

BETTER DAYS

England & Wales · Charity number 1097343

Details

Status Registered

Legal form Other

Registered 2003-05-02

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

Contact

Address 4 Glendale Terrace
Byker
Newcastle upon Tyne

Phone 07807874349

Email glenn@better-days.org.uk

Website www.better-days.org.uk

Activities

Objects: TO RELIEVE AND SUPPORT PEOPLE WITH PHYSICAL OR LEARNING DISABILITIES IN THE NORTH EAST OF ENGLAND PARTICULARLY BY THE PROVISION OF ACCESS TO SERVICES WHICH WILL ENABLE PEOPLE WITH SUCH DISABILITIES TO OBTAIN THEIR FULL RIGHTS AND PRIVILEGES AS CITIZENS.THE PROVISION OF, OR ACCESS TO THE PROVISION OF, FACILITIES FOR RECREATIONAL OR OTHER LEISURE TIME OCCUPATION FOR PEOPLE WITH PHYSICAL OR LEARNING DISABILITIES IN THE NORTH EAST OF ENGLAND IN THE INTEREST OF SOCIAL WELFARE WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: To ensure that disabled people, particularly those with learning disabilities, have a choice of valued, interesting and fulfilling activities to take part in and have the power to exercise that choice.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, Disability, Arts/culture/heritage/science, Amateur Sport, Recreation
- **Who:** People With Disabilities

Geography

- **Area of benefit:** THE NORTH EAST OF ENGLAND
- Darlington
- Gateshead
- Middlesbrough
- Newcastle Upon Tyne City
- North Tyneside
- Northumberland
- South Tyneside
- Sunderland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£29,800	£45,926	-	-
2024-03-31	£101,493	£102,241	-	-
2023-03-31	£55,858	£57,288	-	-
2022-03-31	£65,607	£38,984	-	-
2021-03-31	£20,578	£41,450	-	-

Trustees

Name	Role	Appointed
Stephen Watson	Chair	2014-08-07
Anne Tulip		2011-08-18
Gordon Duncan		2016-08-18
Graham Newton		2021-08-08
Julie Hails		2025-06-11
Pam Richold		2014-08-07
Patricia Lynn		2018-08-18
WILLIAM RICHARDSON		2011-08-18

BETTER DAYS

England & Wales - Charity number 1097343

Accounts

BETTER DAYS

Financial Statements

For The Year Ended 31 March 2025



Our Lives, Our Leisure

Registered Charity No. 1097343

**Better Days
Members of the Management Committee
and Professional Advisors
For the year ended 31 March 2025**

The Management Committee have pleasure in presenting their report and the Financial Statements for the year ended 31 March 2025

Reference and Administrative Details

Charity No	1097343
Principal Office	Better Days 4 Glendale Terrace Byker Newcastle upon Tyne NE6 1PB
Accountant	Mark Thompson MAAT 42 Lesbury Road Heaton Newcastle upon Tyne NE6 5LB
Bankers	Lloyds Bank

Management Committee

Stephen Watson - Chairperson
Gordon Duncan - Deputy Chairman
Tricia Lynn - Health & Safety
Billy Richardson - Treasurer
Anne Tulip - Secretary
Graham Newton - Deputy Secretary
Pam Richold

Better Days

Trustees Report for the Year ending 31st March 2025

Achievements and performance of the Charity

We have continued to have music sessions every Monday at our office base. These consist of a drummer from Unlock Music called Dan who is very popular with our members. We have two drumkits set up, so Dan can give tips and accompany one of our members on the other kit. Apart from playing to a favourite song of theirs, they also get on to one tuition before the group session starts.

Supporters, myself, and family members of the people who attend have noticed a dramatic difference over the time they have been in the music group. All lot of our members continue to practice at home with their sticks and practice pads they received last year.

In addition to the drumming, we had a lady called Ceitidh visit us every Thursday between April and July to deliver workshops on singing and percussion while she accompanied with her cello.

In April we had our annual visit from Helen who provides a four-day music workshop. This involves lots of percussion and she plays accompanies our members with her saxophone followed by a performance.

For most of the past year weather permitting we have had weekly regular cycling and adapted cycling sessions down on the Quayside. One man, who attends our regular cycling has had a lot of turmoil in his life including having to move out of the family home. Getting out on a bike with us every week has given him a chance to process the changes in his life and to embrace his newfound independence.

