statements were approved by the board of trustees on 20 August 2024

Damien Betts (Chair)

GASPED

Notes to the accounts continued for the year ended 31 December 2023

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Pensions

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

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Notes to the accounts continued for the
year ended 31 December 2023

2 Grants and Contracts	2023	2023	2023	2022
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Nova	-	7,250	7,250	19,535
PEAT	-	-	-	-
Wakefield Metropolitan District Council	-	59,310	59,310	18,826
Coalfields Regeneration Trust	-	4,900	4,900	-
Screwfix Foundation	-	5,000	5,000	-
West Yorkshire Community Association	-	-	-	32,757
West Yorkshire Combined Authority	-	57,074	57,074	-
Arnold Clark Automotive	-	-	-	3,000
Touchstone	-	58,169	58,169	50,845
CAF22	-	-	-	634
Sandal	-	-	-	158
Amazon	-	-	-	7
Groundwork	-	4,240	4,240	1,545
Community Cabin Foundation	-	-	-	17,064
Conexus Health	-	17,935	17,935	3,400
NHS Mental Health Alliance	-	97,320	97,320	51,337
St Georges	-	10,630	10,630	300
Humanity 1st	-	2,500	2,500	1,200
Lottery: Man Matters	-	63,929	63,929	48,907
Lottery: KYN	-	16,065	16,065	1,250
SWYFT NHS	-	7,950	7,950	-
Peter Harrison	-	10,000	10,000	-
Wakefield Council Domestic Abuse	-	1,440	1,440	-
Hedley Foundation	-	3,001	3,001	-
Albert Hunt	-	2,000	2,000	-
Reed in Partnership	-	1,030	1,030	-
Wakefield District Sight Aid	-	3,205	3,205	2,050
Sir George Martin	-	2,500	2,500	-

GASPED

Notes to the accounts continued for the
year ended 31 December 2023

<u> </u>	435,448	435,448	252,815
<u> </u>			

3 Staff costs and numbers

	2023 £	2022 £
Gross salaries	226,846	101,800
Social security costs	11,062	1,483
Pensions	2,579	1,396
	<u>240,487</u>	<u>104,679</u>

The average number of employees during the year was 16 (2022:11). There were no employees with emoluments above £60,000.

Defined contribution pension scheme

	2023 £	2022 £
Pension charge to profit and loss	<u>2,579</u>	<u>1,396</u>

4 Restricted funds

	Balance b/f £	Incoming £	Outgoin g £	Transfers £	Balance c/f £
Nova	-	7,250	7,250	-	-
PEAT	-	-	-	-	-
Wakefield Metropolitan District Council	-	59,310	59,310	-	-
Coalfields Regeneration Trust	6,689	4,900	11,589	-	-
Screwfix Foundation	3,800	5,000	8,800	-	-
West Yorkshire Community Association	27,757	-	27,757	-	-
Arnold Clark Automotive	-	-	-	-	-
Touchstone	40,845	58,169	99,014	-	-
CAF22	-	-	-	-	-
Anglia Giving	-	-	-	-	-
Amazon	-	-	-	-	-
Groundwork	-	4,240	4,240	-	-
Community Cabin Foundation	-	-	-	-	-
Conexus Health	2,400	17,935	20,335	-	-
NHS Mental Health Alliance	-	97,320	40,000	-	57,320
St Georges	-	10,630	10,630	-	-
Humanity 1st	-	2,500	2,250	-	250
Lottery - Man Matters	-	63,929	30,000	-	33,929
Lottery - KYN	-	16,065	16,065	-	-
SWYFT NHS	-	7,950	7,950	-	-
Peter Harrison	-	10,000	10,000	-	-
Wakefield Council Domestic Abuse	-	1,440	1,440	-	-

GASPED

Notes to the accounts continued for the year ended 31 December 2023

West Yorkshire Combined Authority	-	57,074	4,167	52,907
Hedley Foundation	-	3,001	3,001	-
Albert Hunt	-	2,000	2,000	-
Reed in Partnership	-	1,030	1,030	-
Wakefield District Sight Aid	148	3,205	3,353	-
Sir George Martin	-	2,500	2,500	-
	81,639	435,448	372,681	-
				144,406

Fund name

Purpose of restriction

Coalfields Regeneration Trust	Partnership with Career Cabin 50% supporting people into employment.
Screwfix Foundation	For repairs to property.
Touchstone	For crisis intervention.
W.Y. Community Association	For male victims domestic abuse.
Community Cabin Foundation	Supporting people into employment.
NHS Wakefield	Promoting health incentives.
Man Matters	Practical and emotional support for males

33,920 4,294

6 Cash at bank and in hand Cash at bank and in hand

2023	2022
£	£
180,710	132,248
<u>180,710</u>	<u>132,248</u>

7 Creditors and accruals

	2023	2022
	£	£
Accruals	6,350	4,691
PAYE	12,738	4,782
Pension	810	-
	<u>19,898</u>	<u>9,473</u>

8 Related party transactions

	2023	2022
	£	£
Name of trustee		
Legal authority		

GASPED

Notes to the accounts continued for the year ended 31 December 2023

Damien Betts	Governing document	11,000	11,000
		11,000	11,000

5 Debtors and prepayments

	2023	2022
	£	£
Debtors	11,620	3,700
Prepayments	594	594
Accrued Income	21,706	-

Damien Betts owns the property at Cheapside and charged the charity with the amounts shown above as rent.

The key management personnel of the charity include the trustees and Chief Officer. The total employee benefits received by the Chief Officer was £11,000 (2022: £11,000).

No trustee received any remuneration or benefit in this capacity during this or the previous year.

GASPED

Statement of Financial Activities including comparatives for all funds (including summary income and expenditure account) for the year ended 31 December 2023

	2023	2022	2023	2022	2023	2022
	Unrestricted	Unrestricted	Restricted	Restricted	Total	Total
	funds	funds	funds	funds	funds	funds
	£	£	£	£	£	£
Income Grants	-	-	283,465	158,529	283,465	158,529

	3,199	4,819
		-

Expenditure

Cost of sales	-				32,868
Salaries and NICs	104,679	3,000	3,475		
Travel expenses		4,912	-		
Staff and volunteer training		-	-		1,571
Rent		-	-		11,000
Utilities		-	-		2,052
Office administration costs		580	-		8,192
Printing, postage and stationery		243	-		-
Telephone		-	-		1,778
Repairs and maintenance		1,080	590		1,310
Insurance		-	-		1,708
Bank Charges		-	162		162
Professional fees		-	640		640
Independent examination		-	792		1,440
Activities expenditure		-	-		-
Website costs		-	-		2,881
Consultancy	8,397	-	-		
Total expenditure		4,903	5,659		

Net income / (expenditure)

Transfers between funds	(1,704)	(840)				-
Net movement in funds	(1,704)	(840)				
Fund balances brought forward	45,430	46,270				
Contracts	-	3,734	151,983	90,552	151,983	94,286
Donations & Other income	3,199	1,085	-	-	3,199	1,085
Total income			435,488	249,081	438,647	253,900
					36,455	

	36,455	32,868		
	237,487	101,204	240,487	
	15,973	4,912	15,973	
	7,159	1,571	7,159	
	11,000	11,000	11,000	
	6,530	2,052	6,530	
	9,001	8,192	9,581	
	3,497	-	3,740	
	2,650	1,778	2,650	
	2,949	720	4,029	
	1,708	1,708	1,708	
	60	-	60	
	4,373	-	4,373	
	3,420	648	3,420	
	-	-	-	
	30,419	2,881	30,419	
17	372,681	177,931	377,584	183,590
				0
	62,767	71,150	61,063	70,310
				0

	144,40	81,63	188,13	<u>96,75</u>
	6	9	2	<u>9</u>
				127,06

GASPED

Charity number 1072174

A company limited by guarantee number 03580793

Draft Annual Report and Financial Statements for the
year ended 31 December 2023



Greater Awareness and Support for People Encountering Drugs

GASPED
Trustees' report

Draft Annual Report and Financial Statements for the
year ended 31 December 2023

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Balance sheet	8
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Detailed statement of financial activities	13

for the year ended 31 December 2023

GASPED

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Damien Betts	Chair	
Mirban Hussain Paul Wright	Treasurer	
Jane Richardson		
Kemi Dawodu		
Zafar Iqbal		
Rohie Njie		Resigned 10 January 2023
Charity number	1072174	Registered in England and Wales
Company number	03580793	Registered in England and Wales

Registered and principal address

5 - 5a Cheapside
Wakefield
WF1 2SD

Independent examiner

B M Howarth Limited
Metic House
Ripley Drive
Normanton
WF6 1QT

Bankers

HSBC Bank plc
Market Place
Dewsbury
WF13 1DH

Structure, governance and management

The charity is a company limited by guarantee and was formed on 12 June 1998. It is governed by a memorandum and articles of association as amended on 2 July 2019. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £1.

Method of recruitment and appointment of trustees

The trustees of the charity are also the directors for the purposes of company law and are appointed by the members at the AGM.

The charity's objectives

To advance the education of the public and raise awareness about addictive behaviours, mental health and domestic abuse by providing non-judgemental supportive services to encourage those who use them to grow in confidence and raise to the challenges they face.

The charity's main activities

Gasped provides information, education, advice and support to the public and raise awareness about addictive behaviours, mental health and domestic abuse by providing non-judgemental supportive services to encourage people to grow in confidence and raise to the challenges they

GASPED

Trustees' report

face. Services include counselling, complimentary therapies, creative and social activities and education.

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Trustees' report (continued) for the year ended 31 December 2023

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the advancement of education for people affected by drugs and alcohol.

Achievements and performance

Gasped support for people in emotional distress increased during 2023 with more and more people coming forward seeking a range of practical and emotional support. It is sad to state that living in one of the richest countries in the world the most common basic reason for support is poverty. Poverty whether fuel poverty, hygiene poverty or food poverty, hungry desperate people are struggling to cope and are arriving at Gasped for a range of practical and emotional support.

The Trustees would like to thank the staff, counsellors and volunteers who worked long unsocial hours to enable members of local communities to access Gasped services. Gasped volunteers contributed over 3,000 hours of volunteer time during 2023 supporting Gasped in several initiatives including Know Your Neighbourhood Project and Man Matters support groups plus administration duties.

Gasped face-to-face and telephone conversations with people were not only about giving emotional support, practical advice, but also about challenging issues of Domestic Abuse, Sexual Abuse, Suicide Ideation, Male Identity and supporting West Yorkshire Women and Girls strategy by challenging misogamy.

During 2023 Gasped increased the number of staff thanks to the funding from NHS Mental Health Alliance and West Yorkshire Combined Authority with new staff delivering practical and emotional support for the Man Matters project and a West Yorkshire project delivering support for male victims of sexual abuse.

During 2023 thanks to National Lottery Community Fund the Man Matters initiative celebrated its first year of delivery. The grant is for 3 years and is to deliver practical and emotional support throughout the District of Wakefield for all people aged 18 and over who describe themselves as male. Gasped held the celebration event at Wakefield Town Hall in partnership with Wakefield Positive Mental Health Network, the event was attended by over 60 people and included excellent presentations from Daz Fisher and ex Leeds Rhino captain Stevie Ward. Gasped are thankful for all the contributions made in the workshops we gained valuable insight for the future.

