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Company registration number: 04310724

Charity registration number: 1092938

# C.A.S.Y.

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2023

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

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## **C.A.S.Y.**

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## **C.A.S.Y.**

### **Reference and Administrative Details**

<b>Trustees</b>	Jill Oakham, Chair Rebecca Johnson, Secretary Ian Lund Tim Parker
<b>Senior Management Team</b>	Mick Mason, Chief Executive
<b>Charity Registration Number</b>	1092938
<b>Company Registration Number</b>	04310724
<b>Registered Office</b>	23 Millgate Newark Nottinghamshire NG24 4TR
<b>Independent Examiner</b>	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL
<b>Bankers</b>	TSB 37 Castlegate Newark NG24 1BD

## **C.A.S.Y.**

### **Trustees' Report**

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2023.

#### **Trustees and officers**

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

Trustees:	Jill Oakham, Chair
	Rebecca Johnson, Secretary
	Clive Goode (resigned 2 April 2022)
	Ian Lund
	Tim Parker

#### **Structure, governance and management**

##### ***Nature of governing document***

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 25 October 2001 and most recently amended 9 December 2003. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

##### ***Recruitment and appointment of trustees***

New trustees are appointed through an application to the Chair and then approval by all trustees at a trustee meeting. New trustees are generally found through recommendation or advertising on local volunteering websites.

#### **Objectives and activities**

##### ***Objects and aims***

The promotion and preservation of good emotional and mental health among young people, irrespective of their sex, race, political or religious beliefs primarily through the provision of a confidential counselling service within the East Midlands (hereinafter referred to as the Area of Benefit) to young people but also to those who work with, or support them, including family members.

To improve awareness and understanding of emotional and mental health within the area of benefit, primarily through, but not limited to, the delivery of workshops and talks aimed at supporting young people and all those who work with, or support, them.

Our Mission: CASY exists to reduce and relieve the suffering and distress, and to improve the emotional wellbeing, of young people and their families throughout the East Midlands.

Our Vision: is that all children and young people in Nottinghamshire and Lincolnshire have the best possible chance of a mentally and emotionally healthy future.

Our Aims: are to deliver emotional and mental health services and support to children & young people, their families and all who support and care for them.



## **C.A.S.Y.**

### **Trustees' Report**

#### ***Objectives, strategies and activities***

There are around half a million young people aged between 6–25 years old within the East Midlands and it is estimated that anywhere between 10–20% will have a mental health disorder (The Office of National Statistics). CASY provides a range of different services based in the community and educational settings. Within the community we provide confidential one to one counselling from our office in Newark upon Trent, this is delivered by both qualified and student placement counsellors. In educational settings we work with pastoral teams to deliver one to one and group emotional wellbeing workshops in education settings to improve the emotional resilience and decision making of children and young people. CASY also support parents, carers and other professionals.

Good mental health is the foundation of a young person's emotional and intellectual growth; it defines their sense of self-worth, provides confidence, independence, and resilience. Evidence shows that there is a direct correlation between poor mental health in the young and negative outcomes later in life. If children and young people are not supported with these issues then problems can persist and develop further in their adult life, often resulting in social exclusion, poor inter-personal relationships, offending behaviour and erratic employment. It is estimated that the cost of delivering public services for those who have had troubled behaviour, caused by emotional problems as children is ten times higher than those with no significant problems.

#### **Counselling within the community**

Over the year 2022-23 we have seen a total of 333 young people and offered 3,314 counselling hours. Some of the presenting issues we have worked with are suicidal ideation (14%) Self-Harm (11%) and Anxiety (45%). We use a process of continual self and counsellor assessment to ensure that each individual is benefiting from the sessions, average assessment scores for the first assessment were 5.99, increasing to 7.38 by the final assessment giving a 1.39 improvement (out of 10). Each young person averages around 10 sessions of one to one counselling, more sessions are available if required and there is no limit on how many times an individual can be referred to us for support.

The key outcomes measure for our clients are below taken from the extra net:

- 90% increase in young people reporting improved mental health.
- 60% reporting decreased feelings of suicide.
- 75% reporting decreased instances or thoughts of self-harm.
- 50% reporting improvement in family relationships
- 80% reporting an increase of feelings of potential for the future.

We have used a range of qualified counsellors and placement counselors depending on the presenting issues from the young person. We have supported over 35 trainee counsellors during this period.

#### **Schools counselling**

We offer 2 types of counselling contracts the first is a full contract that lasts a full academic year and the other is a bespoke contract where a school will pay for 8 sessions of counselling for one young person.

