

**Report of the Trustees and  
Unaudited Financial Statements For The Year Ended 31 March 2025  
for  
Friends of Cathja**

**Friends of Cathja**

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for the Year Ended 31 March 2025**

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## **Friends of Cathja**

### **Report of the Trustees for the Year Ended 31 March 2025**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**  
1084699

**Principal address**  
Rear of 20 Church Street  
Isleworth  
Middlesex  
TW7 6BG

**Trustees**  
Dr A Bowden (till Jan 2025)  
Mr.D Morris  
Mr.M.Grossfeld  
Ms.S.Cooper

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

##### **Reserves policy and Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees have given consideration to the risks by the charity and the main risk has been identified as the short-term nature of the various charitable grants which are received and which are vital for the financial viability of the charity. In view of this the trustees are aiming to build up the free reserves to a level which would at least provide some security to cover period when there is a shortfall in the receipt of charitable grants.

#### **OBJECTIVES AND ACTIVITIES**

##### **Objects**

The objects of the Charity are to benefit the public by providing relief and rehabilitation for persons resident in the United Kingdom suffering or recovering from any form of mental illness by provision of opportunities for such persons to engage in therapeutic activities. The Charity is also empowered to disseminate information by any means on any related matters.



## Friends of Cathja

### Report of the Trustees for the Year Ended 31 March 2025

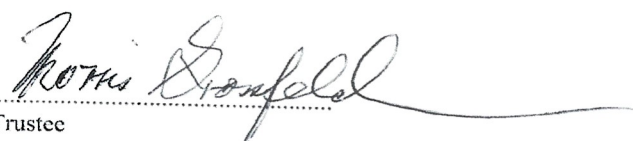
#### Review of Activities

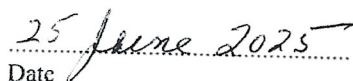
Friends of Cathja retains its attendee led ethic. The project offers regular participation in supported therapeutic creativity in the form of woodwork and art. Project hours are based around a workshop, Monday to Friday 10:00-4.00pm offering structure and routine. Beyond that attendees determine their own outcomes, based on the understanding that the individual is most empowered by being in control of their own lives. As many decisions as possible are taken by workshop attendees, in relation to their work, the duration of attendance and the operation of the whole project. Current staff includes one of the two permanent staff being someone who joined the project as an attendee.

The project helps attendees by reducing their dependency on NHS services and moving towards full re-integration in society. The project continues to provide vital services for residents who suffer from mental health issues.

Friends of Cathja is supported by 3 charity shops, located in Walton, Shepperton and Bedfont. Two shops have operated for over 20 years and the shop in Bedfont opened in June 2021. The shops are managed by an area manager, Rose Connolly, a previous attendee of Cathja. All shops are supported by a volunteer base of about 40 volunteers from the local community from a wide background including neurodiverse.

#### ON BEHALF OF THE BOARD:

  
Trustee

  
Date



**Independent Examiner's Report to the Trustees**

I report on the accounts for the year ended 31 March 2025 set out on pages six to fourteen.

**Respective responsibilities of the trustees and examiner**

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under Section 144(2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

Having satisfied myself that the Charity is not subject to audit under Company Law and is eligible for independent examination, it is my responsibility to:

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

**Basis of the 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 the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

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

Which gives me reasonable cause to believe that in, any material respect, the requirements:

- (1) to prepare accounts which accord with the accounting records, comply with the accounting requirements the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP FRS102) 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.



.....  
Jasmin Aktar  
Small Works  
Vauxhall Bridge Road  
Victoria  
London SW1V 1TA

