

advance brighter futures
a helping hand for people's mental wellbeing



ANNUAL REPORT & FINANCIAL STATEMENTS 2021/2022

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ABF is a company limited by guarantee (no. 04052135) and a registered charity (no. 1089638)

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Chair's statement for the year ended 31st March 2022

The start of the year was dominated by "change". A number of staff found their job completely changed with new responsibilities, unfamiliar duties and additional skills to learn. Others encountered change in more subtle ways, changes to workload and work teams, revised targets and different working environments. The Trustees and I are extremely grateful to all who accepted change over the last twelve months and worked hard to make it a success. In particular, Vicky W and Kate whose new responsibilities were extremely daunting.

Lorrisa and Craig welcomed Samuel to the world and also found themselves facing new responsibilities, unfamiliar duties and with additional skills to learn. On behalf of us all at ABF I would like to wish them all good fortune.

The year commenced with the work on the new extension nearing completion and the work to upgrade the remainder of the building starting. These works were yet another challenge which on occasions tested everybody's sense of humour and patience, but I hope all agree the outcome has been worth it.

Operationally, the hard work, determination and professional commitment of both staff and volunteers has extended and enhanced ABF's reputation. As a team you have ensured significant success, with work undertaken in numerous different areas of which you should be proud. A range of opportunities have also been created for the coming year, these will need to be developed and maximised to ensure another successful year.

I would like to take this opportunity to highlight the work of two groups: the Funding Team and the Trustees. The work of the Funding Team is essential to allow the charity to operate as we know it and support further development. Their ability to accept success as well as disappointment and move onto the next application requires a special level of commitment and perseverance. The Trustees freely donate both their time and expertise to the benefit of the charity, their participation and contribution is vital to ABF existence and continuing success. I do however remain conscious that everybody's contribution to ABF's success is vital, so thank you all.

The Board will continue to take strategic decisions aimed at growing and strengthening the charity so it can continue to promote good mental health and support those who need assistance to improve their wellbeing and mental health

I am grateful for your support over the past year however we need to look at the year to come. It will be a particularly challenging time which will need the entire team to seek ways of increasing our income and reducing our costs, that said we have an outstanding team with committed volunteers so I am confident we will be able to make 2023 an outstanding success.

Have a wonderful Christmas and Healthy New Year.



Best wishes
Rick Bedson
Cadeirydd y Mddiriedolwyr / Chair of Trustees

Report of the Trustees for the year ended 31st March 2022

The Trustees are pleased to present their report together with the financial statements of the charity for the year ending 31st March 2022.

Reference and administration information

Charity number:	1089638
Company number:	04052135
Principal office:	3 Belmont Road, Wrexham, LL13 7PW
Company Secretary:	Lorrisa Roberts
Independent Examiner:	Iona Edwards Chartered Accountant, 19, Denbigh Street, Llanrwst, Conwy LL26 0LL
Bankers:	Nat West, Wrexham Branch, 33 Lord Street Wrexham, LL13 1LS Lloyds, Wrexham Branch, 28 Regent St, Wrexham, LL11 1SE Virgin Money Plc, Jubilee House, Gosforth, Newcastle upon Tyne, NE3 4PL

Directors and Trustees

The Directors of the charitable company (the charity) are its Trustees for the purpose of charity law and throughout this report, are collectively referred to as the Trustees.

The Trustees serving during the year and since the financial year end were as follows:

Trustee	Position	Appointed (originally)	Resigned
Mrs Rosemarie Williams	Director/Trustee	2010	
Mr Robert Cox	Director /Trustee	2016	
Ms Justine Mason	Director /Trustee	2018	
Mrs Jane Francis	Director /Trustee	2018	
Mr Richard Bedson	Director /Trustee Chair	2020	
Mr Marc Jones	Director /Trustee	2020	
Mr James Hayward	Director /Trustee (Co-opted)	2021	
Ms Molly Wheelan	Director/Trustee	2022	

Structure, Governance and Management

Governing Document:

The registered charity started in 1992 and was incorporated in the year 2000. The 'Memorandum and Articles of Association' was updated in 2014. The name of the company was changed in 2014 omitting the word Wrexham to reflect provision for people from the wider area.

Appointment of Trustees:

Members nominate Trustees prior to the AGM to fill vacancies. One third must retire at each AGM. The Trustees appoint a Chair and Treasurer.