Man Matters is aimed to get men to talk about their feelings, either in 1-2-1 settings, group or person-centred counselling, to be part of the solution to reduce violence against women and girls, and for men to be not be part of the problem but to be part of the solution.

The number of men contacting Gasped/Man Matters talking about their feelings has continued to increase, thanks to the promotion work of Olivia and Sarah the number of men accessing our services have exceeded our expectations, during 2023 self-referrals far exceeded referrals by agencies.

To add value and support for Man Matters Gasped are grateful for funding we received from NHS West Yorkshire Mental Health Alliance who funded two workers, the two workers were recruited in January 2023. Mental Health alliance funding increased our capacity to work with vulnerable men in our society however with the increased capacity also increased the number of people coming forward and unfortunately, we do have a waiting list.

Eastmoor Rugby Club are very supportive of Man Matters Project, allowing us to meet every Monday evening between 6.00pm and 9.00pm, also helping raise the profile of Man Matters in the local community.

Throughout 2023 Gasped continued to deliver practical support throughout the District of Wakefield for anyone who describes themselves as a male victim of domestic abuse thanks to a contract from the West Yorkshire Combined Authority Policing and Crime Team. The growing number of men accessing practical support, with an increase of self-referrals. Gasped also set up a group of male victims in Castleford who meet on a regular basis who not only share their thoughts, feelings, fears, the stigma they face but also help in the co-production of Gasped service to support male victims. Gasped are proud to say that we are reaching out to male victims through social media platforms, website and through the networks we have built up over the years, to help us promote the male victim service.

Gasped began delivering support thanks to West Yorkshire Combined Authority practical and emotional support for anyone who describes themselves as male, lives in West Yorkshire and is a victim of Sexual Abuse, lessons learnt in the promotion/marketing for male victims of domestic abuse allowed Gasped to very quickly receive and begin work with men referred both self-referrals and through agencies.

GASPED

Trustees' report (continued) for the year ended 31 December 2023

During 2022 Gasped partnered Touchstone Leeds to gain the NHS Safe Space contract for Wakefield. During 2023 staff increased from 2 to 3 and all staff had the opportunity to increase the hours they worked. Safe Space is an out of hours support service open from 6.00pm until midnight, designed to reduce the impact on Wakefield Hospitals Emergency Departments and Southwest Yorkshire Ambulance Service by working with people aged 16+ who require emotional support out of office hours opening times are 6.00pm until midnight 7 evenings per week.

The Future SELPH project in the East of the district of Wakefield, SELPH is a project funded via NHS Wakefield Mental Health Alliance to deliver practical and emotional support for young people aged 16-25. Gasped role in this project is to deliver counselling for young people who request additional emotional support. The Future SELPH contract ended in June due to a two third reduction in budget and Gasped did not exit young people from counselling as fast as Future SELPH stated.

The Trustees would also like to thank NHS Wakefield Mental Health Alliance for funding a project named Joined up Thinking. This project is a partnership with other local third sector organisations who include, Spectrum People, Reflections Yorkshire, Smash, Humanity 1st and Oasis Christian Centre, to share resources and jointly deliver a targeted approach in the most deprived areas in the District of Wakefield to improve emotional wellbeing. Joined up Thinking evidenced how quickly local third sector organisation can come together in a partnership approach and jointly meet the challenges local communities face. A legacy from Joined up Thinking is that further partnership initiatives are being developed by the original group.

Gasped were successful in gaining funding from Nova Community Mental Health Grant for 1 year to deliver counselling for adults in the South-East District of Wakefield which is South Elmsall, Hemsworth, South Kirby, Upton areas, Gasped based their counselling at Oasis Christian Centre. The funding started 1st April 2022 and was an immediate success with the number of people coming forward. Gasped wish to thank local community organisations who helped promote the counselling service to make this a success, along with local medical centres, job centres, Wakefield Positive Mental Health Newsletter, Nova website and Gasped social media promotions. The Community Mental Health grant is making a positive difference to lives in the South-East District of Wakefield and with the funding lasting 12 months it means that Gasped can deliver longer term support for people with more complex needs. The majority of people who accessed counselling were women, which leads to a couple of brief conclusions that there is a need for counselling services in the area, the second conclusion is that men are not coming forward for emotional support in the South East.

Gasped would like to thank NOVA Wakefield and Wakefield Positive Mental Health Network for allowing Gasped to promote the service via their newsletters. Along with Sarah who is Gasped Social Media and Marketing worker who is working wonders on social media creating awareness throughout the local communities of the services Gasped are delivering and how to access those services.

Feedback from clients tell Gasped that we deliver excellent services, but how do we prove how good our services are. During 2023 we decided to try to gain recognised quality marks for service delivery, as a result we contacted Lime culture for 2 quality marks one for counselling the other for sexual abuse. The process is expected to take up to one year and as we stated in May 2023 we hope to attain the quality marks by May 2024.

Gasped would also like to thank people who buy National Lottery tickets as we gained Know your Neighbourhood funding, this funding which focuses on the most deprived areas of Wakefield District as identified by the Index of Multiple Deprivation enables Gasped to link with local communities , further consult and develop initiatives understand local wants and needs.

Going concern

Gasped will continue to enhance our partnerships during 2024, building stronger local networks to work closer together to offset the challenges from national third sector organisations who having gained local contracts then constantly ask Gasped for advice, information or refer their clients to Gasped for services we no longer deliver, for example the excellent local partnership named Joined up Thinking made up of Humanity1st, SMASH, and Spectrum People who worked together during 2022 into 2023 focussing on mental health initiatives in the most deprived areas of Wakefield sharing resources to create a bigger impact.

GASPED

Trustees' report (continued) for the year ended 31 December 2023

The trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.

Financial review

The net income for the year was £61,063, which includes net income of £(1,704) on unrestricted funds and £62,767 on restricted funds.

Reserves policy

The charity's free reserves at the year-end were £43,726.

The trustees aim to maintain sufficient reserve funds to cover 3 months operating expenditure in order to protect the charity from any unexpected event which requires additional spending.

Statement of trustees' responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

Company law requires the trustees to prepare financial accounts for each financial year which 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 the income and expenditure, of the charitable company for the year. In preparing these financial statements, the trustees are required to:

select suitable accounting policies and apply them consistently; observe

the methods and principles in the Charities SORP; make

judgements and estimates that are reasonable and prudent;

state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; prepare the accounts on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Signed on behalf of the board of trustees on 20 August 2024

Damien Betts (Chair)

GASPED

Independent examiner's qualified report to the trustees of GASPED

We report to the charity trustees on our examination of the accounts of the charitable company for the year ended 31 December 2023, which are set out on pages 6 to 12.

Responsibilities and basis of report

As the charity's trustees of the charitable 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 ourselves that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, we report in respect of our examination of your charity's accounts as carried out under section 145 of the Charities Act ('the 2011 Act'). In carrying out our examination we have followed the directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement - matter of concern identified

We have completed our examination. We have identified a matter of concern in relation to the allocation of expenses to restricted funds. Trustees should keep a better record of how the received restricted funds have been distributed and spent. Due to this the allocation of restricted funds expenditure may not be completely accurate. This has been discussed with client and improvement has been seen for the future years.

We confirm that other than the above, no material matters have come to our attention.

B M Howarth Limited
Metic House
Ripley Drive
Normanton
WF6 1QT

20 August 2024

Statement of Financial Activities

(including summary income and expenditure account) for the year
ended 31 December 2023

Notes

GASPED

		2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Income from:					
Grants	(2)	-	283,465	283,465	158,529
Contracts	(2)	-	151,983	151,983	94,286
Donations & Other income		3,199	-	3,199	1,085
Total income		<u>3,199</u>	<u>435,448</u>	<u>438,647</u>	<u>253,900</u>
Expenditure on:					
Cost of sales		-	36,455	36,455	32,868
Salaries and NICs	(3)	3,000	237,487	240,487	104,679
Travel expenses		-	15,973	15,973	4,912
Staff and volunteer training		-	7,159	7,159	1,571
Rent		-	11,000	11,000	11,000
Utilities		-	6,530	6,530	2,052
Office administration costs		580	9,001	9,581	8,192
Printing, postage and stationery		243	3,497	3,740	-
Telephone		-	2,650	2,650	1,778
Repairs and maintenance		1,080	2,949	4,029	1,310
Insurance		-	1,708	1,708	1,708
Professional fees		-	4,373	4,373	640
Independent examination		-	3,420	3,420	1,440
Activities expenditure		-	-	-	-
Website costs		-	-	-	2,881
Consultancy		-	30,419	30,419	8,397
Bank charges		-	60	60	162
Total expenditure		<u>4,903</u>	<u>372,681</u>	<u>377,584</u>	<u>183,590</u>

Balance sheet

as at 31 December 2023

GASPED

Net income / (expenditure)

Current assets

Debtors and prepayments

Cash at bank and in hand

Total current assets

Current liabilities:

amounts falling due within one year

Fund balances brought forward 45,430

81,639 127,069 56,579 **Fund balances**

carried forward (4) 43,726 144,406

188,132 127,069

All incoming resources and resources expended
derive from continuing activities.

Creditors and accruals

Total current liabilities

Net current assets

Net assets

Funds

Unrestricted funds

Restricted funds

Total funds

Notes	2023	2023	2023	2022
	Unrestricted	Restricted	Total £	Total
	£	d £		£
	(1,704)	62,767	61,063	70,310
(5)	-	27,320	27,320	4,294
(6)	50,848	129,862	180,710	132,748
	50,848	157,182	208,030	136,542
			19,89	
			89,89	
			8	
	43,72	144,40	188,13	127,06
	6	6	2	9
	43,72	144,40	188,13	127,06
	6	6	2	9
(7)	7,122	12,776		9,473
	7,122	12,776		9,473

For the year ending 31 December 2023 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The trustees have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102.

The financial statements were approved by the board of trustees on 20 August 2024

Damien Betts (Chair)

GASPED

Notes to the accounts continued for the year ended 31 December 2023

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Pensions

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

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Notes to the accounts continued for the
year ended 31 December 2023

2 Grants and Contracts	2023	2023	2023	2022
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Nova	-	7,250	7,250	19,535
PEAT	-	-	-	-
Wakefield Metropolitan District Council	-	59,310	59,310	18,826
Coalfields Regeneration Trust	-	4,900	4,900	-
Screwfix Foundation	-	5,000	5,000	-
West Yorkshire Community Association	-	-	-	32,757
West Yorkshire Combined Authority	-	57,074	57,074	-
Arnold Clark Automotive	-	-	-	3,000
Touchstone	-	58,169	58,169	50,845
CAF22	-	-	-	634
Sandal	-	-	-	158
Amazon	-	-	-	7
Groundwork	-	4,240	4,240	1,545
Community Cabin Foundation	-	-	-	17,064
Conexus Health	-	17,935	17,935	3,400
NHS Mental Health Alliance	-	97,320	97,320	51,337
St Georges	-	10,630	10,630	300
Humanity 1st	-	2,500	2,500	1,200
Lottery: Man Matters	-	63,929	63,929	48,907
Lottery: KYN	-	16,065	16,065	1,250
SWYFT NHS	-	7,950	7,950	-
Peter Harrison	-	10,000	10,000	-
Wakefield Council Domestic Abuse	-	1,440	1,440	-
Hedley Foundation	-	3,001	3,001	-
Albert Hunt	-	2,000	2,000	-
Reed in Partnership	-	1,030	1,030	-
Wakefield District Sight Aid	-	3,205	3,205	2,050
Sir George Martin	-	2,500	2,500	-

GASPED

Notes to the accounts continued for the year ended 31 December 2023

	435,448	435,448	252,815
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3 Staff costs and numbers

	2023 £	2022 £
Gross salaries	226,846	101,800
Social security costs	11,062	1,483
Pensions	2,579	1,396
	<u>240,487</u>	<u>104,679</u>

The average number of employees during the year was 16 (2022:11). There were no employees with emoluments above £60,000.