Every Friday weather permitting we have our adapted cycling session. We have nine bikes which people can use if they have trouble balancing on a regular bike. We have buggies where a family member can steer but both can pedal. Tricycles and hand crank cycles. This is very popular as everyone gets fresh air and exercise.

Beacon Films, another Learning disability and autism charity filmed TikTok videos using our adapted bikes.

For over 10 years we have been volunteering, tidying up the Exhibition Park. This involves pruning and planting. Urban Green who now run the parks provided a park ranger who directed and suggested bits of work for us to do. We have been particularly helpful to the parks after a storm, assisting in removing any hazards. The Better days members that attend get a lot of satisfaction from the work and really enjoy the tea biscuits and chat after the work is done.

Our indoor activity sessions, which comprise of target golf and curling have proved popular, we have also added a game of bingo at the end of each session which goes down a storm.

Trips out this year have comprised of a visit to Tynemouth where everyone enjoyed a walk around the shops followed by Fish and chips and our usual trip to Keswick which was, as usual well attended. Yet again another productive year for Better Days. Big thanks to all of our funders and supporters.

Signed:  Chair, on behalf of the Trustees, date:

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of

Better Days

On accounts for
the year ended

31 March 2025

Charity no 1097343

**Respective
responsibilities of
trustees and
examiner**

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

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

**Basis of
independent
examiner's
statement**

My examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

**Independent
examiner's
statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
 - proper accounting records are kept (in accordance with section 130 of the Act); and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 28 May 2025

Name: Mark Thompson MAAT
Address: 42 Lesbury Road
Newcastle
NE6 5LB

Better Days
Statement Of Financial Activities
For the year ended 31 March 2025

		Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
Incoming Resources	Notes				
Grant Income	2		29800	29800	101493
Donated Income				0	0
Reimbursements				0	0
Generated Income & Donations				0	0
Total Incoming Resources		0	29800	29800	101493
Resources Expended					
Direct Charitable Expenditure					
Salary Costs	3		27073	27073	31440
Premises			1742	1742	2131
Room Hire		344	1011	1355	989
Supplies & Resources			2456	2456	3750
Activities & Workshops			10000	10000	19824
Staff Training				0	5298
Volunteer Expenses		320	92	412	786
Administration					
Management & Administration		161	1961	2122	1762
Accountancy			475	475	475
Insurance			291	291	254
Grant Refunds				0	35532
Total Resources Expended		825	45101	45926	102241
Net income (expenditure) for the year		-825	-15301	-16126	-748
Net Movement Between Funds		0	0	0	0
Total Funds as at 1 April 2024		8637	33950	42587	43335
Total Funds as at 31 March 2025		7812	18649	26461	42587

Better Days

Balance Sheet as at 31 March 2025

	Notes	2025		2024	
		£	£	£	£
Currents Assets					
Cash at bank and in hand		<u>26461</u>		<u>42587</u>	
		26461		42587	
Current Liabilities					
Net Current Assets			26461		42587
Net Assets			26461		42587
Funds	4				
Restricted Funds			18649		33950
Designated Funds			7000		7000
General Funds			812		1637
			<u>26461</u>		<u>42587</u>

Approved by the Committee on 2nd June 2025

and signed on their behalf:

S. Watson

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Better Days

Notes to the financial statements for the year ended 31 March 2025

1 Accounting Policies

1.1 Basis of preparation of accounts

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) (effective 1 January 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

Better Days 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 note(s).

1.2 Grant receivable and local authority fees

Grants received are accounted for on a receivable basis and credited to income. Any grants restricted to future accounting periods are deferred and recognised in those accounting periods.

1.3 Funds

Restricted funds comprise funds subject to specific restrictions imposed by donors and funders. Designated funds are set aside by the Management Committee as described below (see note 4) Unrestricted funds comprise funds which can be used in accordance with the charitable objectives at the discretion of the Management Committee.

1.4 Expenditure

All is included on the accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. All costs have been directly attributed to one of the functional categories of resources expended in the SOFA. The charity is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

2 Grants Received

Thr National Lottery Community Fund	20000
The Baily Thomas Charitable Fund	5000
The Foyle Foundation	4000
The Rothley Trust	800

Total Restricted Grants Received	29800
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3 Employees

Staff are employed through Skills For People.

