

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