Trustee Induction and Training:

New Trustees are briefed on their legal obligations, good governance, the committee and decision-making processes and the financial performance of the charity. All Trustees are provided with the essential trustee document provided by the Charity Commission. Trustees are encouraged to attend appropriate internal and external training events and update other trustees. Any Trustee who fails to attend three meetings without apologies or good cause, will automatically be deselected and will cease to be a Trustee.

Organisation:

At the date of signing this report, the Board had 8 Trustees. The Board currently meets monthly and there are various sub-committees. Mrs Lorrissa Roberts has been the Chief Officer for 10 years and oversees the day-to-day operations of the charity with the support of 5 full-time, 10 part-time staff and 2 casual staff members at the year end. At the close of the year there were 9 active volunteers supporting the activities of the Charity.

Objectives and activities

The objectives of ABF are the promotion of good mental and physical health, primarily (but not exclusively) within the County Borough of Wrexham and the surrounding areas, by the provision of support to people experiencing poor physical, mental or emotional wellbeing.

The charity has refined its services over the years to methods proven to work:

- In 2008, the charity started to provide group activities for persons with the most complex mental health problems. The objective has been to promote active healthy lifestyles and mental wellbeing using community facilities and green spaces. The varied and changing range of activities that are requested by, and that are of benefit to, the people we support include walks, relaxation, badminton, football, gardening, etc. Participation leads to social inclusion by supporting people back into the community. The group activities continued throughout the year and were incorporated into a new project launched during the year following the review.
- Since 2010, the charity has provided one-to-one mental health lifestyle coaching; supporting individuals with severe mental health problems to identify and achieve personal goals.
- The charity provides volunteering opportunities to anyone who has the commitment and ability to help with its objectives. The training received in helping others gives the volunteer themselves new perspectives, self-confidence and self-worth.

2016

- The charity launched PAR (Promoting Awareness & Resilience) a new schools project focusing on workshops teaching emotional wellbeing and later expanded this by forming a new partnership with Plas Madoc Leisure Centre.

- The PRAMS project was expanded to offer one-to-one support through talking therapies. Students on placement need to offer person centred support to individuals in order to complete their counselling qualification. The project identified talking therapy as a need because many mums had experienced traumatic births and/or were struggling with the impact of having a new baby in their lives.
- The charity continued developing and delivering courses and joined a new partnership with Adult Community Learning (ACL). The charity continued to deliver workshops in Coleg Cambria and also delivered Mental Health Awareness in Wrexham Glyndwr University.

2017

- ABF launched a new engagement and transition project which enables the charity to work closely with inpatients at Heddfan. It is an exciting project with elements of best practice from our group activities project, lifestyle coaching and the pilot 'Viva in Heddfan' which ran in 2012. The project has been well received in its development and has been incorporated with lifestyle coaching and group activities under one overall project name - BYW which is the Welsh translation of "alive" or "to live". The initialism stands for "Believe You Will" in English.
- The roof of the building the charity owns was completely replaced during the summer months of the year which has eliminated damp patches and leaks that were causing issues. This was hugely funded by specific donors including The Screwfix Foundation and The Clothworkers' Foundation.
- Key funding was secured for PRAMS enabling us to continue the service as well as a new development targeting women during pregnancy with the 'You and Your Bump' course.

2018

- The charity was awarded the level one Trusted Charity (previously named PQASSO) accreditation mark for quality assurance in February 2018.
- Planning permission to extend the rear of the building was obtained and all architect drawings and structural reports are ready for when funding is secured.
- The 'You and Your Bump' course was launched to meet an early intervention agenda, while connections to build this element of the charity's work are continually being developed.
- The charity developed new courses including 'Five to Thrive' and 'Mental Health Awareness', both of which have grown in popularity during the year meaning more people have requested these sessions.
- Two members of staff became Dementia Champions and the whole staff team were invited to become Dementia Friends.

2019

- Two members of staff officially became Mental Health First Aid (MHFA) facilitators in both England and Wales.
- An Engagement Coordinator and Development Officer was recruited marking a significant increase in resource for the charity.
- The BYW review completed and paved the way from lifestyle coaching to become accessible via Primary Mental Health Team referrals.
- Funding secured for lifestyle coaching to continue and core funding towards administration was put in place.
- Key training was attended to develop the charity's ability to demonstrate social impact through the Social Value Cymru project.

2020

- Two members of staff officially became Youth Mental Health First Aid (MHFA) facilitators.
- An Operations Officer and Business Development Officer was recruited marking a significant increase in resource for the charity.