We have seen a total of 1,741 young people within the educational setting under our schools contracts, we have delivered a total of 15,128 hours of face to face counselling. Over the period we held a total of 63 contracts for a full academic year along with 69 bespoke contracts.

In total (schools and community) for the period we held a total of 18,442 counselling hours and engaged with 2,074 young people within schools and the community.

## **C.A.S.Y.**

### **Trustees' Report**

#### **Training**

Our training offer has grown significantly over the last 12 months and we offer the following list of training for our own counsellors as well as external supervisors.

Self Harm CPD  
Endings/Beginnings CASY Core training  
Safeguarding CASY Core training  
Anxiety CPD  
Core Competencies for working with Children (CCC-1,2 & 3 CASY Core training  
Attachment 101 CPD  
Suicidal ideation CPD  
School 101 CASY Core training  
Online Lives CPD  
Anxiety, Teachers CPD  
Online Lives CPD  
Self Harm, Teachers CPD  
Suicide, Teachers  
Pretrial Therapy

We were extremely pleased to have achieved the National Counselling and Psychotherapy Society (NCPS) quality mark for our core competencies training. Over the next 12 months we will be looking at getting other parts of our training offer signed off. This will enable CASY to offer training externally to other agencies.

#### ***Public benefit***

Good mental and emotional health is essential for young people to grow and mature into adulthood. The effects of poor emotional health in young people when carried through to adulthood are severely damaging and can lead to poor relationships, erratic employment, chaotic lifestyles and possible imprisonment. It is estimated that the cost of public support for adults with mental and emotional health difficulties is ten times higher than those with stable emotional health. The services that CASY delivers are essential for providing young people with the best possible chance for a stable and healthy future.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

#### **Achievements and performance**

At the start of the year a target of 45k has been set for grants this was exceeded by nearly 15k which enabled CASY to make some much needed updates to our systems and building maintenance, including a new boiler system.

Once again we achieved and maintained an increase in schools contracts, we were also able to maintain the amount of sessions and individuals we have seen as we have done the previous 2 years.

## **C.A.S.Y.**

### **Trustees' Report**

#### **Financial review**

Again this year we have managed to end the year in a positive position having made a surplus of £29,628 (2022: £37,916).

This is because during this financial period we have been able to continue growth within our schools contracts, this had been due to not only some schools increasing their contractual hours over the academic year but also managing to gain a few new contracts. Along with managing to secure over £59,000k of grants this has meant for the first time CASY had generated income over £500,000. Over the period we have generated income to the value of £532,373 and our expenditure stands at £502,745 giving a surplus of £29,628. The vast majority of this is committed spend on sessional counsellors who cover the schools contracts up to the end of the academic year ending August 2023. For this reason the trustees have decided to transfer £25,000 to a designated fund to represent the funds received this year but which are still to be spent on School contracts that continue to the end of the 2023 academic year.

Grants, donations and generated client income:

We would like to thank the following for there grant contributions which totaled £59,310

Awards for All

Nottinghamshire County Council

The Jones 1986 Charity

Thomas Farr Charity

Thoresby Charitable Trust

Global Charities Ltd

Chetwode Foundation.

We also generated a total of £40,946 through payment for sessions and a total of £12,723 through individual giving.

A rolling programme of fundraising ensures that applications to trusts and foundations are submitted regularly, new opportunities are sought and identified as well as ensuring support from the local community and businesses. We also maintain our current school contracts via our Co Ordinator roles who also identify and develop new opportunity within educational settings.

#### ***Principal risks and uncertainties***

##### ***Financial Risks***

CASY faces no immediate financial risks as we continue to improve and move forward. Fundraising is ongoing and includes; trusts and foundations, corporate giving and individual support.

##### ***Policy on reserves***

Reserves policy is three months operating costs plus six months committed counsellor costs in schools. This is currently £195,000.

## **C.A.S.Y.**

### **Trustees' Report**

#### **Plans for future periods**

##### ***Activities planned to achieve aims***

In the next 12 months we will be ensuring that we retain our current school contracts and increase these where needed. We will also be recruiting and training more qualified counsellors to ensure that we can meet the increasing needs of the local community.

NCPS quality mark will be achieved for more of our training courses and we will be offering more of our training packages externally to other organisations to increase our income.

A review of all our policies and procedures is currently under way to ensure that they comply with all guidance and legislation.

The CASY website will be overhauled and updated to increase access and offer more information on our services and general mental wellbeing. There will also be an online booking system for our training packages.