Total salaries for the year were	27073
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The average no. of staff employed was 1.

4 Analysis of Funds

Restricted Funds

	Balance Apr-24	Income	Exp	Balance Mar-25
Yapp Charitable Trust	1735		1735	0
National Lottery (Main Grant)	864		864	0
National Lottery (Training Grant)	4702			4702
Thr National Lottery Community Fund	10000	20000	22561	7439
Community Foundation FR Bykes	3000			3000
Hadrian Trust	2000		200	1800
The Giving Network Fund	1641		1641	0
The Joicey Trust	2500		2500	0
RW Mann Trust	369		369	0
Willan Charitable Trust	1646		1646	0
Greggs Foundation	943			943
Baily Thomas		5000	5000	0
Foyle Foundation		4000	3235	765
Rothley Trust		800	800	0
Postcode Community Trust	4550		4550	0
Total	33950	29800	45101	18649

Designated Funds

Legal Liability Fund

7000

As good financial management, this money has been set aside by the organisation for emergencies e.g. winding up costs: redundancies and any other legal and contractual fees.

Unrestricted Funds

812

BETTER DAYS

England & Wales - Charity number 1097343

Accounts

BETTER DAYS

Financial Statements

For The Year Ended 31 March 2024



Our Lives, Our Leisure

Registered Charity No. 1097343

Better Days
Members of the Management Committee
and Professional Advisors
For the year ended 31 March 2024

The Management Committee have pleasure in presenting their report and the Financial Statements for the year ended 31 March 2024

Reference and Administrative Details

Charity No	1097343
Principal Office	Better Days 4 Glendale Terrace Byker Newcastle upon Tyne NE6 1PB
Accountant	Mark Thompson MAAT 42 Lesbury Road Heaton Newcastle upon Tyne NE6 5LB
Bankers	Lloyds Bank

Management Committee

Stephen Watson - Chairperson
Gordon Duncan - Deputy Chairman
Tricia Lynn - Health & Safety
Billy Richardson - Treasurer
Anne Tulip - Secretary
Graham Newton - Deputy Secretary
Pam Richold
Charlie Bramley

Better Days

Trustees Report for the Year ending 31st March 2024

Achievements and performance of the Charity

We have continued to have music sessions every Monday at our office base. These consist of a drummer from Unlock Music called Dan who is very popular with our members. We have two drumkits set up, so Dan can give tips and accompany one of our members on the other kit. Apart from playing to a favourite song of theirs, they also get on to one tuition before the group session starts.

Supporters, myself, and family members of the people who attend have noticed a dramatic difference over the months they have been in the music group. At Christmas everyone who attends were given their own drum sticks and a practise pad.

One member Sharon, now brings her own drumsticks while Anthony accompanies everyone with his harmonica. From starting out making a proper racket, people are now able to keep a beat and play with each other.

For most of the past year weather permitting we have had weekly regular cycling and adapted cycling sessions down on the Quayside. One of our regulars to the adapted cycling has recently been diagnosed with cancer and has been using the bikes as part of their rehabilitation programme. Another man, who attends our regular cycling has had a lot of turmoil in his life including having to move out of the family home. Getting out on a bike with us every week has given him a chance to process the changes in his life and to embrace his newfound independence.

For over 7 years we have been volunteering, tidying up the Exhibition Park. This involves pruning and planting. Urban Green who now run the parks provided a park ranger who directed and suggested bits of work for us to do. We have been particularly helpful to the parks after a storm, assisting in removing any hazards. The Better Days members that attend get a lot of satisfaction from the work and really enjoy the tea biscuits and chat after the work is done.

Not everyone likes gardening or cycling, so our first of two dance workshops proved popular. In April we began a fortnightly dance workshop which continued for 16 weeks. They are run by Meta4dance and encouraged individuals to look at movement in their everyday life and were coached to express themselves through these everyday movements. We are now working with them again. This time we are using the Sage performing Arts centre opposite our office where we are using a proper dance studio. At the end of the workshops the attendees produced a display for friends' relatives and supporters.