- The quick response to the pandemic meant only one member of staff was furloughed and all others set up to work from home with more project staff being recruited.
- All services resumed in an adapted way or new services developed to respond to need. Key examples include our telephone check ins and 'Help And Listening Online' (HALO) service being launched.
- New family support services introduced such as pre-birth specialist therapy, relationship counselling, Young persons wellbeing coaching, Family Group (Support) Meetings and our PRAMS project started delivering in Flintshire County.
- We offered more support and training to unemployed people in Wrexham through the legacy fund.

2021

- The charity was awarded the community facilities grant from Welsh Government which will enable the planned building expansion and improvements to begin and be completed during the year.

2022

- The planned building extension and renovations of the existing building were completed to a high standard. Not only are we now able to provide a welcoming, quality environment that the people we support deserve, but the building has been upgraded to a standard that the charity can maintain for the next 30 years.
- We were commissioned to design and deliver bespoke trauma informed mental health training to the team of frontline staff at DASU North Wales, which included complex trauma training and the rights and responsibilities within the mental health service.
- Our PRAMS (Parental Resilience And Mutual Support) project, which supports parents and families through the challenges of early parenthood, is being widely recognised by Public Health Wales, Betsi Cadwalader University Health Board and neighbouring counties. PRAMS continues to be our flagship project within Wrexham and following our successful pilot of PRAMS in Flintshire, funding has now been confirmed as a permanent provision for the county. We have also recently been approached by Anglesey County Council who are keen to work with us, and we are currently in the planning stages of setting up a pilot to be able to deliver our PRAMS services to parents and families in Anglesey.
- With the support of our local authority, we have been able to run a series of pilots to support our PRAMS provision in Wrexham. This has included Couples Counselling, Family Group Support Meetings, which offered additional mediation support to families in need.
- We developed new working partnerships strengthening and expanding on our services, including working in partnerships with Wrexham Citizens Advice Bureau and South Denbighshire Community Partnership on our Lifestyle Coaching project.
- We have also been key partners in the Mind Our Future consortia, where funding has been awarded to develop and provide mental health support for young people aged 11 – 25 across Wrexham.
- We successfully ran a Lifestyle Coaching pilot specifically for young people aged 16-25, called Wellbeing Coaching. This pilot, which offered 6 1-hour one-to-one sessions, focused on empowering the young person, helping them to look to the future and set personal goals around what matters most to them. Feedback from this pilot was positive, with one person we supported taking steps to starting university, after suffering with anxiety.

Achievements and performance

The principal achievement was that the charity received 626 new referrals, and continued to offer help, information, and support to many people referred from the previous year. The changes and challenges over the recent years meant that we have been able to continue to develop the way we work to be an important and trusted organisation within our community.

As you might expect, the lasting impact of the coronavirus pandemic on our local community has been significant both for those with existing mental health problems as well as those who developed symptoms during the pandemic. In addition to this, local statutory services are extremely overwhelmed, which has resulted in an increase of referrals, and specifically referrals of those who are experiencing more severe mental health difficulties.