Date

**Statement of Financial Activities  
for the Year Ended 31 March 2025**

	Notes	Unrestricted funds £	31.3.25 Total funds £	31.3.24 Total funds £
<b>INCOMING RESOURCES</b>				
<b>Incoming resources from generated funds</b>				
Voluntary income		85	85	235
Activities for generating funds	2	2,166	2,166	377
<b>Incoming resources from charitable activities</b>				
Provide Work Opportunities for people suffering 3		61,115	61,115	110,000
With mental illness				
<b>Total incoming resources</b>		<u>63,366</u>	<u>63,366</u>	<u>110,612</u>
<b>RESOURCES EXPENDED</b>				
<b>Cost of generating funds</b>				
Fundraising trading: cost of goods sold and other costs		-	-	215
<b>Charitable activities</b>				
Provide Work Opportunities for people suffering with mental illness		95,844	95,844	89,330
Governance costs		905	905	905
<b>Total resources expended</b>		<u>96,749</u>	<u>96,749</u>	<u>90,450</u>
<b>NET INCOMING/(OUTGOING) RESOURCES</b>				
		<u>(33,383)</u>	<u>(33,383)</u>	<u>20,162</u>
<b>NET MOVEMENTS IN FUNDS</b>				
Total funds at 1 April 2024		<u>41,701</u>	<u>41,701</u>	<u>21,539</u>
<b>BALANCES CARRIED FORWARD</b>				
Total funds at 31 March 2025		<u>8,318</u>	<u>8,318</u>	<u>41,701</u>

The accompanying notes are an integral part of this Statement of Financial Activities. There were no recognised gains or losses other than those recorded above.

# Friends of Cathja

## Balance Sheet As at 31 March 2025

		31.03.25	31.03.24
		Total funds	Total funds
		£	£
<b>FIXED ASSETS</b>	Notes		
Tangible assets	8	-	-
<b>CURRENT ASSETS</b>			
Cash in hand		9,167	42,702
<b>CREDITORS</b>		9,167	42,702
Amounts falling due within one year	9	(850)	(1,001)
<b>NET CURRENT ASSETS</b>		8,317	41,701
<b>TOTAL NET ASSETS</b>		8,317	41,701
<b>REPRESENTED BY:</b>			
Unrestricted funds	11	8,317	41,701
<b>TOTAL FUNDS</b>		8,317	41,701

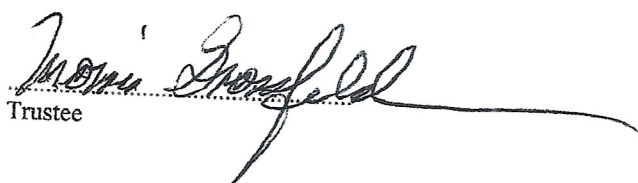
The Trustees consider that the company entitled to exemption from the requirement to have an audit under the provisions of Section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state affairs of the company as at 31 March 2025 and of its profit for the year in accordance with the requirements of section 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions applicable to small companies within Part 15 of the Companies Act 2006 and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved and authorised for issue by the board and were signed on its behalf on

.....  
Trustee

  
Trustee

The notes form part of these financial statements

**Statement of Cash Flow  
for the Year Ended 31 March 2025**

	31.03.25	31.03.24
	Total funds	Total funds
	£	£
<b>NET CASH PROVIDED BY (USED BY) OPERATING ACTIVITIES</b>	<b>(33,507)</b>	<b>10,178</b>
Cash and cash equivalents at the Beginning of the reporting period	42,674	32,523
Cash and cash equivalents at the End of the reporting period	9,167	42,701
<b>Reconciliation of net cash flow income/(expenditure) to net from operating activities</b>		
Net income for the reporting period (as per the statement of financial activities)	(33,383)	20,162
Adjustment for Decrease/(increase) in debtors (Decrease)/increase in creditors	27 (151)	(9,984)
<b>Net cash provided by operating activities</b>	<b>33,507</b>	<b>10,178</b>
<b>Analysis of cash and cash equivalents</b>		
Cash at bank and in hand	9,167	42,701
<b>Total cash and cash equivalents</b>	<b>9,167</b>	<b>42,701</b>