Our indoor activity sessions, which comprise of target golf and curling have proved popular, we have also added a game of bingo at the end of each session which goes down a storm.

In June we had a man called Adam who wanted to film the group as part of his university course. He filmed our members during our music sessions and interviewed everyone. It was great fun, and we will hopefully be getting a promotional video from it.

Trips out this year have comprised of a visit to a Comic Convention at St James's Park, our usual trip to Keswick which was, as usual well attended. Plus, we went to the Baltic arts centre to visit an arts exhibition of neuro divergent artists including people with a learning disability. Yet again another productive year for Better Days. Big thanks to all of our funders and supporters.

Signed: S. WATSON Chair, on behalf of the Trustees, date: 6/7/24

INDEPENDENT EXAMINER'S REPORT

Report to the trustees of	Better Days		
On accounts for the year ended	31 March 2024	Charity no	1097343
Respective responsibilities of trustees and examiner	The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed. It is my responsibility to • examine the accounts (under section 145 of the 2011 Act), • follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Act), and • state whether particular matters have come to my attention.		
Basis of independent examiner's statement	My examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.		
Independent examiner's statement	In the course of my examination, no matter has come to my attention: 1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that: • proper accounting records are kept (in accordance with section 130 of the Act); and • accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.		
Signed:			
Name:	Mark Thompson MAAT		
Address:	42 Lesbury Road Newcastle NE6 5LB		
	Date: 6 June 2024		

Better Days
Statement Of Financial Activities
For the year ended 31 March 2024

		Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
Incoming Resources	Notes				
Grant Income	2		101493	101493	55783
Donated Income				0	75
Reimbursements				0	0
Generated Income & Donations				0	0
Total Incoming Resources		0	101493	101493	55858
Resources Expended					
Direct Charitable Expenditure					
Salary Costs	3		31440	31440	34414
Premises			2131	2131	2325
Room Hire			989	989	1587
Supplies & Resources			3750	3750	4965
Activities & Workshops			19824	19824	0
Staff Training			5298	5298	0
Travel Costs			0	0	0
Volunteer Expenses			786	786	1428
Communications			0	0	0
Administration					
Management & Administration			1762	1762	1886
Professional Fees				0	10000
Accountancy			475	475	450
Insurance			254	254	233
Grant Refunds	4		35532	35532	
Total Resources Expended		0	102241	102241	57288
Net income (expenditure) for the year		0	-748	-748	-1430
Net Movement Between Funds		0	0	0	0
Total Funds as at 1 April 2023		8637	34698	43335	44765
Total Funds as at 31 March 2024		8637	33950	42587	43335

Better Days

Balance Sheet as at 31 March 2024

	Notes	2024		2023	
		£	£	£	£
Currents Assets					
Cash at bank and in hand		<u>42587</u>		<u>43335</u>	
		42587		43335	
Current Liabilities					
Net Current Assets			42587		43335
Net Assets			42587		43335
Funds	5				
Restricted Funds			33950		34698
Designated Funds			7000		7000
General Funds			1637		1637
			<u>42587</u>		<u>43335</u>

Approved by the Committee on 6/7/24.....

and signed on their behalf:

S. WATSON.....

.....

Better Days

Notes to the financial statements for the year ended 31 March 2024

1 Accounting Policies

1.1 Basis of preparation of accounts

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) (effective 1 January 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

Better Days 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 note(s).

1.2 Grant receivable and local authority fees

Grants received are accounted for on a receivable basis and credited to income. Any grants restricted to future accounting periods are deferred and recognised in those accounting periods.

1.3 Funds

Restricted funds comprise funds subject to specific restrictions imposed by donors and funders. Designated funds are set aside by the Management Committee as described below (see note 4) Unrestricted funds comprise funds which can be used in accordance with the charitable objectives at the discretion of the Management Committee.

1.4 Expenditure

All is included on the accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. All costs have been directly attributed to one of the functional categories of resources expended in the SOFA. The charity is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

2 Grants Received

Awards for All	9984
Community Foundation (The 1989 Willan Charitable Trust)	10000
Community Foundation (Bike Project)	3000
Hadrian Trust	2000
National Lottery (Main Grant)	66669
National Lottery (Training)	9840

Total Restricted Grants Received	101493
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3 Employees

Staff are employed through Skills For People.