We will continue to fundraise via Trusts and Foundations, community events, individual sponsorship and corporate sponsorship.

#### **Statement of Responsibilities**

The trustees (who are also the directors of C.A.S.Y. for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

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

#### **Small companies provision statement**

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

**C.A.S.Y.**

**Trustees' Report**

The annual report was approved by the trustees of the charity on 26 September 2023 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Jill Oakham', with a horizontal line extending from the end of the signature.

Jill Oakham  
Trustee

## C.A.S.Y.

### Independent Examiner's Report to the trustees of C.A.S.Y. ('the Company')

#### Independent examiner's report to the trustees of C.A.S.Y. ('the Company')

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2023.

#### Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

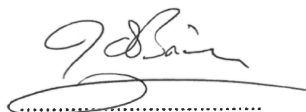
#### Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member and Fellow of the Association of Charity Independent Examiners, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



John O'Brien MSc, FAIA, FCCA, FCIE, employee of Community Accounting Plus  
Fellow of the Association of Charity Independent Examiners

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

Date: 30/10/2023

**C.A.S.Y.**

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

	Note	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
<b>Income and Endowments from:</b>					
Donations and legacies	2	63,033	-	63,033	36,010
Charitable activities	3	460,165	9,000	469,165	443,152
Other income	4	175	-	175	435
Total Income		<u>523,373</u>	<u>9,000</u>	<u>532,373</u>	<u>479,597</u>
<b>Expenditure on:</b>					
Charitable activities	9	<u>(493,745)</u>	<u>(9,000)</u>	<u>(502,745)</u>	<u>(441,681)</u>
Total Expenditure		<u>(493,745)</u>	<u>(9,000)</u>	<u>(502,745)</u>	<u>(441,681)</u>
Net income		<u>29,628</u>	<u>-</u>	<u>29,628</u>	<u>37,916</u>
Net movement in funds		29,628	-	29,628	37,916
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>211,087</u>	<u>-</u>	<u>211,087</u>	<u>173,171</u>
Total funds carried forward	18	<u>240,715</u>	<u>-</u>	<u>240,715</u>	<u>211,087</u>

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

The funds breakdown for the period is shown in note 18.

**C.A.S.Y.**

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

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

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
<b>Income and Endowments from:</b>				
Donations and legacies	2	36,010	-	36,010
Charitable activities	3	423,852	19,300	443,152
Other income	4	435	-	435
Total income		<u>460,297</u>	<u>19,300</u>	<u>479,597</u>
<b>Expenditure on:</b>				
Charitable activities	9	<u>(422,553)</u>	<u>(19,128)</u>	<u>(441,681)</u>
Total expenditure		<u>(422,553)</u>	<u>(19,128)</u>	<u>(441,681)</u>
Net income		37,744	172	37,916
Transfers between funds		<u>1,731</u>	<u>(1,731)</u>	-
Net movement in funds		39,475	(1,559)	37,916
<b>Reconciliation of funds</b>				
Total funds brought forward		<u>171,612</u>	<u>1,559</u>	<u>173,171</u>
Total funds carried forward	18	<u>211,087</u>	<u>-</u>	<u>211,087</u>

The notes on pages 13 to 21 form an integral part of these financial statements.



**C.A.S.Y.**

**(Registration number: 04310724)  
Balance Sheet as at 31 March 2023**

	<b>Note</b>	<b>2023 £</b>	<b>2022 £</b>
<b>Fixed assets</b>			
Tangible assets	12	1,072	2,143
<b>Current assets</b>			
Debtors	13	2,275	1,791
Cash at bank and in hand	14	238,882	209,050
		241,157	210,841
<b>Creditors: Amounts falling due within one year</b>	15	(1,514)	(1,897)
<b>Net current assets</b>		239,643	208,944
<b>Net assets</b>		240,715	211,087
<b>Funds of the charity:</b>			
<b>Unrestricted income funds</b>			
Unrestricted funds		240,715	211,087
<b>Total funds</b>	18	240,715	211,087

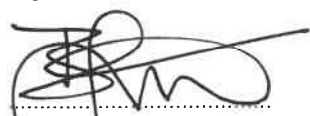
For the financial year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

**Directors' responsibilities:**

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 9 to 21 were approved by the trustees, and authorised for issue on 26 September 2023 and signed on their behalf by:



Rebecca Johnson  
Trustee

The notes on pages 13 to 21 form an integral part of these financial statements.