Our Year in Numbers

253 Parents/Guardians helped through our PRAMS Project

121 Talking Therapy Beneficiaries

68 People supported on our BYW Lifestyle Coaching Project

86 People helped through BYW Group Activities Project

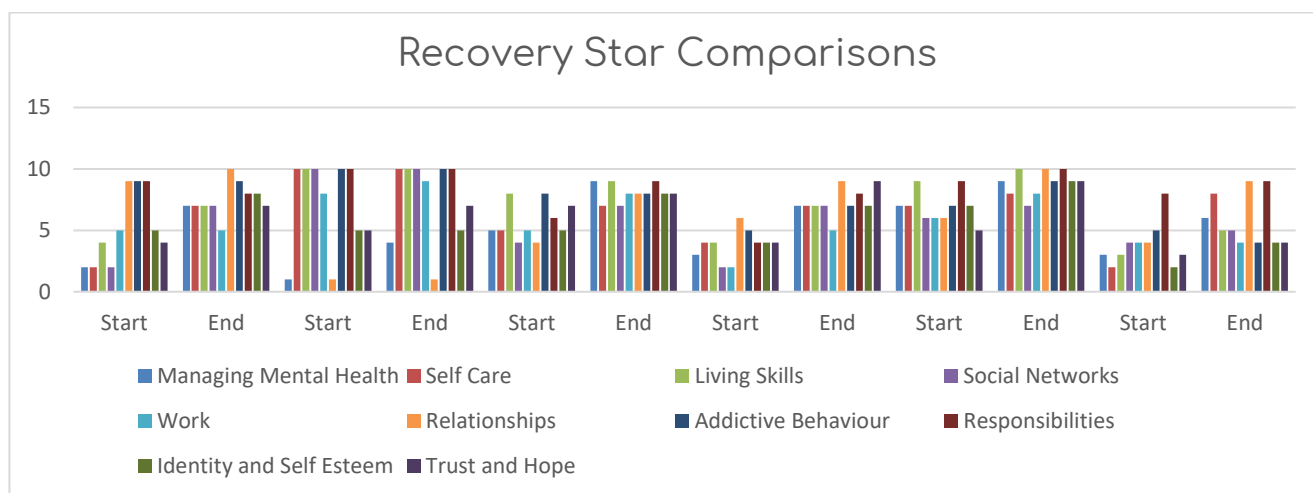
35 People supported on our HALO Project

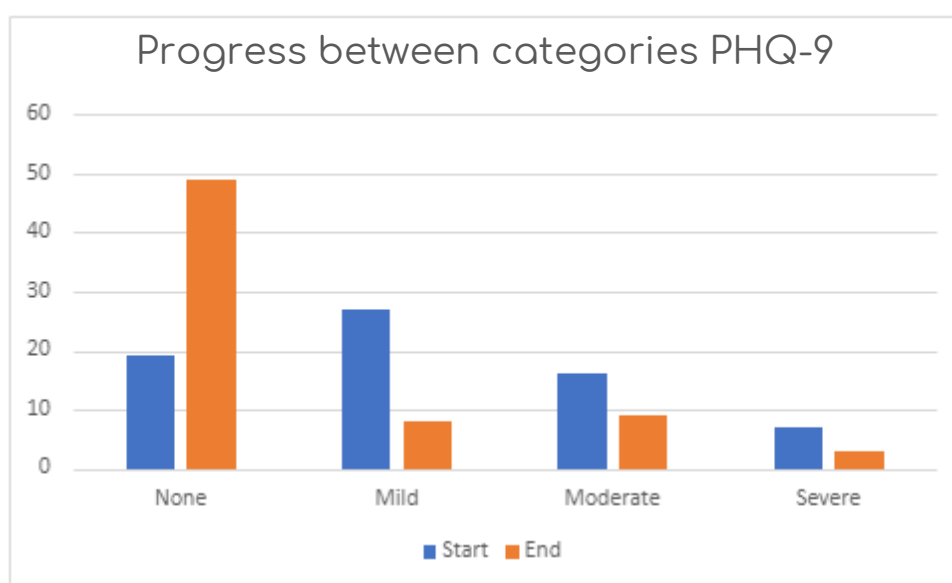
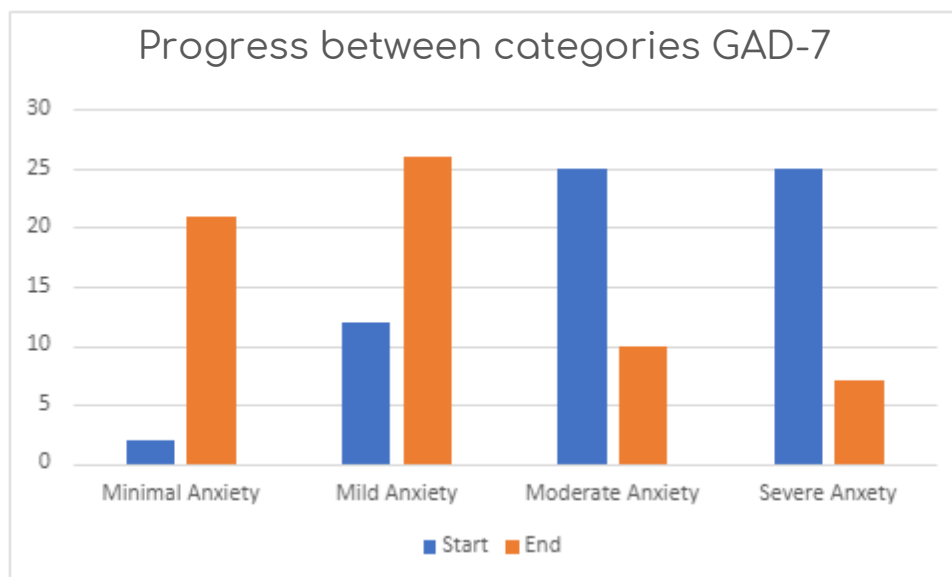
103 Referrals to our Parabl Courses

We have continued to monitor feedback from the people we support on the way we deliver our services as we move into a post-pandemic world. We offer a mixture of face-to-face and online provisions, and this hybrid approach ensures that we remain inclusive.