Total salaries for the year were

31440

The average no. of staff employed was 1.

4 Grant Refunds

Refund of overpaid grant from the previous year.

5 Analysis of Funds

Restricted Funds

	Balance Apr-23	Income	Exp	Balance Mar-24
Awards for All	0	9984	9984	0
Newcastle City Council	2306		2306	0
Yapp Charitable Trust	3000		1265	1735
National Lottery (Main Grant)	3540	66669	69345	864
National Lottery (Training Grant)	10000	9840	15138	4702
Community Foundation		10000		10000
Community Foundation FR Bykes	2189	3000	2189	3000
Hadrian Trust		2000		2000
The Giving Network Fund	3202		1561	1641
The Joicey Trust	2500			2500
RW Mann Trust	745		376	369
Willan Charitable Trust	1724		78	1646
Greggs Foundation	943			943
Postcode Community Trust	4550			4550
Total	34699	101493	102242	33950

Designated Funds

Legal Liability Fund

7000

As good financial management, this money has been set aside by the organisation for emergencies e.g. winding up costs: redundancies and any other legal and contractual fees.

Unrestricted Funds

1637

BETTER DAYS

England & Wales - Charity number 1097343

Accounts

BETTER DAYS

Financial Statements

For The Year Ended 31 March 2023



Our Lives, Our Leisure

Registered Charity No. 1097343

**Better Days
Members of the Management Committee
and Professional Advisors
For the year ended 31 March 2023**

The Management Committee have pleasure in presenting their report and the Financial Statements for the year ended 31 March 2023

Reference and Administrative Details

Charity No 1097343

Principal Office Better Days
4 Glendale Terrace
Byker
Newcastle upon Tyne
NE6 1PB

Accountant Mark Thompson MAAT
42 Lesbury Road
Heaton
Newcastle upon Tyne
NE6 5LB

Bankers Lloyds Bank
Osborne Road
Newcastle Branch

Management Committee
Stephen Watson - Chairperson
Gordon Duncan - Deputy Chairman
Tricia Lynn - Health & Safety
Billy Richardson - Treasurer
Anne Tulip - Secretary
Graham Newton - Deputy Secretary
Janine Turnbull
Pam Richold
Elaine Parker
Charlie Bramley

Better Days

Trustees Report for the Year ending 31st March 2023

Achievements and performance of the Charity

Following on from the previous year we continued working with Unlock Music and after weekly music sessions at our office base, at the beginning of April, we performed at the Globe pub in Newcastle. As well as usual percussion instruments we had access to a full drum kit and electric piano. Nine people with a learning disability attended and accompanied by two saxophonists and a drummer from Unlock Music. It was a fantastic night, and everyone thoroughly enjoyed it. To be on a stage being watched by their peers, supporters and family members was a great boost to their self-esteem and confidence.

We have continued to have music sessions every Monday at our office base. These have included an eight-week Gong workshop which each session culminated in a Gong bath which everyone felt was very relaxing. We have also been working with two drumkits next to each other, so our members can mirror the instructor but also mirror each other, creating unique and very loud music. An eight-week programme with a variety of electronic equipment including a theremin and synthesizers and of course our ongoing work with Faye McCalman on saxophone. Supporters, myself, and family members of the people who attend have noticed a dramatic difference over the months they have been in the music group. One member Sharon, now brings her own drumsticks while Anthony accompanies everyone with his harmonica. From starting out making a proper racket, people are now able to keep a beat and play with each other.

For most of the past year weather permitting we have had weekly regular cycling and adapted cycling sessions down on the Quayside. One of our regulars to the adapted cycling has recently been diagnosed with cancer and has been using the bikes as part of their rehabilitation programme. Another man, who attends our regular cycling has had a lot of turmoil in his life including having to move out of the family home. Getting out on a bike with us every week has given him a chance to process the changes in his life and to embrace his newfound independence.

For over 7 years we have been volunteering, tidying up the Exhibition Park. This involves pruning and planting. This year has been the first time since Covid 19 that we have been able to attend regularly. Urban Green who now run the parks provided a park ranger who directed and suggested bits of work for us to do. We have been particularly helpful to the parks after a storm, assisting in removing any hazards. The Better Days members that attend get a lot of satisfaction from the work and really enjoy the tea biscuits and chat after the work is done.