**C.A.S.Y.**

**Statement of Cash Flows for the Year Ended 31 March 2023**

	Note	2023 £	2022 £
<b>Cash flows from operating activities</b>			
Net cash income		29,628	37,916
<b>Adjustments to cash flows from non-cash items</b>			
Depreciation		1,071	1,072
		30,699	38,988
<b>Working capital adjustments</b>			
(Increase)/decrease in debtors	13	(484)	3,797
(Decrease)/increase in creditors	15	(383)	745
Net cash flows from operating activities		29,832	43,530
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets	12	-	(3,215)
Net increase in cash and cash equivalents		29,832	40,315
Cash and cash equivalents at 1 April		209,050	168,735
Cash and cash equivalents at 31 March		238,882	209,050
<b>Reconciliation of net cash flow to movement in net funds</b>			
Increase in cash		29,832	40,315
Net funds at 1 April 2022		209,050	168,735
Net funds at 31 March 2023		238,882	209,050

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

The notes on pages 13 to 21 form an integral part of these financial statements.

## **C.A.S.Y.**

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

#### **1 Accounting policies**

##### **Summary of significant accounting policies and key accounting estimates**

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

##### **Statement of compliance**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

##### **Basis of preparation**

C.A.S.Y. meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

##### **Going concern**

The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

##### **Income and endowments**

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

##### ***Donations and legacies***

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

##### ***Grants receivable***

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

## C.A.S.Y.

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

#### Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

#### Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### Government grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

#### Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

#### Tangible fixed assets

Individual fixed assets costing £500.00 or more are initially recorded at cost.

#### Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
IT equipment	33.3% on a straight line basis

#### Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

## C.A.S.Y.

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

#### Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

#### Fund structure

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

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

#### Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

### 2 Income from donations and legacies

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	43,770	43,770	25,724
Donations from individuals	12,723	12,723	9,694
Grants, including capital grants;			
Government grants	6,540	6,540	592
	63,033	63,033	36,010

### 3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
DBS applications	1,912	-	1,912	1,535
Grants & donations	-	9,000	9,000	19,300
School fees	414,597	-	414,597	373,030
Training fees	2,710	-	2,710	360
Parent fees	40,946	-	40,946	48,927
	460,165	9,000	469,165	443,152

## C.A.S.Y.

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

#### 4 Other income

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Rental income	175	175	435

#### 5 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
Awards for All	-	9,000	9,000
David Riddell Memorial	12,980	-	12,980
Nottinghamshire County Council	6,540	-	6,540
Focus Foundation	6,490	-	6,490
The Jones 1986 Charity	5,000	-	5,000
Global Charities Limited	5,000	-	5,000
The Star Trust	3,200	-	3,200
Chetwode Foundation	3,060	-	3,060
The Williamson Benevolent Trust	2,500	-	2,500
Thomas Farr Charity	2,340	-	2,340
Thoresby Charitable Trust	1,000	-	1,000
The Charities Trust	1,000	-	1,000
DWF Foundation	1,000	-	1,000
Collingham Community Trust Limited	200	-	200
Sundry donations	12,723	-	12,723
	63,033	9,000	72,033

#### 6 Taxation

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

#### 7 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

#### 8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

## C.A.S.Y.

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

#### 9 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Advertising	2,176	-	2,176	1,848
Cleaning	1,288	-	1,288	1,308
Counsellor fees	277,353	-	277,353	231,931
DBS Checks	1,947	-	1,947	1,962
Furniture & fittings	-	-	-	110
Equipment & IT	10,019	-	10,019	1,873
Insurance	2,596	-	2,596	2,496
Depreciation	1,071	-	1,071	1,072
Legal & professional	2,756	-	2,756	2,106
Membership	694	-	694	463
Refreshments & hospitality	131	-	131	62
Rent & services	24,476	-	24,476	25,249
Maintenance	1,392	-	1,392	6,377
Staff expenses	2,073	-	2,073	2,047
Stationery & photocopying	2,606	-	2,606	1,157
Supervision	4,577	-	4,577	4,712
Telephone, internet & postage	2,691	-	2,691	2,606
Training	4,250	-	4,250	640
Utilities	7,131	-	7,131	3,806
Volunteer expenses	6,445	-	6,445	3,863
Wages, NI & pension - service delivery	82,473	9,000	91,473	82,548
Wages, NI & pension - operational management	55,600	-	55,600	63,445
	<u>493,745</u>	<u>9,000</u>	<u>502,745</u>	<u>441,681</u>

#### 10 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2023 £	2022 £
Independent examination	975	930
Other financial services	735	855
	<u>1,710</u>	<u>1,785</u>

## C.A.S.Y.

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

#### 11 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
<b>Staff costs during the year were:</b>		
Wages and salaries	139,051	138,023
Social security costs	5,992	6,038
Pension costs	2,031	1,932
	<u>147,074</u>	<u>145,993</u>

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

	2023 No	2022 No
Average number of employees	<u>7</u>	<u>8</u>

5 (2022 - 5) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £2,031 (2022 - £1,932).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £24,442 (2022 - £34,333).