Defined contribution pension scheme

	2023 £	2022 £
Pension charge to profit and loss	<u>2,579</u>	<u>1,396</u>

4 Restricted funds

	Balance b/f £	Incoming £	Outgoin g £	Transfers £	Balance c/f £
Nova	-	7,250	7,250	-	-
PEAT	-	-	-	-	-
Wakefield Metropolitan District Council	-	59,310	59,310	-	-
Coalfields Regeneration Trust	6,689	4,900	11,589	-	-
Screwfix Foundation	3,800	5,000	8,800	-	-
West Yorkshire Community Association	27,757	-	27,757	-	-
Arnold Clark Automotive	-	-	-	-	-
Touchstone	40,845	58,169	99,014	-	-
CAF22	-	-	-	-	-
Anglia Giving	-	-	-	-	-
Amazon	-	-	-	-	-
Groundwork	-	4,240	4,240	-	-
Community Cabin Foundation	-	-	-	-	-
Conexus Health	2,400	17,935	20,335	-	-
NHS Mental Health Alliance	-	97,320	40,000	-	57,320
St Georges	-	10,630	10,630	-	-
Humanity 1st	-	2,500	2,250	-	250
Lottery - Man Matters	-	63,929	30,000	-	33,929
Lottery - KYN	-	16,065	16,065	-	-
SWYFT NHS	-	7,950	7,950	-	-
Peter Harrison	-	10,000	10,000	-	-
Wakefield Council Domestic Abuse	-	1,440	1,440	-	-

GASPED

Notes to the accounts continued for the year ended 31 December 2023

West Yorkshire Combined Authority	-	57,074	4,167	52,907
Hedley Foundation	-	3,001	3,001	-
Albert Hunt	-	2,000	2,000	-
Reed in Partnership	-	1,030	1,030	-
Wakefield District Sight Aid	148	3,205	3,353	-
Sir George Martin	-	2,500	2,500	-
	81,639	435,448	372,681	-
				144,406

Fund name

Purpose of restriction

Coalfields Regeneration Trust	Partnership with Career Cabin 50% supporting people into employment.
Screwfix Foundation	For repairs to property.
Touchstone	For crisis intervention.
W.Y. Community Association	For male victims domestic abuse.
Community Cabin Foundation	Supporting people into employment.
NHS Wakefield	Promoting health incentives.
Man Matters	Practical and emotional support for males

33,920 4,294

6 Cash at bank and in hand Cash at bank and in hand

2023	2022
£	£
180,710	132,248
<u>180,710</u>	<u>132,248</u>

7 Creditors and accruals

	2023	2022
	£	£
Accruals	6,350	4,691
PAYE	12,738	4,782
Pension	810	-
	<u>19,898</u>	<u>9,473</u>

8 Related party transactions

	2023	2022
	£	£
Name of trustee		
Legal authority		

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Notes to the accounts continued for the year ended 31 December 2023

Damien Betts	Governing document	11,000	11,000
		11,000	11,000

5 Debtors and prepayments

	2023	2022
	£	£
Debtors	11,620	3,700
Prepayments	594	594
Accrued Income	21,706	-

Damien Betts owns the property at Cheapside and charged the charity with the amounts shown above as rent.

The key management personnel of the charity include the trustees and Chief Officer. The total employee benefits received by the Chief Officer was £11,000 (2022: £11,000).

No trustee received any remuneration or benefit in this capacity during this or the previous year.

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Statement of Financial Activities including comparatives for all funds (including summary income and expenditure account) for the year ended 31 December 2023

	2023	2022	2023	2022	2023	2022
	Unrestricted	Unrestricted	Restricted	Restricted	Total	Total
	funds	funds	funds	funds	funds	funds
	£	£	£	£	£	£
Income Grants	-	-	283,465	158,529	283,465	158,529

Contracts	-	3,734	151,983	90,552	151,983	94,286
Donations & Other income	3,199	1,085	-	-	3,199	1,085
Total income						253,900

Expenditure

Cost of sales						32,868
Salaries and NICs 104,679						
Travel expenses 4,912						
Staff and volunteer training						1,571
Rent						11,000
Utilities						2,052
Office administration costs						8,192
Printing, postage and stationery						-
Telephone						1,778
Repairs and maintenance						1,310
Insurance						1,708
Bank Charges						162
Professional fees						640
Independent examination						1,440
Activities expenditure						-
Website costs						2,881
Consultancy 8,397						
Total expenditure						<u>183,590</u>

Net income / (expenditure)

Transfers between funds						<u>0</u>
Net movement in funds						<u>70,310</u>

Fund balances brought forward	Fund balances carried forward	43,726	45,430
3,199	4,819	435,488	249,081
		144,400	81,639
		6	9
		2	9

-		36,455		
3,000	3,475	237,487	101,204	240,487
-	-	15,973	4,912	15,973
-	-	7,159	1,571	7,159
-	-	11,000	11,000	11,000
-	-	6,530	2,052	6,530
-	-	9,001	8,192	9,581
580	-	3,497	-	3,740
243	-	2,650	1,778	2,650
1,080	590	2,949	720	4,029
-	-	1,708	1,708	1,708
-	162	60	-	60
-	640	4,373	-	4,373
-	792	3,420	648	3,420
-	-	-	-	-
-	-	-	2,881	-
-	-	30,419	8,397	30,419
4,903	5,659	372,681	177,931	377,584

(1,704)	(840)	62,767	71,150	61,063
-	17	-	-	-
(1,704)	(840)	62,767	71,150	61,063
45,430	46,270	81,639	10,489	127,069

GASPED

England & Wales - Charity number 1072174

Accounts

GASPED

Charity number 1072174

A company limited by guarantee number 03580793

AMENDED

Annual Report and Financial Statements for
the year ended 31 December 2022



Greater Awareness and Support for People Encountering Drugs

Annual Report and Financial Statements for the
year ended 31 December 2022

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Detailed statement of financial activities	12

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for the year ended 31 December 2022

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Damien Betts	Chair	
Joan Hirst		Resigned 11 April 2022
Mirban Hussain	Treasurer	
Michael McGonnel	Vice chair	Resigned 2 March 2022
Paul Wright		
Jane Richardson		
Diana Sanha	Secretary	Resigned 2 March 2022
Kemi Dawodu		
Zafar Iqbal		Resigned 10 January 2023
Rohie Njie		
Charity number	1072174	Registered in England and Wales
Company number	03580793	Registered in England and Wales

Registered and principal address

5 - 5a Cheapside
Wakefield
WF1 2SD

Independent examiner

Fakhra Akhtar ACCA
B M Howarth Limited
Metic House
Ripley Drive
Normanton
WF6 1QT

Bankers

HSBC Bank plc
Market Place
Dewsbury
WF13 1DH

Structure, governance and management

The charity is a company limited by guarantee and was formed on 12 June 1998. It is governed by a memorandum and articles of association as amended on 2 July 2019. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £1.

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Trustees' report

Method of recruitment and appointment of trustees

The trustees of the charity are also the directors for the purposes of company law and are appointed by the members at the AGM.

The charity's objectives

To advance the education of the public and raise awareness about addictive behaviours, mental health and domestic abuse by providing non- judgemental supportive services to encourage those who use them to grow in confidence and raise to the challenges they face.

The charity's main activities

Gasped provides information, education, advice and support to the public and raise awareness about addictive behaviours, mental health and domestic abuse by providing non-judgemental supportive services to encourage people to grow in confidence and raise to the challenges they face. Services include counselling, complimentary therapies, creative and social activities and education.

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Trustees' report

(continued) for the year ended 31 December 2022

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the advancement of education for people affected by drugs and alcohol.

Achievements and performance

Gasped are very pleased with the partnership with Touchstone Leeds and Spectrum People in the delivery of a Safe Space contract from CCG, the contract started in October 2020 for 2 years with an option for another year.

Gasped are very proud of our contribution in delivering the PEAT project along with Reflections Castleford, and The Career Cabin (now changed to the Community Cabin Foundation), working with people to enable them to move closer to the jobs market. Due to the positive results, the project has now been extended to March 2023.

Gasped started delivering counselling services for 16-25 age group who live in the West Wakefield District in November 2021. This is known as the SELPH project funded by the NHS. Gasped are working with Wakefield Youth Association to help to provide emotional support for the youth of Wakefield looking for employment. This project has since been extended to March 2025.

During 2021 Gasped also started providing practical support for victims of domestic abuse who describe themselves as male. Funding by West Yorkshire police will be extended past the initial date of May 2024 based on the results.

A lottery bid was submitted in October 2021 to the lottery community fund for a project 'Man Matters'. This bid requested for funding for 3 years to deliver practical and emotional support for anyone who describes themselves as an adult male and lives in the Wakefield District.

Man Matters is aimed to get men to talk about their feelings, to be part of the solution to reduce violence against women and girls, and for men to be not be part of the problem but to be part of the solution.

During 2022 we all saw the ending of Covid-19 restrictions which meant a gradual return to face-to-face working as and when people felt safe to meet in person and Gasped continued to deliver practical and emotional support throughout the District of Wakefield to meet the needs of local communities and re-started delivering group support.

During 2022 Gasped partnered Touchstone Leeds and Spectrum People to gain the NHS Safe Space contract for Wakefield which resulted in Gasped recruiting Olivia and Stephanie as part of Gasped contribution towards the delivery of the contract. Safe Space is an out of hours support service open from 6.00pm until midnight, designed to reduce the impact on Wakefield Hospitals Emergency Departments and Southwest Yorkshire Ambulance Service by working with people aged 16+ who require emotional support out of office hours. Safe Space was delivered at The Art House, Wakefield but during September was moved to Carduceus House Wakefield, a building which is much nearer the Accident and Emergency Department at Pinderfields Hospital, with the plan is to move the service to 7 evenings a week early 2023.

During June Gasped gained funding from Wakefield Council to deliver a pilot UK Community Renewal Funded project, which is comparable to the PEAT project supporting people towards employment, the fund had a short time frame and despite the challenges Gasped did deliver the project to plan and wish to thank Wakefield Council for their support in doing so.

Going concern

Gasped will continue to enhance our partnerships during 2023, building stronger local networks to work closer together to offset the challenges from national third sector organisations who having gained local contracts then constantly ask Gasped for advice, information or refer their clients to Gasped for services we no longer deliver,

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Trustees' report

for example the excellent local partnership named Joined up Thinking made up of Humanity1st, Reflections CIC, SMASH, Spectrum People and Oasis Christian Centre who worked together during 2022 and into 2023 focussing on mental health initiatives in the most deprived areas of Wakefield sharing resources to create a bigger impact.

(continued) for the year ended 31 December 2022

The trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.

Financial review

The net income for the year was £70,310, which includes net income of £(840) on unrestricted funds and £71,150 on restricted funds.