Empowering people to improve their mental health and well-being is a shared outcome across all of our projects. The impact of our work is evidenced through both case studies and widely recognised outcome measures, which highlight the difference our services make to the lives of those we support.

During the year the charity predominantly used the Recovery Star, PHQ-9 and GAD-7 as the most suitable tools to measure outcomes on our projects. From the graphs below you can see marked improvements in certain areas of people's lives.





In addition to the graphs above, further outcomes recorded in the last year have been:

83% of 224 comparable outcome measures, showed an overall **improvement in the individuals mental health and well-being** following completion of a service with ABF.

"[My life has] improved greatly. I am managing life and getting on with things. My brain is no longer foggy, and I feel so much stronger and empowered."

98% of 174 people who we recently supported across several of our services, either 'Strongly Agreed' (72%) or 'Agreed' (26%) that **they now feel more able to contribute to changing their lifestyle or health behaviours.**

"I panic that things will go backwards again but I know that's the time I need to message my ABF friends who always offer me support and encouragement I need. I also need to remind myself of some of the 'tools' PRAMS has taught me. Attending PRAMS was life changing for me."

99% of 156 people who attended our PRAMS services, either 'Strongly Agreed' (72%) or 'Agreed' (27%) that **the service had made a positive contribution to their family's resilience.**

"I haven't left the house in 3 years. This group has given me the confidence to come out and meet other mums. You have given me back my life, I can now do things with my children instead of staying inside."

94% of 18 individuals who have recently provided feedback on our Lifestyle Coaching service either 'Strongly Agreed' (72%) or 'Agreed' (22%) that the service helped them move towards their goals.

"I have something to get up for now, I have joined groups at ABF and look forward to them. I go out for walks and even meals out which I would never have thought I would do again whilst lying in bed for all those months."

57% of those accessing our Talking Therapies service who were in crisis and had previously had thoughts that they would be better off dead or harming themselves, reported no recent thoughts of this nature at all upon completion of their PRAMS Talking Therapies sessions.

"My mental health had deteriorated to the point where I was seeing the early warning signs of wanting to hurt myself. [Now] I can look forward to the future. I have no thoughts of harming myself. My emotions aren't in control of me anymore"

Results from our PHQ-9 scores show that 55% of 78 people showed positive improvements in 'feeling bad about yourself, that you are a failure, have let you and your family down' after accessing our Talking Therapies service.

"[ABF] quickly became my safe space and the place where my feelings were validated and listened to. I was shown different coping mechanisms, I became stronger, I became happier, I became who I am today"

Financial Review

The charity's total gross income was £499,358 (previous year £341,517), with net income being £471,821 (previous year £258,409). This represents an 46% increase on the preceding year's gross figure. Of this £149,521 was received from the Welsh Government Community Facilities Fund as capital income for building works.

The principal funding sources for ABF in the year were:

- Betsi Cadwaladr University Health Board
- Lloyds Bank Foundation for England and Wales
- The Steve Morgan Foundation
- The Tudor Trust
- The Williams Family Foundation
- WCBC Families First Programme
- Wrexham County Borough Council
- Flintshire County Borough Council
- Postcode Lottery
- Association of Voluntary Organisations in Wrexham
- Screwfix Foundation

The charity raised a substantial amount through fundraising endeavours in total £6,604 (previous year £14,274). Room hire income decreased to £994 (previous year £1,096).

Total charitable gross expenditure was £479,938 (previous year £245,904), with net expenditure being £434,739 (previous year £220,911). Of this £149,521 was capital expenditure for building renovations. This represents a 95% increase on the preceding year's gross figure, which is explained by the capital renovations project that has taken place during the year. The charity's continuous value for money review programme

produced savings and kept expenditure within budget. During the year, a two-story extension was added to the back of the building along with the re-laying of both the front and back carparks, a new kitchen was fitted, and general interior refurbishments took place.

The funds in the reserve will be invested in an interest-bearing account and will be expended on future large repair bills in excess of the annual budget for the operational needs of the charity.

The trustees' policy is to maintain a minimum reserve of 3 months expenditure and, ideally, 6 months to cover any funding gap. Reserves were not called upon during the year. At 31/03/2022, 6 months of operational reserves were held.

Comprehensive notes in the financial statements provide additional information and clarification of the figures.