Not everyone likes gardening or cycling, so our first of two dance workshops proved popular. They are run by Meta4dance and encouraged individuals to look at movement in their everyday life and were coached to express themselves through these everyday movements. We are now working with them again This time we are using the Sage performing Arts centre opposite our office where we are using a proper dance studio. This is to enable the group to eventually deliver a performance at Gosforth Civic theatre.

In January we started an eight-week arts and craft course. Jayne who ran the course was assisted by our saxophonist friend Faye. The group were asked to make up a story, then draw picture and make collages that represented their story. In addition, they also made up a song. The story, art and music has been filmed and will become a video at a later date.

Our indoor activity sessions, which comprise of target golf and curling have proved popular, we have also added a game of bingo at the end of each session which goes down a storm.

Before the pandemic we would have an annual trip to Keswick by bus. This was resumed last September. Altogether including supporters 12 people attended and even though the weather wasn't great, everyone was talking about coming the following year.

Signed: *Steph...* Chair, on behalf of the Trustees, date:

Steph...

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of

Better Days

On accounts for
the year ended

31 March 2023

Charity no 1097343

**Respective
responsibilities of
trustees and
examiner**

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

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

**Basis of
independent
examiner's
statement**

My examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

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examiner's
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1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
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 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 31st August 2023

Name: Mark Thompson MAAT
Address: 42 Lesbury Road
Newcastle
NE6 5LB

**Better Days
Statement Of Financial Activities
For the year ended 31 March 2023**

		Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
Incoming Resources	Notes				
Grant Income	2		55783	55783	65532
Donated Income		75		75	75
Reimbursements				0	0
Generated Income & Donations				0	0
Total Incoming Resources		75	55783	55858	65607
Resources Expended					
Direct Charitable Expenditure					
Salary Costs	3		34414	34414	27888
Premises			2325	2325	2519
Room Hire			1587	1587	456
Supplies & Resources			4965	4965	5024
Activities & Workshops				0	0
Staff Training				0	0
Travel Costs				0	0
Volunteer Expenses			1428	1428	925
Communications				0	0
Administration					
Management & Administration			1886	1886	1535
Professional Fees			10000	10000	0
Accountancy			450	450	420
Insurance			233	233	217
Total Resources Expended		0	57288	57288	38984
Net Income (expenditure) for the year		75	-1505	-1430	26623
Net Movement Between Funds		0	0	0	0
Total Funds as at 1 April 2022		8562	36203	44765	18142
Total Funds as at 31 March 2023		8637	34698	43335	44765

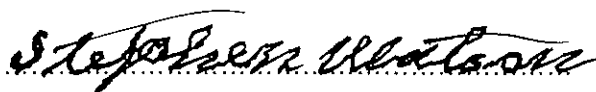
Better Days

Balance Sheet as at 31 March 2023

		2023		2022	
	Notes	£	£	£	£
Currents Assets					
Cash at bank and in hand		<u>43335</u>		<u>44765</u>	
		43335		44765	
Current Liabilities					
Net Current Assets					
			43335		44765
Net Assets					
			43335		44765
Funds					
	4				
Restricted Funds			34698		36203
Designated Funds			7000		7000
General Funds			1637		1562
			<u>43335</u>		<u>44765</u>

Approved by the Committee on

and signed on their behalf:



.....

Better Days

Notes to the financial statements for the year ended 31 March 2023

1 Accounting Policies

1.1 Basis of preparation of accounts

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) (effective 1 January 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

Better Days 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 note(s).

1.2 Grant receivable and local authority fees

Grants received are accounted for on a receivable basis and credited to income. Any grants restricted to future accounting periods are deferred and recognised in those accounting periods.

1.3 Funds

Restricted funds comprise funds subject to specific restrictions imposed by donors and funders. Designated funds are set aside by the Management Committee as described below (see note 4) Unrestricted funds comprise funds which can be used in accordance with the charitable objectives at the discretion of the Management Committee.

1.4 Expenditure

All is included on the accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. All costs have been directly attributed to one of the functional categories of resources expended in the SOFA. The charity is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

2 Grants Received

Awards for All	10000
Newcastle City Council	44652
RISE North East	1131

Total Restricted Grants Received **55783**

3 Employees

Staff are employed through Skills For People.