Reserves policy

The charity's free reserves at the year-end were £45,430

The trustees aim to maintain sufficient reserve funds to cover 3 months operating expenditure in order to protect the charity from any unexpected event which requires additional spending.

Statement of trustees' responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

Company law requires the trustees to prepare financial accounts for each financial year which 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 the income and expenditure, of the charitable company for the year. In preparing these financial statements, the trustees are required to:

select suitable accounting policies and apply them consistently; observe

the methods and principles in the Charities SORP; make judgements and estimates that are reasonable and prudent;

state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; prepare the accounts on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Signed on behalf of the board of trustees on 13/09/2024

Damien Betts (Chair)

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Independent examiner's qualified report to the trustees of GASPED

We report to the charity trustees on our examination of the accounts of the charitable company for the year ended 31 December 2022, which are set out on pages 6 to 12.

Responsibilities and basis of report

As the charity's trustees of the charitable 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 ourselves that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, we report in respect of our examination of your charity's accounts as carried out under section 145 of the Charities Act ('the 2011 Act'). In carrying out our examination we have followed the directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement - matter of concern identified

We have completed our examination. We have identified a matter of concern in relation to the allocation of expenses to restricted funds. Trustees should keep a better record of how the received restricted funds have been distributed and spent. Due to this the allocation of restricted funds expenditure may not be completely accurate.

We confirm that other than the above, no material matters have come to our attention.

We 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.

Fakhra Akhtar ACCA
B M Howarth Limited
Metic House
Ripley Drive
Normanton
WF6 1QT

13 September 2024

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Statement of Financial Activities

(including summary income and expenditure account) for the year ended 31 December 2022

	Notes	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
Income from:					
Grants and donations	(2)	-		158,529	78,253

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			158,529		
Contracts	(2)	3,734	90,552	94,286	5,286
Donations and other income		1,085	-	1,085	1,135
Total income		<u>4,819</u>	<u>249,081</u>	<u>253,900</u>	<u>84,674</u>
Expenditure on:					
Cost of sales		-	32,868	32,868	-
Salaries and NICs	(3)	3,475	101,204	104,679	75,981
Travel expenses		-	4,912	4,912	2,619
Staff and volunteer training		-	1,571	1,571	200
Rent		-	11,000	11,000	11,000
Utilities		-	2,052	2,052	1,311
Office administration costs		-	8,192	8,192	3,697
Printing, postage and stationery		-	-	-	177
Telephone		-	1,778	1,778	2,249
Repairs and maintenance		590	720	1,310	463
Insurance		-	1,708	1,708	1,291
Professional fees		640	-	640	920
Independent examination		792	648	1,440	1,200
Activities expenditure		-	-	-	250
Website costs		-	2,881	2,881	-
Consultancy		-	8,397	8,397	6,862
Bank charges		162	-	162	66

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Balance sheet

Notes to the accounts continued for the year ended 31 December 2022

	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	5,659 £	177,931 £	183,590 £	108,286 £
Total expenditure				
Current assets				
Debt income/(expenditure)	(5) (840,294)	71,150	70,310,294	(23,612,594)
Cash at bank and in hand	(6) 50,809	81,639	132,248	65,830
Total current assets	54,903	81,639	136,542	66,424
Current liabilities:				
amounts falling due within one year				
Creditors and accruals	(7) 9,473	-	9,473	9,665
Fund balances brought forward	46,270	45.43	81.63	12.06
10,489 56,759 80,371 Fund balances	0	9	7 9	9
carried forward (4) 45,430 81,639	45,43	81,63	127,6	56,75
127,069 56,759	0	9	0 9	9
All incoming resources and resources expended derive from continuing activities.				
Total current liabilities	9,473	-		9,665

Net current assets

Net assets

Funds

Unrestricted funds 45,430 - 45,430 46,270	Restricted funds - 81,639 81,639	10,489	
Total funds	45,430	81,639	127,069 56,759

For the year ending 31 December 2022 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102.

The financial statements were approved by the board of trustees on 13/09/2024

Damien Betts (Chair)

1 Accounting policies

GASPED

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Pensions

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

GASPED

Notes to the accounts continued for the
year ended 31 December 2022

2 Grants and Contracts

	2022	2022	2022	2021
	Unrestricted funds £	Restricted funds £	Total Total funds £	funds £
Nova	-	19,535	19,535	-
PEAT	-	-	-	20,594
Wakefield Metropolitan District Council	-	18,826	18,826	12,282
Coalfields Regeneration Trust	-	-	-	3,582
Screwfix Foundation	-	-	-	-
West Yorkshire Community Foundation	-	32,757	32,757	32,714
Spooner Charitable Trust	-	-	-	1,000
Arnold Clark Automotive	2,000	1,000	3,000	1,000
Touchstone	-	50,845	50,845	6,559
CAF22	319	315	634	482
Anglia Giving	-	-	-	40
Amazon	7	-	7	-
Groundwork	-	1,545	1,545	-
Community Cabin Foundation	-	17,064	17,064	-
Conexus Health	-	3,400	3,400	-
NHS Wakefield	-	51,337	51,337	-
St Georges	-	300	300	-
Humanity	-	1,200	1,200	-
Man Matters	1,250	47,657	48,907	-
KYN	-	1,250	1,250	-
Sight Aid	-	2,050	2,050	-
Sandal	158	-	158	-
	<u>3,734</u>	<u>249,081</u>	<u>252,815</u>	<u>78,253</u>

3 Staff costs and numbers

	2022 £	2021 £
Gross salaries	101,800	74,685
Social security costs	1,483	42
Pensions	1,396	1,254

GASPED

Notes to the accounts continued for the
year ended 31 December 2022

104,679	75,981
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The average number of employees during the year was 7 (2021:5). There were no employees with emoluments above £60,000.

Defined contribution pension scheme

	2022 £	2021 £
Pension charge to profit and loss	1,396	1,254

4 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Coalfields Regeneration Trust	6,689	-		-	6,689
Screwfix Foundation	3,800	-		-	3,800
Nova	-	19,535	19,535		-
Wakefield Metropolitan District Council	-	18,826	18,826		-
West Yorkshire Community Association	-	32,757	5,000		27,757
Arnold Clark Automotive	-	1,000	1,000		-
Touchstone	-	50,845	10,000		40,845
CAF22	-	315	315		-
Groundwork		1,545	1,545		-
Community Cabin Foundation		17,064	17,064		-
Conexus Health		3,400	1,000		2,400
NHS Wakefield		51,337	51,337		-
St Georges		300	300		-
Humanity		1,200	1,200		-
Man Matters		47,657	47,657		-
KYN		1,250	1,250		-
Sight Aid		2,050	1,902		148
	<u>10,48</u>	<u>249,081</u>	<u>177,931</u>	<u>-</u>	<u>8,639</u>
	9				1
Fund name	Purpose of restriction				

GASPED

Notes to the accounts continued for the year ended 31 December 2022

Coalfields Regeneration Trust	Partnership with Career Cabin 50% supporting people into employment.
Screwfix Foundation	For repairs to property.
Touchstone	For crisis intervention.
W.Y. Community Association	For male victims domestic abuse.
Community Cabin Foundation	Supporting people into employment.
NHS Wakefield	Promoting health incentives.
Man Matters	Practical and emotional support for males

5 Debtors and prepayments

	2022 £	2021 £
Debtors	3,700	-
Prepayments	594	594
	<u>4,294</u>	<u>59</u>
		4

6 Cash at bank and in hand

	2022 £	2021 £
Cash at bank and in hand	132,248	65,830
	<u>132,248</u>	<u>65,830</u>

7 Creditors and accruals

	2022 £	2021 £
Accruals	4,691	6,872
PAYE	4,782	2,563
Pension	-	230
	<u>9,473</u>	<u>9,665</u>

8 Related party transactions

		2022 £	2021 £
Name of trustee	Legal authority		
Damien Betts	Governing document	11,000	11,000
		<u>11,000</u>	<u>11,000</u>

GASPED

Notes to the accounts continued for the
year ended 31 December 2022

Damien Betts owns the property at Cheapside and charged the charity with the amounts shown above as rent.

The key management personnel of the charity include the trustees and Chief Officer. The total employee benefits received by the Chief Officer was £11,000 (2021: £11,000).

No trustee received any remuneration or benefit in this capacity during this or the previous year.

GASPED

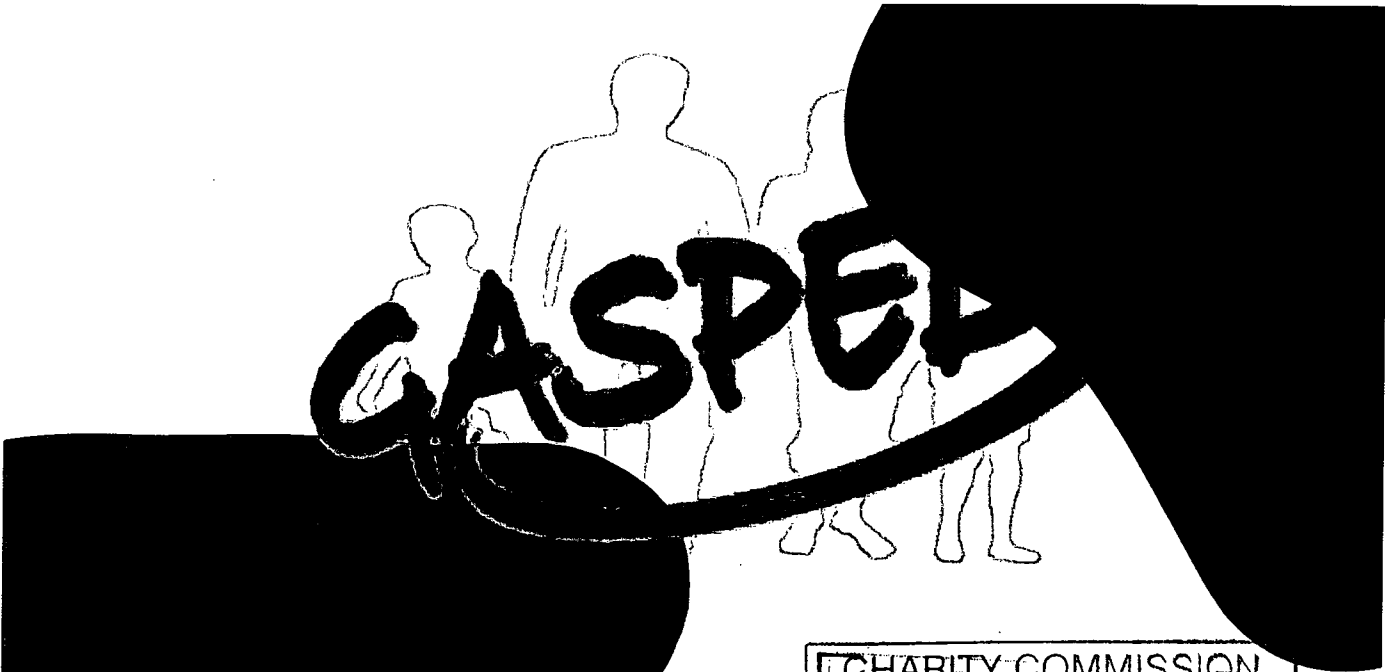
Statement of Financial Activities including comparatives for all funds (including summary income and expenditure account) for the year ended 31 December 2022