Funds held as Custodian Trustees - None.

Future plans

The priorities for improvement and expansion of current activities and services in the year ended 31/03/2023 are:

- Continue to review and stabilise reporting / monitoring system to be fit for purpose
- Continue with our expansion of our PRAMS Project into the remaining counties of North Wales
- Continue to raise the profile of the charity through press, social media, website, building new and existing partnerships and networks
- Continue to develop new income streams and update fundraising strategy
- We are committed to maintaining high quality in everything we do and wish to demonstrate this through a quality assurance process
- Review and improve existing services whilst staying committed to keeping waiting lists low

Recognition/thanks to staff, volunteers, funders and donors

The Trustees would like to thank the staff and volunteers of the charity who put in much more than expected every single week. Our success truly would not be possible without their on-going commitment to helping every person individually on their recovery journey. We would also like to thank the funders and donors that have made the work of the charity possible and for being so supportive throughout the year. In particular, we thank the main funders aforementioned for their valued support. We also thank the many supporters that help with various tasks and funds for the charity;

Association of Voluntary Organisations Wrexham (AVOW), Betsi Cadwaladr University Health Board (BCUHB), Wrexham County Borough Council (WCBC), Wales Council for Voluntary Action (WCVA), Wrexham's Community Councils, Flintshire Local Voluntary Council (FLVC), Flintshire County Council, South Denbighshire Community Partnership (SDCP), Adult Community Learning (ACL), Welsh Government, Lloyds Bank Foundation for England and Wales, The Tudor Trust, Steve Morgan Foundation, Williams Family Foundation, Postcode Trust, Warburtons Travel Fund, Co-op Local Community Fund, Rank Foundation, Tesco Bags of Help, MSC Technology, DASU North Wales, Citizens Advice Bureau (CAB) Wrexham, Bijal Ruparelia – Safeguarding Momentum, Brymbo FC, Bangor-on-Dee Racecourse, Wrexham AFC, The Venture, Wockhardt UK Limited, Keystone Family Support, Malcolm Davies & Sons, Blueprint Architectural Services, Universal Builders, Jackson Fire & Security, Tony Jones Services, Lee Edwards Kitchens & Bathrooms, Nick Bergin Plumbing & Heating, Don Hughes Electrical Ltd,

Tritonpeak Ltd, Covenant Windows, Rhosddu Carpets, County Signs & Printing, Border Carpentry Services, Wrexham Scaffolding Ltd, Ferrari Roofing Ltd, Ben's Gutter Cleaning, Derek Pritchard, Corba Environmental Services, SR Security, Coleg Cambria, Yale Estates Team, Welsh Government Community Fund, Williams Family Foundation, Tesco, Screwfix, Arnold Clark, Don Hughes, Tritonpeak, County Signs & Printing

We would also like to say a huge thank you to all those that have donated to ABF, supported a fundraiser on our behalf, hosted a collection box, or held an event to raise much needed funds.

The Trustees wish to thank Mrs Iona Edwards, the Independent Examiner and Mr. Annesley Wright, who has served as an advisor and Treasurer to the Board. We would also like to thank all the people we support for your welcome and ongoing feedback on services and future developments.

Public Benefit

The Trustees have considered and complied with the Charity Commissioners' guidance on the requirements for public benefit. The aims, actions and achievements of the charity have been entirely for public benefit.

The Trustees' plans for the foreseeable future continue to be entirely for public benefit increasing both the amount and quality of wellbeing support offered. No remuneration has been paid to the Trustees and no personal financial benefit has been derived by the Trustees.

This report has been prepared in accordance with the statement of recommended practice for accounting and reporting by charities (issued March 2005). Approved by the Board of Trustees on 07th December 2022 and signed on its behalf by:



Rick Bedson
Cadeirydd y Mddiriedolwyr / Chair of Trustees

Income and Expenditure 2020-2021

	Note no.	31/03/2022	31/03/2021
FIXED ASSETS			
Property		304635.23	155114.00
Property Disposal		0.00	0.00
Total Property Cost		304635.23	155114.00
Less Grants		-304635.23	-155114.00
Net Cost of Property		0.00	0.00
 Furniture/Equipment		 4858.69	 2821.32
Total Fixed Assets	5	4858.69	2821.32
CURRENT ASSETS			
Debtors	6	0.00	13821.36
Bank Accounts and Cash	7	259534.41	240115.07
Total Current Assets		259534.41	253936.43
CURRENT LIABILITIES			
Accruals		-26930.00	-24215.00
Deferred Income		-39411.52	-71564.68
Total Current Liabilities	8	-66341.52	-95779.68
 Net Current Assets		 193192.89	 158156.75
ASSETS LESS LIABILITIES		198051.58	160978.07
CHARITABLE FUNDS			
Designated Unrestricted Funds		46851.58	39778.07
Operational Reserves		150000.00	120000.00
Specific Restricted Funds		1200.00	1200.00
Total Funds	9	198051.58	160978.07
		37073.51	