Total salaries for the year were **34414**

The average no. of staff employed was 1.

4 Analysis of Funds

Restricted Funds	Balance Apr-22	Income	Exp	Balance Mar-23
Awards for All		10000	10000	0
Newcastle City Council		44652	42346	2306
RISE North East		1131	1131	0
Yapp Charitable Trust	3000			3000

National Lottery (Main Grant)	3540		3540
National Lottery (Training Grant)	10000		10000
Community Foundation FR Bykes	6000	3811	2189
The Giving Network Fund	3202		3202
The Joicey Trust	2500		2500
RW Mann Trust	745		745
Willan Charitable Trust	1724		1724
Greggs Foundation	943		943
Postcode Community Trust	4550		4550
Total	36204	55783	57288
			34699

Designated Funds

Legal Liability Fund

7000

As good financial management, this money has been set aside by the organisation for emergencies e.g. winding up costs: redundancies and any other legal and contractual fees.

Unrestricted Funds

1637

BETTER DAYS

England & Wales - Charity number 1097343

Accounts

BETTER DAYS

Financial Statements

For The Year Ended 31 March 2022



Our Lives, Our Leisure

Registered Charity No. 1097343

**Better Days
Members of the Management Committee
and Professional Advisors
For the year ended 31 March 2022**

The Management Committee have pleasure in presenting their report and the Financial Statements for the year ended 31 March 2022

Reference and Administrative Details

Charity No 1097343

Principal Office Better Days
4 Glendale Terrace
Byker
Newcastle upon Tyne
NE6 1PB

Accountant Mark Thompson MAAT
42 Lesbury Road
Heaton
Newcastle upon Tyne
NE6 5LB

Bankers Lloyds Bank
Osborne Road
Newcastle Branch

Management Committee
Stephen Watson - Chairperson
Gordon Duncan - Deputy Chairman
Tricia Lynn - Health & Safety
Billy Richardson - Treasurer
Anne Tulip - Secretary
Graham Newton - Deputy Secretary
Janine Turnbull
Pam Richold
Elaine Parker

Better Days

Trustees Report for the Year ending 31st March 2022

Achievements and performance of the Charity

After the Covid pandemic and all the insecurity that followed, we were very excited to be awarded the 3 years funding from the National Lottery. Activities were limited if they were in our office building, so we endeavoured to provide activities outside. Our members were very pleased to see each other and get out of the house. From early March 2021 in partnership with a local music cooperative we were providing weekly music sessions in the grounds of 3 local parks. From early June we were back in our building where we resumed our music sessions plus for eight weeks, we had an arts and craft course. At the end of this we had an art exhibition and concert. From early May we resumed our regular cycling group on a Wednesday and our adapted cycling group on a Friday. While the attendance at our regular cycling has been steady, our adapted cycling sessions really benefitted from our appearance on local BBC news programme Look North telling viewers of our success with the National Lottery. While the cycling has continued all through the year, the music sessions resumed at the beginning of October and culminated in the They have all subsequently received a copy of the CD, and it is also now on Spotify. In August we were finally allowed to resume our volunteer gardening in the local Exhibition Park. We have been assisting the park rangers for several years in tidying and pruning. Everyone was delighted to get back to this. After two years, in September, we were eventually able have our Annual General Meeting. It was great to see everyone who would not normally come to our activities. Around this time, we had two morning sessions with Northumbria Police discussing cybercrime and how to stay safe online. From early December until the end of January 2022 we were restricted in having any meetings inside our building because of an upsurge in Covid cases although our cycling and gardening continued. On 31st January we started another 8-week music course which resulted in two live performances at a local pub in February and April. Both performances showcased how everyone had progressed and were very confident in front of an audience. We are very appreciative of our relationships with Unlock Music, The Cycle Hub, Urban Green, and Northumbria Police. We are very lucky to be able to work in partnership with such amazing people and provide activities that foster cooperation, excitement, and fun.