# Friends of Cathja

The notes form part of these financial statements

## Statement of Cash Flow for the Year Ended 31 March 2025

	31.03.25	31.03.24
	Total	Total
	funds	funds
	£	£
<b>NET CASH PROVIDED BY (USED BY)</b>		
<b>OPERATING ACTIVITIES</b>		
	(33,507)	10,178
Cash and cash equivalents at the Beginning of the reporting period	<u>42,674</u>	<u>32,523</u>
Cash and cash equivalents at the End of the reporting period	9,167	42,701
<b>Reconciliation of net cash flow income/(expenditure) to net from operating activities</b>		
Net income for the reporting period (as per the statement of financial activities)	<u>(33,383)</u>	<u>20,162</u>
Adjustment for		
Decrease/(increase) in debtors	27	
(Decrease)/increase in creditors	(151)	(9,984)
<b>Net cash provided by operating activities</b>	<u>33,507</u>	<u>10,178</u>
<b>Analysis of cash and cash equivalents</b>		
Cash at bank and in hand	9,167	42,701
<b>Total cash and cash equivalents</b>	<u>9,167</u>	<u>42,701</u>

Notes to the Financial Statements  
for the Year Ended 31 March 2025

**1. ACCOUNTING POLICIES**

**1.1 Basis of preparation of financial statements**

The statements have been prepared in accordance with Accounting and Reporting by Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with Financial Reporting Standard applicable in the UK and Republic Ireland (FRS 102) issued on 16 July 2014 and with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 and the Charities Act 2011.

The charity is the parent undertaking of a small group and as such is not required to prepare group accounts. The financial statements therefore present information about the charity as an individual undertaking and not about its group.

**1.2 Changes to accounting estimates**

No changes to accounting estimates have occurred in the reporting period.

**1.3 Material prior years errors**

No material prior year errors have been identified in the reporting period.

**1.4 Income recognition**

Items of income are recognised and included in the Statement of Financial Activities (SoFA) when all the following criteria are met;

- the Charity has entitlement to the funds and resources;
- any performance conditions attached to the item of income has been met or fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably

There has been no offsetting of assets and liabilities, or income and expenditure, unless required or permitted by FRS 102 SORP or FRS 102.

Grants and donations are only included in the SoFA when the general income recognition criteria are met. In the case of performance related grants, income is only recognised to the extent that the charity has provided the specific goods or services in accordance with the performance related conditions.

**1.5 Charitable expenditure and liabilities**

Charitable expenditure includes all expenditure directly related to the objects of the charity. This includes support costs, which are the staffing and associated costs of supporting, monitoring and evaluating the work of the charity. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**1.5.1 Liability recognition**

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

**1.5.2 Governance and support costs**

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

## Friends of Cathja

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

### 1.5.3 Deferred income

Deferred income has been included in the accounts in accordance with the period to which it relates to.

### 1.5.4 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

### 1.5.5 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

### 1.5.6 Basic financial instruments

The charity accounts for financial instruments on initial recognition as per paragraph 10.7 FRS 102 SORP, subsequent measurement is per paragraphs 11.7 to 11.9 FRS 102 SORP.

## 1.6 Assets

### 1.6.1 Investments

Fixed assets investments are stated at cost less impairment.

### 1.6.2 Debtors

Debtors are measured on initial recognition at settlement amount. Subsequently, they are measured at the cash or other consideration expected to be received.

### 1.6.3 Cash and cash equivalents

Cash and cash equivalents are represented by cash in hand and deposits with financial institutions repayable without penalty on notice of not more than 24 hours,

### 1.6.4 Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Lighter barge	- 10% on cost
Motor vehicles	- 5% on cost

## 1.7 Funds

Funds held by the charity are either:

- Unrestricted general funds – these funds which can be used in accordance with the charitable objects at the discretion of the Trustees.
- Restricted funds – these are funds that can be used for particular restricted purposes within the charity. Restrictions arise when specified by the donor or when funds are raised for a particular restricted purposes.