Balance Sheet

	Note no.	Year Ended 31/03/2022	Year Ended 31/03/2021
Income from Charitable Activities		29500.00	29500.00
Group Activities		14970.90	15872.00
Courses		48503.63	21746.00
Core Funding		221537.69	166467.00
Fund Raising		6603.93	14274.00
Interest		148.25	355.00
Room Hire		993.90	1096.00
Membership Subscription		32.53	3.00
Capital Income		149521.23	9096.00
NET INCOME	10	471812.06	258409.00
Payroll Costs	4	272720.22	186521.31
Operational & Governance Costs		9284.73	17487.02
Premises Costs		1688.25	6879.05
Capital Expenditure		149521.23	9211.62
Depreciation		1524.12	811.50
CHARITY EXPENDITURE	11	434738.55	220910.50
TOTAL Surplus / Deficit for the year	12	37073.51	37498.50

Cash Flow Statement

	Year Ended 31/03/2022	Year Ended 31/03/2021
Net Cash provided by operating activities	36925.26	37143.00
Interest	148.25	355.00
Fixed Asset Purchase	-3561.49	-3633.00
Increase of current assets	13821.36	-6446.00
Decrease in current liabilities	-29438.16	70363.00
Depreciation	1524.12	812.00
 Movement in cash flow	 19419.34	 98594.00
 Opening bank balance	 240115.07	 141520.62
 Closing bank balance	 259534.41	 240115.07
	 -19419.34	 -98594.45

Income and Expenditure Notes Year Ended 31/03/2022

Note No

1 Accounting Policies

Charity Information

Advance Brighter Futures is a registered Charity and a private company limited by guarantee incorporated in England and Wales. The registered office is 3 Belmont Road, Wrexham, LL13 7PW.

1.1 Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and the Charities Regulations 2008 as well as the Charities Act 2011. The charity is a small charity under Companies Act 2006, and therefore exempt from external audit in accordance with section 477 of the Companies Act 2006.

1.2 Going concern

At the time of approving the accounts the Trustees have reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable Funds

Funds and Reserves held by the Charity are:

Operational Reserves - these are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees

The charity's policy is to maintain a minimum of 3 months expenditure reserve and ideally 6 months. The unrestricted operational reserve £150,000 is the monetary figure available that could cover unexpected expenditure or expected expenditure during a 6 month funding gap. This is an increase on last year in order to reflect increased actual and predicted expenditure.

Designated Funds - These are funds set aside by the Trustees out of unrestricted general funds for specific future purposes or projects

The designated funds carried forward are for specific expenditure in the next two years, which will predominately be for the renovation of the property.

Specific Restricted Funds - these are funds that can be used for specific restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor.

1.4 Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the charity has received the funds

1.5 Resources Expended

Expenditure reflects all amounts paid and accrued during the year. Expenditure includes VAT which is not recoverable

1.6 Fixed Assets

Fixed assets are initially measured at cost less any depreciation and any specific capital grants received to purchase the property

Depreciation rates	Furniture and Equipment	20% on a straight line basis
	Computer Equipment	33% on a straight line basis

1.7 Retirement Benefits

The charity operates a defined contribution pension scheme and the pension charge represents the employers contribution to that defined contribution pension scheme (NEST)

1.8 Taxation

The charity benefits from Employment Allowance in relation to PAYE. The charity is not registered for the recovery of Value Added Tax

2 Trustees

None of the Trustees (or any person connected with them) received any remuneration during the year

3 Independent Examiners remuneration

There are no fees payable or paid to the Independent Examiner for their examination

4 Employees

The average number of employees during the year

Part time	11
Full time	4

Employment Costs	31/03/2022
Wages and Salaries	234943
Employers NI	16102
Employers Pension Contribution	21675
	<hr/>
	272720