Signed: *S. Elton* Chair, on behalf of the Trustees, date: 2/8/2022

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of

Better Days

On accounts for
the year ended

31 March 2022

Charity no **1097343**

**Respective
responsibilities of
trustees and
examiner**

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

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

**Basis of
Independent
examiner's
statement**

My examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

**Independent
examiner's
statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
 - proper accounting records are kept (in accordance with section 130 of the Act); and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 12 July 2022

Name: Mark Thompson MAAT
Address: 42 Lesbury Road
Newcastle
NE6 5LB

**Better Days
Statement Of Financial Activities
For the year ended 31 March 2022**

		Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
Incoming Resources	Notes				
Grant Income	2		65532	65532	20448
Donated Income		75		75	130
Reimbursements				0	0
Generated Income & Donations				0	0
Total Incoming Resources		75	65532	65607	20578
Resources Expended					
Direct Charitable Expenditure					
Salary Costs	3		27888	27888	27974
Premises			2519	2519	1479
Room Hire			456	456	0
Supplies & Resources			5024	5024	3810
Activities & Workshops				0	0
Staff Training				0	0
Travel Costs				0	0
Volunteer Expenses			925	925	20
Communications				0	59
Administration					
Management & Administration			1535	1535	1228
Fundraising Costs				0	0
Accountancy			420	420	567
Insurance			217	217	217
Total Resources Expended		0	38984	38984	35354
Net income (expenditure) for the year		75	26548	26623	-14776
Net Movement Between Funds		0	0	0	0
Total Funds as at 1 April 2021		8487	9655	18142	32918
Total Funds as at 31 March 2022		8562	36203	44765	18142

Better Days

Balance Sheet as at 31 March 2022

	Notes	2022		2021	
		£	£	£	£
Currents Assets					
Cash at bank and in hand		<u>44765</u>		<u>18142</u>	
		44765		18142	
Current Liabilities					
Net Current Assets					
			44765		18142
Net Assets					
			44765		18142
Funds					
	4				
Restricted Funds			36203		9655
Designated Funds			7000		7000
General Funds			1562		1531
			<u>44765</u>		<u>18186</u>

Approved by the Committee on 2/8/2022.....

and signed on their behalf:

Stephen Watson.....

.....

Better Days

Notes to the financial statements for the year ended 31 March 2022

1 Accounting Policies

1.1 Basis of preparation of accounts

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1.2 Grant receivable and local authority fees

Grants received are accounted for on a receivable basis and credited to income. Any grants restricted to future accounting periods are deferred and recognised in those accounting periods.

1.3 Funds

Restricted funds comprise funds subject to specific restrictions imposed by donors and funders. Designated funds are set aside by the Management Committee as described below (see note 4) Unrestricted funds comprise funds which can be used in accordance with the charitable objectives at the discretion of the Management Committee.

1.4 Expenditure

All is included on the accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. All costs have been directly attributed to one of the functional categories of resources expended in the SOFA. The charity is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

1.5 Opening Balance

Note - historic transactions that have never cleared from the bank account, have been removed. This has increased the opening balance by £44 (Unrestricted Funds).

2 Grants Received

Community Foundation FR Bykes	6000
National Lottery (Main Grant)	32330
National Lottery (Training Grant)	10000
Rothley Trust	1000
The Giving Network Fund	3202
Willan Charitable Trust	10000
Yapp Charitable Trust	3000

Total Restricted Grants Received	65532
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3 Employees

Staff are employed through Skills For People.
Total salaries for the year were
The average no. of staff employed was 1.

27888

4 Analysis of Funds

Restricted Funds

	Balance Apr-21	Income	Exp	Balance Mar-22
Yapp Charitable Trust	0	3000		3000
National Lottery (Main Grant)		32330	28790	3540
National Lottery (Training Grant)		10000		10000
Rothley Trust	0	1000	1000	0
Community Foundation FR Bykes	0	6000		6000
The Giving Network Fund	0	3202		3202
The Joicey Trust	2500			2500
RW Mann Trust	1000		255	745
Willan Charitable Trust	0	10000	8276	1724
Greggs Foundation	943			943
Postcode Community Trust	4550			4550
Squires Foundation	662		662	0
Total	9655	65532	38983	36204

Designated Funds

Legal Liability Fund

7000

As good financial management, this money has been set aside by the organisation for emergencies e.g. winding up costs: redundancies and any other legal and contractual fees.

Unrestricted Funds**1562**