	2022 Unrestricted funds £	2021 Unrestricted funds £	2022 Restricted funds £	2021 Restricted funds £	2022 Total funds £	2021 Total funds £
Income						
Grants and donations	-	54,560	158,529	23,693	158,529	78,253
Contracts	3,734	5,286	90,552	-	94,286	5,286
Other income	1,085	1,135	-	-	1,085	1,135
Total income 249,081				23,693	253,900	84,674
Expenditure						
Cost of sales 32,868				-	32,868	-
Salaries and NICs 101,204				34,192	104,679	75,981
Travel expenses 4,912				410	4,912	2,619
Staff and volunteer training 1,571				-	1,571	200
Rent 11,000				4,950	11,000	11,000
Utilities 2,052	4,819	60,981		1,311	2,052	1,311
Office administration costs 8,192				3,697	8,192	3,697
Printing, postage and stationery -				-	-	177
Telephone 1,778				1,012	1,778	2,249
Repairs and maintenance 720				152	1,310	463
Insurance 1,708	-	-		-	1,708	1,291
Bank Charges -	3,475	41,789		-	162	66
Professional fees -	-	2,209		-	640	920
Independent examination 648	-	200		-	1,440	1,200
Activities expenditure -	-	6,050		-	-	250
Website costs 2,881	-	-		-	2,881	-
Consultancy 8,397	-	-		-	8,397	6,862
Total expenditure 177,931	-	177		45,724	183,590	108,286
	-	1,237				
	590	311				
Net income / (expenditure)	-	1,291	71,150	(22,031)	70,310	(23,612)
Transfers between funds -	162	66		-	-	-
Net movement in funds 71,150	640	920		(22,031)	70,310	(23,612)
Fund balances brought forward	792	1,200	10,489	32,520	56,759	80,371
Fund balances carried forward	45,430	46,270	81,639	10,489	127,069	56,759
	-	6,862				
	5,659	62,562				
	(840)	(1,581)				
	-	-				
	(840)	(1,581)				
	46,270	47,851				

GASPED

England & Wales - Charity number 1072174

Accounts

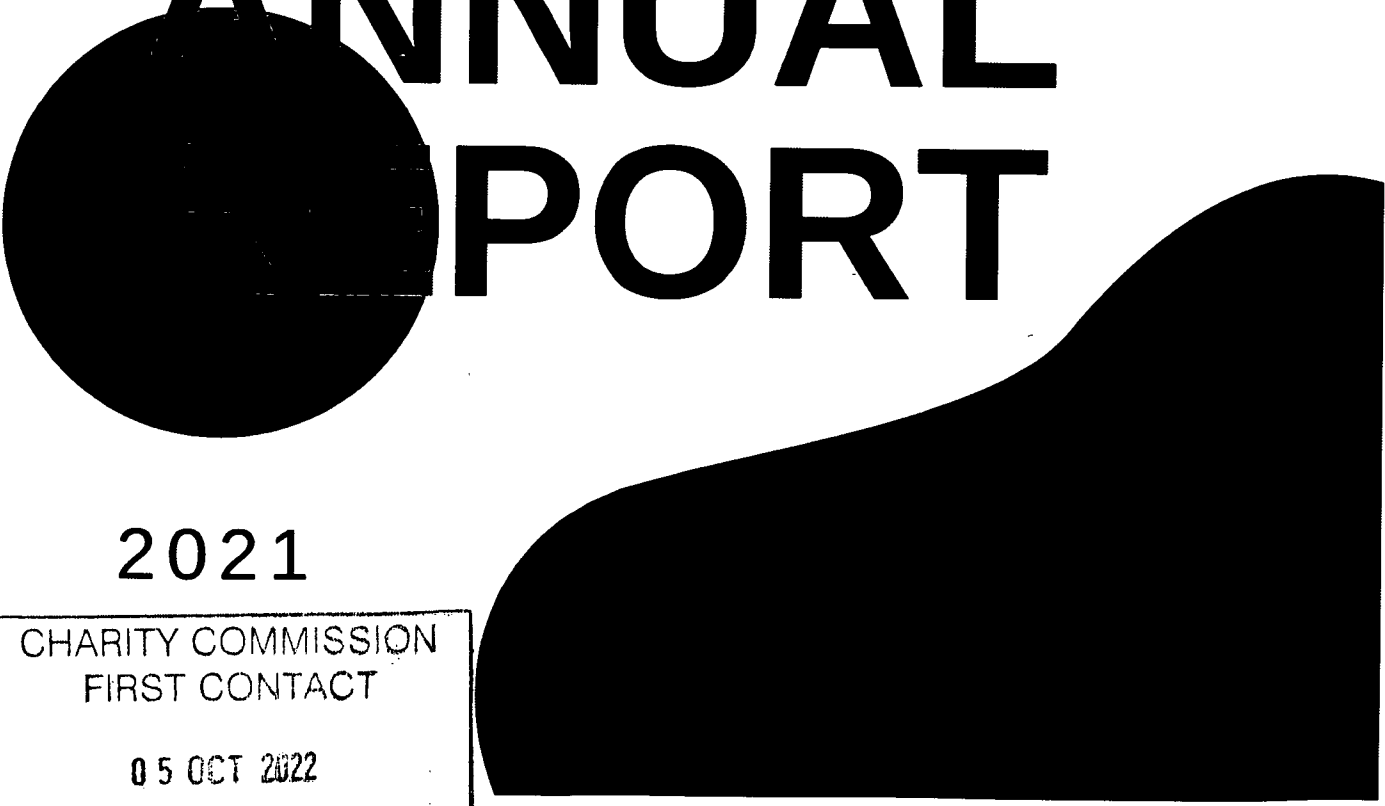


GASPEL

CHARITY COMMISSION
FIRST CONTACT

05 OCT 2022

RECORDED
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ANNUAL REPORT

2021

CHARITY COMMISSION
FIRST CONTACT

05 OCT 2022

ACCOUNTS
RECEIVED



"Take a Breath

Giving Advice and Support for People in Emotional Distress

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"Take a Breath"

Giving Advice and Support for People in Emotional Distress

Introduction

About GASPED

Gasped is a voluntary organisation and registered charity established in 1995. (Charity Number 1072174 and Company Number 03580793).

The service was created as a result of one parent's experience of living, caring for and supporting her son who was addicted to drugs. As a result of recognising the isolation, fear, guilt, shame and stigma, a support group and helpline were established to help and support others in similar circumstances.

Today the charity remit is much broader, and we work with local people to help them build emotional resilience, self-esteem, improve their health, wellbeing and education.

In 2019 Gasped Board of Trustees recognised that if Gasped were to continue to survive we needed to deliver more generic support and counselling and to be recognised for our expertise in certain areas for example in mental health, suicide, domestic abuse and practical support. The Trustees took steps to change our governing documents with consultation from the Charity Commission to reflect on the true nature of the services we plan to deliver.

Gasped's Articles of Association now include the following statement:

"To advance the education of the public and raise awareness about addictive behaviours, mental health and domestic abuse by providing non-judgemental supportive services to encourage those who use them to grow in confidence and rise to the challenges they face."

GASPED focuses on **supporting people in emotional distress**, and their families, with practical support and counselling services by:

- **Raising awareness** about addictive behaviours, suicide, mental health and domestic abuse.
- **Providing non-judgemental supportive services** guided by those with lived experience to help people grow in confidence and rise to the challenges they face.



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Giving Advice and Support for People in Emotional Distress

Mission Statement and Strategic Aims and Objectives

Our Mission

“Our Mission is to deliver person centred, bespoke and cost-effective mental health programmes to vulnerable people in our community, helping them to develop emotional resilience to face life’s challenges. “



To develop bespoke mental health programmes for vulnerable people in our community and providing support for those who have been unable to access mainstream services in the past.

Working to avoid mental health crisis by listening, advising, and empowering people to make positive change in their lives.



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Giving Advice and Support for People in Emotional Distress

Strategic Aims and Objectives

GASPED aims to be a sustainable charity and company limited by guarantee, providing practical help, information and support to parents, partners, families and carers for people with mental health problems, male victims of domestic abuse, and to challenge poverty and deprivation by:

- Delivering a whole family approach which is outcome focussed.
- Facilitating and supporting the development of carers, parent and family support groups within Yorkshire and developing effective information sharing networks between those groups.
- Developing and providing programmes of training and education in order to raise awareness of the impact of mental health and domestic abuse within communities.
- Consulting and researching BAME groups with the aim of continuous improvement of engagement and support.
- Providing therapies, counselling, advice, information and advocacy available in our Resource Centres, and within communities unable to access the centre.
- Contribute towards building individual and community resilience.
- Contribute towards the relief of poverty in the community.
- Partnership working with local organisations.
- Focus our work in the most deprived areas as defined by the Index of Multiple Deprivation.

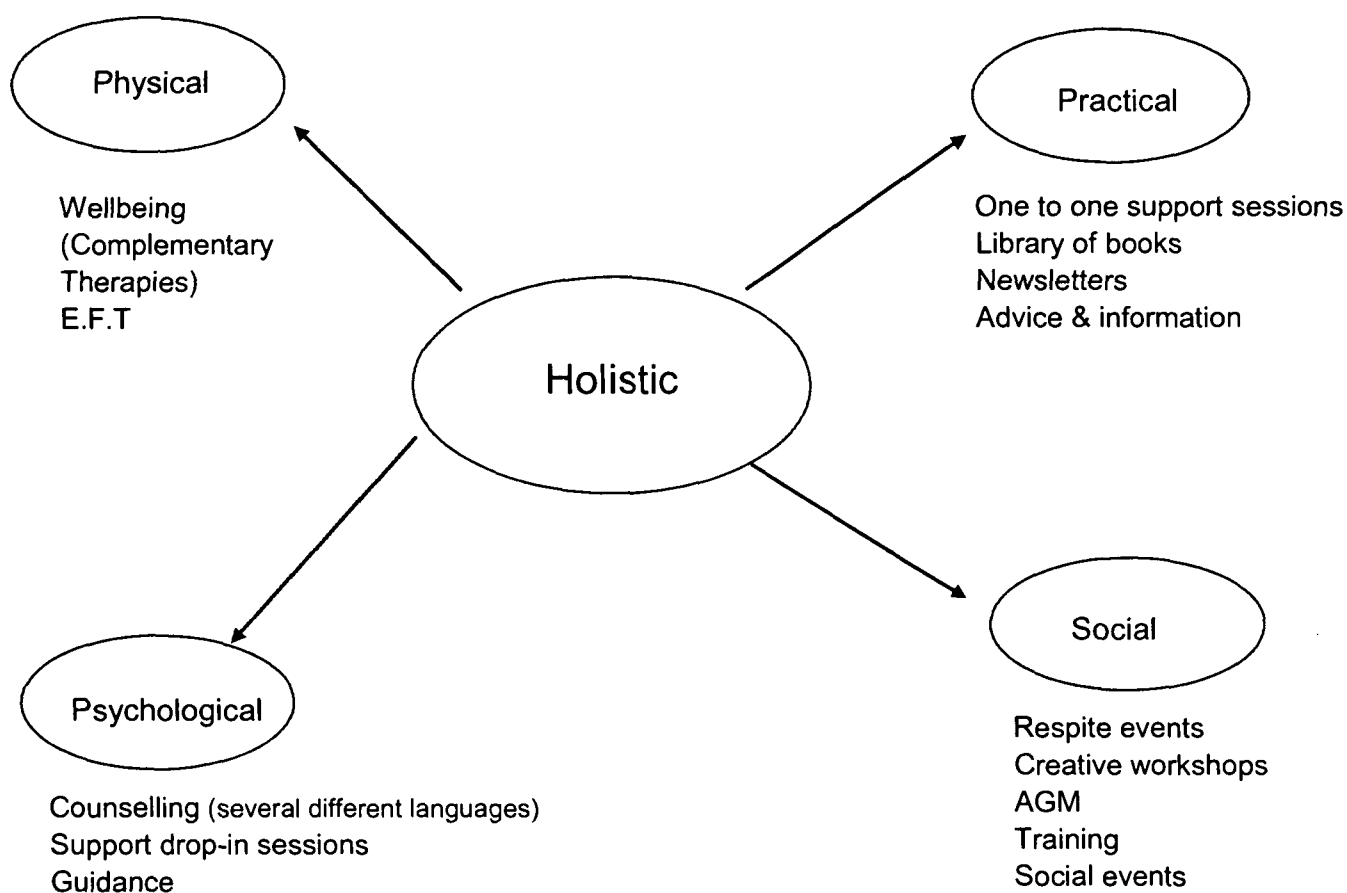


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Giving Advice and Support for People in Emotional Distress

GASPED Ethos

GASPED seeks to respond to its beneficiaries through a social model of health.
This holistic response to need is illustrated below.



