

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.

**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: 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:

Stephen Watson

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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