The number of employees whose annual remuneration was £60000 or more were none

5 Fixed Assets shown at historical cost

	Land and Buildings	Furniture & Equipment	Computer Equipment	TOTAL
Cost	155114.00	2978.00	655.00	158747.00
Additions	149521.23	3561.49	0.00	153082.72
Disposals	0.00	0.00	0.00	0.00
At 31/03/22	304635.23	6539.49	655.00	311829.72
Depreciation %		20%	33%	
At 31/03/21		595.68	216.00	811.68
Disposals		0.00	0.00	
Charge for the year		1307.97	216.15	1524.12
Accumulated at 31/03/22		1903.65	432.15	2335.80
Grants	304635.23			
Net book value				
At 31/03/22	0.00	4635.84	222.85	4858.69

The property at 3 Belmont Road was completely grant funded and therefore does not have any Net Book Value

6 Debtors

Amounts receivable within one year:

	2022	2021
Trade debtors	0	13821

7 Bank Accounts

	31/03/2022	31/03/2021
Natwest	18144	56517
Lloyds	137567	79913
Virgin Money	103824	103685
Cash	0	0
	<hr/> 259534	<hr/> 240115

8 Current Liabilities

	2022	2021
Accruals	-26930	-24215
Deferred Income	-39411	-71564
Current Liabilities	<hr/> -66341	<hr/> -95779

Accruals

Liabilities paid in April 2022 relating to 2021/2022 expenditure

Creditors

Relating to deferred income

9 Charitable Funds

<u>Unrestricted Funds:</u>	2022	2021
Designated Funds	46851	39778
Operational Reserves	150000	120000
Specific Restricted Funds	1200	1200
 Total Funds	 198051	 160978

These funds and reserves are the accumulation of previous surpluses and designated to specific projects and events.

10 Income

	2022	2021
Net Income	471812	258409

11 Expenditure

	2022	2021
Payroll Costs	272720	186521
Operational Costs	9285	17487
Premises Costs	1689	6879
Capital Expenditure	149521	9212
Depreciation	1524	812
CHARITY EXPENDITURE	<u>434739</u>	<u>220911</u>

12 Difference between income and expenditure

	2022	2021
Net Income	471812	258409
Charity Expenditure	<u>434739</u>	<u>220911</u>
Surplus	37073	37498

13 Treasurers Report for year ended 31/03/22

These accounts have been prepared by the Finance Officer at Advance Brighter Futures and reviewed by the Treasurer to ensure that they comply with the Companies Act and Charities Act regulations and recommendations. The notes 1-12 above reflect the accounting policies and procedures applied by ABF.

14 Directors' Report

The Directors' acknowledge their responsibility to comply with the requirements of the Companies Act 2006 and the Charities Act 2011.

The financial statements have been properly prepared in accordance with UK GAAP for smaller entities whilst recognising the need to comply with Charities Act 2011. The recommendations of SoRP and the 2014 FRSs have been applied and adhered to.

Approved by the Board on 14/12/2022 and were signed on their behalf by:



Rick Bedson

Director / Chair of Trustees

Independent examiner's report to the trustees of ABF

Basis of Independent Examiner's report

Your attention is drawn to the fact that the charity has prepared the accounts (financial statements) in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014, the Financial Reporting Standard for Smaller Entities (FRSSE) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has since been withdrawn. We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

My examination was carried out in accordance with the directions given by the Charity Commissioners.

I confirm:

- (i) that an examination is required under section 145(1) of the Charities Act 2011, and that section 144(1) (audit) of the Charities Act 2011 does not apply to the charity; and
- (ii) the charity is a small company exempt from audit in accordance with section 477 of the Companies Act 2006

The independent examination comprised of a comparison of the accounting records kept by the charity to the financial statements on pages 1 to 9 for the period 01/04/21 to 31/03/22

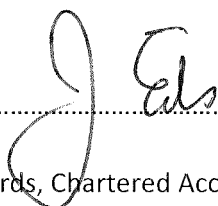
Independent Examiner's statement

I confirm that no matter has come to my attention to indicate that in any material respect the requirements to keep accounting records as required by Section 386 of the Companies Act 2006 and to prepare financial statements which accord with the accounting records have not been met for the year ended 31/03/2022.

The accounts have been prepared on an accruals basis and comply with relevant accounting requirements under section 396 of the Companies Act 2006 and are consistent with the Statement of Recommended Practice - Accounting and Reporting by Charities, issued in March 2005.

In my opinion without a full audit the financial statements give a true and fair view of the income and expenditure and state of the charitable company's affairs at 31/03/2022.

Signature.....



Date.....

13/12/22

Iona Edwards, Chartered Accountant Hen Dy, Plas Madog, Llansannan, Denbigh LL16 5LF