Through these different strands, GASPED seeks to work with our beneficiaries to find the best fit interventions with the understanding that it takes as long as it takes. Therefore, long term commitment to our beneficiaries is crucial.

The Goal – Living in recovery, marked by an increasing ability to make healthy choices for the client and their world. Having a sense of autonomy and control leading to valued outcomes for the client and others



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Giving Advice and Support for People in Emotional Distress

Management Committee

Management Committee Members - 2021

Chair	Damien Betts from August 2019 (Local Business Person)
Deputy Chair	Peter Barrett until August 2021 Paul Wright from August 2021
Treasurer	Joan Hirst from January 2019 (Parent)
Company Secretary	Diana Sanha from December 2021
Trustee	Mirban Hussain
Trustee	Jane Richardson from March 2021
Trustee	Michael McGonnel until August 2021
Trustee	Paul Wright from July 2020
Trustee	Kemi Dawodu from December 2021
Trustee	Rohie Njie from December 2021
Trustee	Zafar from December 2021



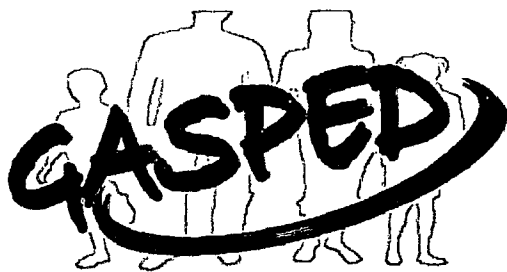


Giving Advice and Support for People in Emotional Distress

Employees

Operations Manager	Stan Foster
Counselling Coordinator	Tracey Riggott
Community Development	Sally Evans
Social Media and Promotions	Sarah Moran from April
Wakefield Safe Space	Olivia Hemsley from August Stephanie Downing from September





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Giving Advice and Support for People in Emotional Distress

GASPED Resource Centre Services

Resource Centre - Wakefield Opening Times

Monday - 9.00am - 7.30pm

Tues, Wed, Thurs - 9.00am - 5.00pm

Friday - 9.00am - 3.00pm

Saturdays and Evenings by Appointment Only

Counselling

Peer Support Groups

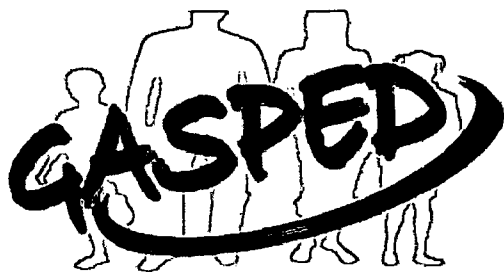
Practical Support

Drop in Sessions

Information Sessions

**Community
Development Initiatives**

**Community
Consultations**



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Giving Advice and Support for People in Emotional Distress

Community Based Services



During 2021 as a result of Covid-19 restrictions Gasped reduced its support in the community to comply with restrictions and to adhere to the rules and regulations of community organisations. As the restrictions for covid were lifted Gasped began to re-start our work in the community.

Gasped would like to thank Oasis Christian Centre at South Elmsall and Reflections Castleford for their support which has enabled Gasped to deliver counselling those areas. As we draw to the end of 2021 and move towards 2022 Gasped are in discussions with other statutory and voluntary organisations to deliver further support in the community focussing on areas which are the most deprived. We recognise that poverty is biting deeper in our communities and we need to travel into those communities to deliver much needed support as many people do not have the disposable income to travel to the city of Wakefield



“Take a Breath”

Giving Advice and Support for People in Emotional Distress

Management Committee Report

Gasped continued to deliver practical and emotional support during the whole of 2021, abiding by government Covid-21 restrictions, sometimes delivering face-to-face counselling and practical and emotional support and sometimes telephone counselling and support, due to Covid-19 Gasped ceased to deliver group support.

The Trustees would like to thank Tracey and the counsellors who worked long unsocial hours to enable people to access Gasped services as soon as practicable. The people who accessed Gasped services were suffering from a range of loss as a result of Covid-19 including loss, loss of employment, loss of a loved one loss of freedom through lockdown and also loss of a country. Gasped telephone conversations with people were not only about giving emotional support, practical advice. Most of face-to-face and telephone support and counselling came for people who live in the most deprived areas of Wakefield.

2021 saw five trustees join Gasped board and unfortunately two trustees resigned for personal reasons, Gasped would like to thank Peter Barrett and Michael McGonnal for all the time they have spent supporting Gasped on our journey to be a sustainable charity. December 2021 welcomed 4 people volunteer to be a Gasped trustee, Diana, Rohie, Kemi and Zafar Gasped are looking forward to the contributions they will make and the diversity they bring to our charity. The trustees would particularly like to thanks Jane who joined Gasped as a trustee earlier in 2021 and immediately threw herself into the task of taking Gasped website and social media into this century and managing the contents. Gasped website has become even more important than before due to the range of services we deliver and what a fantastic difference Jane has made.

2021 also saw the recruitment of Sarah, our Social Media and Promotions worker, Sarah was originally recruited via the governments Kick Start scheme, working closely with Jane Sarah has had a major impact on the promotion of Gasped services.

During 2021 Gasped partnered Touchstone Leeds and Spectrum People to gain the NHS Safe Space contract for Wakefield which resulted in Gasped recruiting Olivia and Stephanie as part of Gasped contribution towards the delivery of the contract. Safe Space is an out of hours support service open from 6.00pm until midnight, designed to reduce the impact on Wakefield Hospitals Emergency Departments and Southwest Yorkshire Ambulance Service by working with people aged 16+ who require emotional support out of office hours. Safe Space is being delivered at The Art House, Wakefield was set up to be open 3 evenings a week, however due to the success of this initiative the plan is to gradually move to a 7 evening a week service, during 2021 the service was increased to 6 nights per week.

Gasped also worked in partnership with The Community Cabin to deliver the PEAT Project, a project accessed via Wakefield Council funded via the European Social Fund (ESF) to support adults closer to or into employment. This project is based in Castleford which has meant that Gasped has had one full time member of staff working in Castleford during the whole of the year supporting the delivery of the project. The PEAT project is post code prescriptive therefore the only people who can access support via the project have to live in certain areas, this has proved a challenge because many of the people we have worked with sofa surf, no fixed abode regularly returns to prison or move onto another town. Despite these challenges Gasped and The Cabin have made positive differences to some people lives both practically and emotionally.

November 2021 saw the start of the SELPH project in the East of the district of Wakefield, SELPH is a project funded via NHS Wakefield Health Alliance to deliver practical and emotional support for young people aged 16-25. Gasped role in this project is to deliver counselling for young people who request additional emotional support. The referral process for young people has to come through the organisation who deliver the practical support, during 2021 there was one organisation who delivered support, which is being extended to four or five.

The West of the District is moving in a slightly different direction to deliver practical and emotional support for 16-25-year olds, Gasped are in talks with funders to provide a compatible service as to the one we have started to deliver in the East.

Gasped were also successful in gaining a contract to deliver practical support throughout the District of Wakefield for male victims of domestic abuse. The contract is dependent on Gasped reaching a number of people who are aged over 18 who identify themselves as male and delivering a range of practical support advice and information. Gasped also set up a group of male victims in Castleford who meet on a regular basis who not only share their thoughts, feelings, fears, the stigma they face but also help in the co-production of Gasped service to support male victims. Gasped are proud to say that we are reaching out to male victims through social media platforms, website and through the networks we have built up over the years, to help us promote the male Victim service Gasped would like to thank NOVA Wakefield and Wakefield Positive Mental Health Network for allowing Gasped to promote the service via their newsletters.

It was also during 2021 that Gasped was contacted by National Lottery regarding an application Gasped submitted in December 2019, but due to Covid-19 National Lottery put all their bids on hold to enable them to support government funding initiatives. Gasped were asked if we would like to re-submit our funding application called Man Matters.

Man Matters is an initiative that was co-produced as a result of consultation with men about the services they would like to see for men. As a result, the idea of Man Matters was born, which is aimed to deliver practical and emotional support for all people aged 18 and over who describe themselves as male.

Gasped also wanted to add the element of education, including emotional intelligence, awareness of the results of their actions, anger management, and raising self-esteem. Statistically there are far more male suicides than female, more men in prison, more men commit murders than women WHY?

Man Matters is aimed to get men to talk about their feelings, to be part of the solution to reduce violence against women and girls, and for men to be not be part of the problem.



“Take a Breath”

Giving Advice and Support for People in Emotional Distress

GASPED Volunteers



Our team of volunteers, counsellors and therapists give support to a wide range of people struggling with issues such as unemployment, homelessness, domestic violence, low self-esteem, suicide, poverty and substance misuse. Many of our volunteers have lived experience and are able to offer advice and support from a place of empathy and understanding.

All GASPED volunteers are trained appropriately for the work they wish to undertake, this not only helps them develop more skills but also helps towards their own confidence building and personal development. Volunteer therapists and counsellors are offered 1 to 1 support and in house placement supervision. Volunteer duties include:

- One to one information sessions
- Counselling - all counsellors are training to or qualified fully qualified to Diploma level and are members of the BACP (British Association of Counselling and Psychotherapy)
- Technical support
- Advice and information on risk management, covid-19, policies and procedures.
- Fundraising and Administration
- Management Committee Trustees
- Support at training and promotional events
- Community work
- Co-production of Gasped services including steering group for Man Matters
- Domestic abuse support

Gasped wish to thank all the people who have volunteered for Gasped during 2021, through their dedicated support they have enabled Gasped to delivered more and better services, enhance Gasped work practices and procedures.

A Big, Big thank you to all our volunteers



“Take a Breath”

Giving Advice and Support for People in Emotional Distress

Funders and Supporters

Without the help and support of our commissioners and other grant making trusts and foundations we would be unable to continue the development and expansion of our services. Therefore, we are very grateful for their support, which allows us to provide a wide range of services to meet the ever-increasing needs of our client base.