#### 12 Tangible fixed assets

	IT equipment £	Total £
<b>Cost</b>		
At 1 April 2022	<u>3,215</u>	<u>3,215</u>
At 31 March 2023	<u>3,215</u>	<u>3,215</u>
<b>Depreciation</b>		
At 1 April 2022	1,072	1,072
Charge for the year	<u>1,071</u>	<u>1,071</u>
At 31 March 2023	<u>2,143</u>	<u>2,143</u>
<b>Net book value</b>		
At 31 March 2023	<u>1,072</u>	<u>1,072</u>
At 31 March 2022	<u>2,143</u>	<u>2,143</u>



## **C.A.S.Y.**

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

#### **13 Debtors**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Prepayments	<u>2,275</u>	<u>1,791</u>

#### **14 Cash and cash equivalents**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Cash at bank	<u>238,882</u>	<u>209,050</u>

#### **15 Creditors: amounts falling due within one year**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Other taxation and social security	-	716
Other creditors	<u>1,514</u>	<u>1,181</u>
	<u>1,514</u>	<u>1,897</u>

#### **16 Commitments**

##### **Capital commitments**

At 31 March 2019 the charity had non-cancellable commitments under a five year operating lease for the premises expiring 21 November 2023.

The total amount contracted for but not provided in the financial statements was £Nil (2022 - £37,500).

#### **17 Related party transactions**

There were no related party transactions in the year.

# C.A.S.Y.

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

### 18 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
<b>Unrestricted funds</b>					
<i>General</i>					
General fund	211,087	523,373	(493,745)	(25,000)	215,715
<i>Designated</i>					
Funds held for next year	-	-	-	25,000	25,000
<b>Total unrestricted funds</b>	211,087	523,373	(493,745)	-	240,715
<b>Restricted funds</b>					
Training Staff Project (Awards for All)	-	9,000	(9,000)	-	-
<b>Total funds</b>	211,087	532,373	(502,745)	-	240,715

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

The Awards for All funding was for salaries and it was received to help with the costs involved in training staff.

In previous years there were also the following funds:

The Global Make Some Noise funding was used for sessional workers to counsel young people with Suicidal ideation and self-harming issues;

Nottinghamshire CM funding from Wheatcroft was for counsellors' costs and supervision;

The Evan Cornish Foundation was also used to help with the costs of sessional workers to counsel young people.

The transfer from the General fund to the Designated fund (Funds held for next year) was to show the amount of the surplus this year which, due to timing of the service delivery, will not be expended until 2023-24.

# C.A.S.Y.

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

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
<b>Unrestricted funds</b>					
<i>General</i>					
General fund	171,612	460,297	(422,553)	1,731	211,087
<b>Restricted</b>					
Self-harm project (Global Make Some Noise)	(1,719)	16,400	(12,950)	(1,731)	-
Sessional Counsellors (Nottinghamshire CM)	-	2,900	(2,900)	-	-
Sessional Counsellors (Evan Cornish)	3,278	-	(3,278)	-	-
<b>Total restricted funds</b>	<u>1,559</u>	<u>19,300</u>	<u>(19,128)</u>	<u>(1,731)</u>	<u>-</u>
<b>Total funds</b>	<u>173,171</u>	<u>479,597</u>	<u>(441,681)</u>	<u>-</u>	<u>211,087</u>

### 19 Analysis of net assets between funds

	<b>Unrestricted</b>		<b>2023</b>
	<b>General £</b>	<b>Designated £</b>	<b>Total funds £</b>
Tangible fixed assets	1,072	-	1,072
Current assets	216,157	25,000	241,157
Current liabilities	(1,514)	-	(1,514)
<b>Total net assets</b>	<u>215,715</u>	<u>25,000</u>	<u>240,715</u>
	<b>Unrestricted</b>		<b>2022</b>
	<b>General £</b>		<b>Total funds £</b>
Tangible fixed assets	2,143		2,143
Current assets	210,841		210,841
Current liabilities	(1,897)		(1,897)
<b>Total net assets</b>	<u>211,087</u>		<u>211,087</u>