## 2. ACTIVITIES FOR GENERATING FUNDS

Sale of Goods

31.3.25	31.3.24
£	£
85	377

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## Notes to the Financial Statements - continued for the Year Ended 31 March 2024

### 3. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	31.3.25	31.3.24
	£	£
<b>Grants</b>		
Provide Work Opportunities for people suffering from mental illness.	<u>61,115</u>	<u>105,000</u>

Grants received, included in the above, are as follows:

London Borough of Hounslow	1,115	
Connect Foundation	60,000	90,000
Transport For London		5,000
Thriving Communities Hounslow		15,000
	<u>61,115</u>	<u>110,000</u>

### 4. CHARITABLE ACTIVITIES COSTS

	Direct costs	Totals
	£	£
Provide Work Opportunities for people suffering from mental illness.	<u>95,844</u>	<u>89,330</u>

### 5. GOVERNANCE COSTS

	31.3.25	31.3.24
	£	£
Independent examination & other cost	<u>905</u>	<u>905</u>

### 6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' expenses or remuneration, or other benefits for the year ended 31 March 2025, nor for the year ended 31 March 2024

### 7. STAFF COSTS

	31.3.25	31.3.24
	£	£
Wages and social security	<u>44,958</u>	<u>41,240</u>
	<u>44,958</u>	<u>41,240</u>



Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025

8. TANGIBLE FIXED ASSETS

	Lighter Barge £	Motor vehicles £	Totals £
<b>COST</b>			
At 1 April 2024			
Additions	8,800	4,543	13,343
At 31 March 2025	-	-	-
	<u>8,800</u>	<u>4,543</u>	<u>13,343</u>
<b>DEPRECIATION</b>			
At 1 April 2024			
Charge for the year	8,800	4,543	13,343
At 31 March 2025	-	-	-
	<u>8,800</u>	<u>4,543</u>	<u>13,343</u>
<b>NET BOOK VALUE</b>			
At 31 March 2025	-	-	-
At 31 March 2024	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25 £	31.3.24 £
Taxation and social security	-	151
Accruals. Grants Paid in Advance	850	850
	<u>850</u>	<u>1,001</u>

10. SUPPORT COSTS

	31.3.25 £	31.3.24 £
Staff Costs	1800	2,100
Governance Costs	905	905
Other Costs	400	601
	<u>3,105</u>	<u>3,606</u>

# Friends of Cathja

## Notes to the Financial Statements - continued for the Year Ended 31 March 2025

### 11. MOVEMENTS IN FUNDS

	At 1.4.24	Net movement in funds	At 31.3.25
	£	£	£
Unrestricted funds			
General funds			
	<u>41,701</u>	<u>(33,383)</u>	<u>8,318</u>
<b>TOTAL FUNDS</b>	<u><b>41,701</b></u>	<u><b>(33,383)</b></u>	<u><b>8,318</b></u>

Net movement in funds, included in the above, is as follows:

	Incoming resources	Outgoing resources	Movement in funds
	£	£	£
Unrestricted funds			
General funds			
	<u>63,366</u>	<u>96,749</u>	<u>(33,383)</u>
<b>TOTAL FUNDS</b>	<u><b>63,366</b></u>	<u><b>96,749</b></u>	<u><b>(33,383)</b></u>

**Friends of Cathja**

**Detailed Statement of Financial Statements  
for the Year Ended 31 March 2025**

<b>INCOMING RESOURCES</b>	<b>31.3.25</b>	<b>31.3.24</b>
	<b>£</b>	<b>£</b>
<b>Voluntary income</b>		
Donations	2,166	235
<b>Activities for generating funds</b>		
Sale of goods	85	377
<b>Incoming resources from charitable activities</b>		
Grants	61,115	110,000
<b>Total incoming resources</b>	<u>63,366</u>	<u>110,612</u>
 <b>RESOURCES EXPENDED</b>		
 <b>Fundraising trading:</b>		
Cost of goods sold and other costs	-	2,526
 <b>Charitable activities</b>		
Wages and social security	44,958	41,240
Telephone	811	1,008
Office, postage, and stationery	3,651	4,042
Sessional worker	35,591	27,633
Barge running costs/Events	6,908	6,822
Shop expenses		2,243
Van expenses	3,784	3,886
 Professional fees	820	825
Independent examiners fees	225	225
 <b>Total resources expended</b>	<u>96,749</u>	<u>90,450</u>
 <b>Net movement in funds</b>	<u><u>(33,383)</u></u>	<u><u>20,162</u></u>