During 2021 Gaspd received funding from Spectrum CIC who commissioned Gaspd services to provide support for families in the District of Wakefield who are affected by a loved one's drug or alcohol misuse. Gaspd in partnership with The Community Cabin gained a ESF PEAT contract to deliver a range of practical and emotional support. Safe Space contract in partnership with Touchstone Leeds and Spectrum People. Coalfields Regeneration Funding to deliver practical and emotional support, and National Lottery Community Fund

We would like to take this opportunity to thank each one of them for their support in enabling GASPED to continue providing a quality range of services for those who need to access our resources.

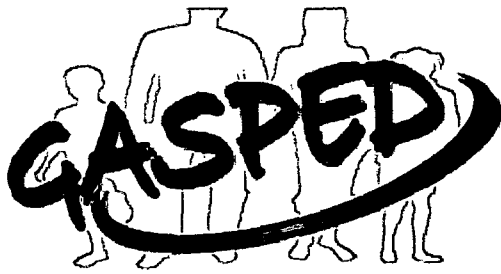
- Spectrum C.I.C.
- Safe Space in partnership with Touchstone Leeds and Spectrum People
- The National Lottery Community Fund
- Policing and Crime, West Yorkshire Combined Authority
- PEAT Project in partnership with Reflections Castleford and The Career Cabin Castleford
- Wakefield Health Alliance
- Nova Live Well Wakefield Small Grants
- The Spooner Charitable Trust
- Arnold Clark Motors



Nova

wakefield
council
working for you





“Take a Breath”

Giving Advice and Support for People in Emotional Distress

2022 and beyond

Gaspd during 2022 and beyond will work to its full potential, we are fortunate to have an amazing, dedicated team of staff and volunteers who overcome work challenges on a daily basis supporting the most vulnerable people in our community.

Gaspd will enhance our partnerships during 2022, building stronger local networks to work closer together to offset the challenges from national third sector organisations who having gained local contracts then constantly ask Gaspd for advice, information or refer their clients to Gaspd for services we no longer deliver.

Gaspd rose to the challenge in 2020 of delivering a broader range of mental health support services and are taking steps in partnership with local community organisations to challenge national organisations who parachute into the district we do recognise local statutory organisations do need informing more of the skills of small charities such as gasped and us having the Heineken effect (we can get to parts of the district that national organisations cannot reach) and that big is not always beautiful.

It is sad to write that poverty is growing within the District of Wakefield and poverty is hitting the more deprived areas more than the less deprived areas and along with poverty there are growing needs for practical and emotional support. Gaspd will seek to contribute towards the alleviation of poverty in partnership with other local organisations or in stand alone initiatives seeking resources to do so.

There is also much that Gaspd can do to further support young people in both practical and emotional support and that while Gaspd has the skills to support we are never complacent about our skill level, during 2022 and beyond Gaspd will seek to further enhance our skills through training.

The PEAT project which is European funded came to an end in March 2022, there is some anticipation that national government will bring something out which is comparable but for significantly less funding.

2022 will see Gaspd continue to deliver practical support for all people who describe themselves as male who are victims of domestic abuse. With the help of Sarah who has promoted our service we have seen a growing number of males coming forward for a range of practical advice information and support. As Gaspd enhance our networks and more people discover our services we only see the number of people coming forward for our confidential service growing and Gaspd delivering the domestic abuse support in the community. There have been 3 community organisations that have offered Gaspd rooms to deliver support and promote our service in their communities.

Safe Space contract in partnership with Touchstone Leeds and Spectrum People is contracted until March 2023 there is no doubt that Safe Space programme to reduce the number of people accessing accident and emergency services is having a positive impact as there is a growing number of people accessing the service, which may result in further opportunities to enhance the services our partnership delivers.

The SELPH project, the 16-25 counselling support is also contracted until March 2023, while Gasped is contracted to deliver counselling we also see that as this project becomes more established more and more young people will be referred to Gasped as other partner organisations become involved in the delivery of this much needed service. Gasped also aim during 2022 to deliver more support in the community as part of this initiative, as poverty worsens Gasped recognise the need to deliver more in the community as many people young and older do not have the disposable income to travel into the city centre of Wakefield.



“Take a Breath”

Giving Advice and Support for People in Emotional Distress

GASPED

Statement of Financial Activities including comparatives for all funds (including summary Income and expenditure account) for the year ended 31 December 2021

	2021 Unrestricted funds £	2020 Unrestricted funds £	2021 Restricted funds £	2020 Restricted funds £	2021 Total funds £	2020 Total funds £
Income						
Grants and donations	54,560	20,580	23,693	134,497	78,253	155,077
Contracts	5,286	27,500	-	-	5,286	27,500
Other income	1,135	1,175	-	-	1,135	1,175
Total income	60,981	49,255	23,693	134,497	84,674	183,752
Expenditure						
Salaries and NICs	41,789	17,347	34,192	40,301	75,981	57,648
Travel expenses	2,209	14	410	4,988	2,619	5,002
Staff and volunteer training	200	-	-	-	200	-
Rent	6,050	917	4,950	10,083	11,000	11,000
Utilities	-	180	1,311	1,253	1,311	1,433
Office administration costs	-	-	3,697	4,035	3,697	4,035
Printing, postage and stationery	177	-	-	504	177	504
Telephone	1,237	135	1,012	1,549	2,249	1,684
Repairs and maintenance	311	543	152	-	463	543
Insurance	1,291	-	-	1,034	1,291	1,034
Bank Charges	66	-	-	-	66	-
Professional fees	920	-	-	534	920	534
Independent examination	1,200	-	-	900	1,200	900
Activities expenditure	250	25	-	1,330	250	1,355
Subscriptions	-	-	-	414	-	414
Payroll charges	-	-	-	384	-	384
Website costs	-	-	-	235	-	235
Consultancy	6,862	-	-	34,905	6,862	34,905
Total expenditure	62,562	19,161	45,724	102,449	108,286	121,610
Net income / (expenditure)	(1,581)	30,094	(22,031)	32,048	(23,612)	62,142
Transfers between funds	-	-	-	-	-	-
Net movement in funds	(1,581)	30,094	(22,031)	32,048	(23,612)	62,142
Fund balances brought forward	47,851	17,757	32,520	472	80,371	18,229
Fund balances carried forward	46,270	47,851	10,489	32,520	56,759	80,371

Statement of Financial Activities for 2021

Accountant Fakhra Akhtr ACCA, BM Howarth Ltd., Metic House, Ripley Drive,
Normanton: WF6 1QT

Bank

HSBC
Market Place
Dewsbury
WF13 1DH



“Take a Breath”

Giving Advice and Support for People in Emotional Distress

Risk Assessment and Reserves Policy

RISK ASSESSMENT STATEMENT

GASPED has level 1 PQASSO standard. We believe that by working at this system we are minimising risk.

Accounts

A draft copy of 2021 accounts accompany this document

Reserves Policy

The trustees are endeavouring to provide a level of unrestricted funds which equate to four months running costs. At present the level of free reserves represents around xxxx running costs but the trustees have approved a budget for the next year which should work towards the required level.

GASPED

Charity number 1072174

A company limited by guarantee number 03580793

Annual Report and Financial Statements
for the year ended 31 December 2021



Greater Awareness and Support for People Encountering Drugs

**CHARITY COMMISSION
FIRST CONTACT**

05 OCT 2022

**ACCOUNTS
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Annual Report and Financial Statements
for the year ended 31 December 2021

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GASPED

Trustees' report for the year ended 31 December 2021

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Damien Betts	Chair	
Joan Hirst	Treasurer	Resigned 11 April 2022
Peter Barrett	Vice chair	Resigned 31 August 2021
Mirban Hussain		
Michael McGonnel		Resigned 2 March 2022
John Wright		
Jane Richardson		
Diana Sanha		Appointed 1 December 2021
Kemi Dawodu		Appointed 1 December 2021
Zafar Iqbal		Appointed 1 December 2021
Rohie Njie		Appointed 1 December 2021
Charity number	1072174	Registered in England and Wales
Company number	03580793	Registered in England and Wales

Registered and principal address

5 - 5a Cheapside
Wakefield
WF1 2SD

Independent examiner

Fakhra Akhtar ACCA
B M Howarth Limited
Metic House
Ripley Drive
Normanton
WF6 1QT

Bankers

HSBC Bank plc
Market Place
Dewsbury
WF13 1DH

Structure, governance and management

The charity is a company limited by guarantee and was formed on 12 June 1998. It is governed by a memorandum and articles of association as amended on 2 July 2019. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £1.

Method of recruitment and appointment of trustees

The trustees of the charity are also the directors for the purposes of company law and are appointed by the members at the AGM.

The charity's objects

To advance the education of the public and raise awareness about addictive behaviours, mental health and domestic abuse by providing non-judgemental supportive services to encourage those who use them to grow in confidence and raise to the challenges they face.

The charity's main activities

Gasped provides information, education, advice and support to the public and raise awareness about addictive behaviours, mental health and domestic abuse by providing non-judgemental supportive services to encourage people to grow in confidence and raise to the challenges they face. Services include counselling, complimentary therapies, creative and social activities and education.

GASPED

Trustees' report (continued) for the year ended 31 December 2021

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the advancement of education for people affected by drugs and alcohol.

Achievements and performance

Pre Covid-19, Gasped were delivering emotional support (advice, information counselling and group support) throughout the district at Community centres, Medical Centres and at Town Halls. Gasped redoubled its efforts in delivering support services outside the city centre due to recognising the growing disparities in mental health support between the least and most deprived communities in the District. Gasped therefore focussed its efforts on working among the more deprived communities as recognised by the Index of Multiple Deprivation.

Gasped continued to deliver emotional support throughout all the lock downs, via telephone and zoom, we are grateful to receive a letter from the Lord Lieutenant of West Yorkshire for continuing to deliver support through the first lock down. This support is still being continued post Covid-19.

Gasped policy of late night working has enabled Gasped to keep a waiting list for counselling to days, enabling people to access emotional support when they need it.

Gasped are very pleased with the partnership with Touchstone Leeds and Spectrum People in the delivery of a Safe Space contract from CCG, the contract started in October 2020 for 2 years with an option for another year.

Gasped are very proud of our contribution in delivering the PEAT project along with Reflections Castleford, and The Career Cabin (now changed to the Community Cabin Foundation), working with people to enable them to move closer to the jobs market. Due to the positive results, the project has now been extended to March 2022.

Gasped started delivering counselling services for 16-25 age group who live in the West Wakefield District in November 2021. This is known as the SELPH project funded by the NHS. Gasped are working with Wakefield Youth Association to help to provide emotional support for the youth of Wakefield looking for employment. This project has since been extended to March 2025.

During 2021 Gasped have also started providing practical support for victims of domestic abuse who describe themselves as male. Funding by West Yorkshire police will be extended past the initial date of May 2024 based on the results.

A lottery bid was submitted in October 2021 to the lottery community fund for a project 'Man Matters'. This bid requested for funding for 3 years to deliver practical and emotional support for anyone who describes themselves as an adult male and lives in the Wakefield District.

Covid-19 and going concern

Covid-19 has brought benefits to Gasped, it has released funding which has contributed towards our sustainability however Gasped has identified a serious need for emotional support for people living and suffering with loss due to Covid-19.

The trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.

GASPED

Trustees' report (continued) for the year ended 31 December 2021

Financial review

The net expenditure for the year was £23,612, including net expenditure of £1,581 on unrestricted funds and net expenditure of £22,031 on restricted funds.

Reserves policy

The charity's free reserves at the year-end were £46,270.

The trustees aim to maintain sufficient reserve funds to cover 3 months operating expenditure in order to protect the charity from any unexpected event which requires additional spending.

Statement of trustees' responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

Company law requires the trustees to prepare financial accounts for each financial year which 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 the income and expenditure, of the charitable company for the year. In preparing these financial statements, the trustees are required to:

select suitable accounting policies and apply them consistently;

observe the methods and principles in the Charities SORP;

make judgements and estimates that are reasonable and prudent;

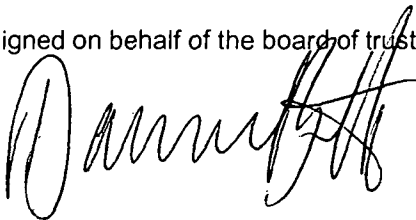
state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;

prepare the accounts on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Signed on behalf of the board of trustees on 21/09/2022



Damien Betts (Trustee)

GASPED

Independent examiner's qualified report to the trustees of GASPED

We report to the charity trustees on our examination of the accounts of the charitable company for the year ended 31 December 2021, which are set out on pages 6 to 12.

Responsibilities and basis of report

As the charity's trustees of the charitable 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').

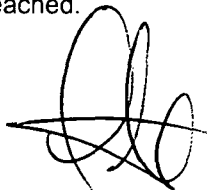
Having satisfied ourselves that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, we report in respect of our examination of your charity's accounts as carried out under section 145 of the Charities Act ('the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

Independent examiner's statement - matter of concern identified

We have completed our examination. We have identified a matter of concern in relation to the allocation of expenses to restricted funds. Trustees should keep a better record of how the received restricted funds have been distributed and spent. Due to this the allocation of restricted funds expenditure may not be completely accurate.

We confirm that other than the above, no material matters have come to our attention.

We 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.



Fakhra Akhtar ACCA
B M Howarth Limited
Metic House
Ripley Drive
Normanton
WF6 1QT

21 September 2022

GASPED

Statement of Financial Activities

(including summary income and expenditure account)

for the year ended 31 December 2021

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
Income from:					
Grants and donations	(2)	54,560	23,693	78,253	155,077
Contracts		5,286	-	5,286	27,500
Other income		1,135	-	1,135	1,175
Total income		<u>60,981</u>	<u>23,693</u>	<u>84,674</u>	<u>183,752</u>
Expenditure on:					
Salaries and NICs	(3)	41,789	34,192	75,981	57,648
Travel expenses		2,209	410	2,619	5,002
Staff and volunteer training		200	-	200	-
Rent		6,050	4,950	11,000	11,000
Utilities		-	1,311	1,311	1,433
Office administration costs		-	3,697	3,697	4,035
Printing, postage and stationery		177	-	177	504
Telephone		1,237	1,012	2,249	1,684
Repairs and maintenance		311	152	463	543
Insurance		1,291	-	1,291	1,034
Professional fees		920	-	920	534
Independent examination		1,200	-	1,200	900
Activities expenditure		250	-	250	1,355
Subscriptions		-	-	-	414
Payroll charges		-	-	-	384
Website costs		-	-	-	235
Consultancy		6,862	-	6,862	34,905
Bank charges		66	-	66	-
Total expenditure		<u>62,562</u>	<u>45,724</u>	<u>108,286</u>	<u>121,610</u>
Net income / (expenditure)		<u>(1,581)</u>	<u>(22,031)</u>	<u>(23,612)</u>	<u>62,142</u>
Fund balances brought forward		<u>47,851</u>	<u>32,520</u>	<u>80,371</u>	<u>18,229</u>
Fund balances carried forward	(4)	<u>46,270</u>	<u>10,489</u>	<u>56,759</u>	<u>80,371</u>

All incoming resources and resources expended derive from continuing activities.

GASPED
Balance sheet
as at 31 December 2021

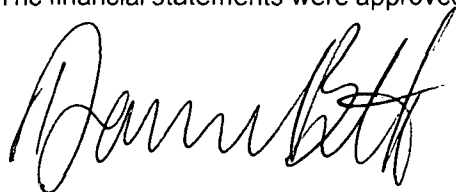
	Notes	2021	2021	2021	2020
		Unrestricted	Restricted	Total	Total
		£	£	£	£
Current assets					
Debtors and prepayments	(5)	594	-	594	2,521
Cash at bank and in hand	(6)	55,341	10,489	65,830	81,672
Total current assets		<u>55,935</u>	<u>10,489</u>	<u>66,424</u>	<u>84,193</u>
Current liabilities:					
amounts falling due within one year					
Creditors and accruals	(7)	9,665	-	9,665	3,822
Total current liabilities		<u>9,665</u>	<u>-</u>	<u>9,665</u>	<u>3,822</u>
Net current assets		<u>46,270</u>	<u>10,489</u>	<u>56,759</u>	<u>80,371</u>
Net assets		<u>46,270</u>	<u>10,489</u>	<u>56,759</u>	<u>80,371</u>
Funds					
Unrestricted funds		46,270	-	46,270	47,851
Restricted funds		-	10,489	10,489	32,520
Total funds		<u>46,270</u>	<u>10,489</u>	<u>56,759</u>	<u>80,371</u>

For the year ending 31 December 2021 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102.

The financial statements were approved by the board of trustees on 21/09/2022



Damien Betts (Trustee)

GASPED

Notes to the accounts continued for the year ended 31 December 2021

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Pensions

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

GASPED

Notes to the accounts continued for the year ended 31 December 2021

2 Grants and donations	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Nova	-	-	-	16,466
ESF funding	-	-	-	7,880
PEAT	5,148	15,445	20,594	19,730
Wakefield Metropolitan District Council	12,282	-	12,282	16,862
Coalfields Regeneration Trust	582	3,000	3,582	19,474
Screwfix Foundation	-	-	-	3,800
West Yorks Police and Crime Commissioners	-	-	-	11,399
South Yorkshire Community Foundation	-	-	-	9,064
West Yorkshire Community Foundation	32,714	-	32,714	-
National Lottery	-	-	-	39,822
Leeds Community Foundation	-	-	-	9,910
Donations	-	-	-	670
Spooner Charitable Trust	1,000	-	1,000	-
Arnold Clark Automotive	1,000	-	1,000	-
Touchstone	1,312	5,247	6,559	-
CAF21	482	-	482	-
Anglia Giving	40	-	40	-
	54,560	23,693	78,253	155,077

3 Staff costs and numbers	2021	2020
	£	£
Gross salaries	74,685	55,444
Social security costs	42	1,021
Pensions	1,254	1,183
	75,981	57,648

The average number of employees during the year was 5 (2020: 3.1). There were no employees with emoluments above £60,000.

Defined contribution pension scheme

	2021	2020
	£	£
Pension charge to profit and loss	1,254	1,183

GASPED

Notes to the accounts continued

for the year ended 31 December 2021

4 Restricted funds	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Wakefield MDC	472	-	472	-	-
Touchstone	-	5,248	5,248	-	-
Coalfields Regeneration Trust	8,315	3,000	4,626	-	6,689
PEAT	-	15,445	15,445	-	-
Screwfix Foundation	3,800	-	-	-	3,800
WMDC - Capital	6,862	-	6,862	-	-
National Lottery	6,615	-	6,615	-	-
WY Police and Crime Comms.	6,456	-	6,456	-	-
	<u>32,520</u>	<u>23,693</u>	<u>45,724</u>	<u>-</u>	<u>10,489</u>

Fund name	Purpose of restriction
Touchstone	Safe Space Project
Coalfields Regeneration Trust	Partnership with Career Cabin 50% supporting people into employment.
PEAT	Support people back into employment work.
Screwfix Foundation	For repairs to property.
WMDC - Capital	For capital items.
National Lottery	Coronavirus Community Support Fund.
WY Police and Crime Comms.	For work with young people at risk of knife crime and male domestic abuse

5 Debtors and prepayments	2021	2020
	£	£
Prepayments	594	2,521
	<u>594</u>	<u>2,521</u>

6 Cash at bank and in hand	2021	2020
	£	£
Cash at bank and in hand	65,830	81,672
	<u>65,830</u>	<u>81,672</u>

7 Creditors and accruals	2021	2020
	£	£
Accruals	6,872	3,822
PAYE	2,563	-
Pension	230	-
	<u>9,665</u>	<u>3,822</u>

GASPED

Notes to the accounts continued
for the year ended 31 December 2021

8 Related party transactions

		2021 £	2020 £
Name of trustee	Legal authority		
Damien Betts	Governing document	11,000	11,000
		<u>11,000</u>	<u>11,000</u>

Damien Betts owns the property at Cheapside and charged the charity with the amounts shown above as rent.

The key management personnel of the charity include the trustees and Chief Officer. The total employee benefits received by the Chief Officer was £17,778 (2020: £16,255).

No trustee received any remuneration or benefit in this capacity during this or the previous year.

GASPED

Statement of Financial Activities including comparatives for all funds
(including summary income and expenditure account)
for the year ended 31 December 2021

	2021 Unrestricted funds £	2020 Unrestricted funds £	2021 Restricted funds £	2020 Restricted funds £	2021 Total funds £	2020 Total funds £
Income						
Grants and donations	54,560	20,580	23,693	134,497	78,253	155,077
Contracts	5,286	27,500	-	-	5,286	27,500
Other income	1,135	1,175	-	-	1,135	1,175
Total income	60,981	49,255	23,693	134,497	84,674	183,752
Expenditure						
Salaries and NICs	41,789	17,347	34,192	40,301	75,981	57,648
Travel expenses	2,209	14	410	4,988	2,619	5,002
Staff and volunteer training	200	-	-	-	200	-
Rent	6,050	917	4,950	10,083	11,000	11,000
Utilities	-	180	1,311	1,253	1,311	1,433
Office administration costs	-	-	3,697	4,035	3,697	4,035
Printing, postage and stationery	177	-	-	504	177	504
Telephone	1,237	135	1,012	1,549	2,249	1,684
Repairs and maintenance	311	543	152	-	463	543
Insurance	1,291	-	-	1,034	1,291	1,034
Bank Charges	66	-	-	-	66	-
Professional fees	920	-	-	534	920	534
Independent examination	1,200	-	-	900	1,200	900
Activities expenditure	250	25	-	1,330	250	1,355
Subscriptions	-	-	-	414	-	414
Payroll charges	-	-	-	384	-	384
Website costs	-	-	-	235	-	235
Consultancy	6,862	-	-	34,905	6,862	34,905
Total expenditure	62,562	19,161	45,724	102,449	108,286	121,610
Net income / (expenditure)	(1,581)	30,094	(22,031)	32,048	(23,612)	62,142
Transfers between funds	-	-	-	-	-	-
Net movement in funds	(1,581)	30,094	(22,031)	32,048	(23,612)	62,142
Fund balances brought forward	47,851	17,757	32,520	472	80,371	18,229
Fund balances carried forward	46,270	47,851	10,489	32,520	56,759	80,371