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 out 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, the 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 bring 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 friend's 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: **Date: 6 June 2024**

Name: Mark Thompson MAAT

Address: 42 Lesbury Road
Newcastle
NE6 5LB

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

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
Incoming Resources					
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 £	2024 £	2023 £	2023 £
Currents Assets					
Cash at bank and in hand		42587		43335	
		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
			42587		**43335**

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 if 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**

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**