

ALTERNATIVES WATFORD

England & Wales · Charity number 1100024

Details

Other names	CONNECTIONS (WATFORD) LONDON LTD, GIRL ABOUT AND CONNECTIONS
Status	Registered
Legal form	Charitable company
Company number	04556657
Registered	2003-10-13
Register	View on the Charity Commission register

Contact

Address	Unit 3 160 Marlowes Hemel Hempstead Hertfordshire HP1 1BA
Phone	01442264222
Email	gill@alternativeswatford.co.uk
Website	www.alternativeswatford.co.uk

Activities

Objects: TO PROVIDE A PLACE OF INFORMATION AND SUPPORT FOR THE YOUNG WOMEN IN WATFORD WHO HAVE A NEED FOR IT. IT WILL PROVIDE FREE PREGNANCY TESTS AND AN ADVISORY SERVICE, GIRL ABOUT MEETING AREA FOR THEM TO COME TOGETHER FOR HELP AND SUPPORT FOR EACH OTHER.(A) TO PURCHASE, TAKE ON OR LEASE OR IN EXCHANGE, HIRE OR OTHERWISE ACQUIRE REAL OR PERSONAL PROPERTY AND RIGHTS OR PRIVILEGES, AND TO CONSTRUCT, MAINTAIN AND ALTER BUILDINGS OR ERECTIONS.(B) TO SELL, LET, MORTGAGE, DISPOSE OF OR TURN TO ACCOUNT ALL OR ANY OF THE PROPERTY OR ASSETS OF THE COMPANY.(C) TO UNDERTAKE AND EXECUTE ANY CHARITABLE TRUSTS WHICH MAY LAWFULLY BE UNDERTAKEN BY THE COMPANY.(D) TO BORROW OR RAISE MONEY ON SUCH TERMS AND ON SUCH SECURITY AS MAY BE THOUGHT FIT. (E) TO INVEST THE MONEYS OF THE COMPANY NOT IMMEDIATELY REQUIRED FOR ITS PURPOSES IN OR UPON SUCH INVESTMENTS, SECURITIES OR PROPERTY AS MAY BE THOUGHT FIT, SUBJECT NEVERTHELESS TO SUCH CONDITIONS (IF ANY) AND SUCH CONSENTS (IF ANY) AS MAY FOR THE TIME BEING BE IMPOSED OR REQUIRED BY LAW AND SUBJECT ALSO AS HEREINAFTER PROVIDED. (F) TO ESTABLISH AND SUPPORT OR AID IN THE SUPPORT OF ANY CHARITABLE ASSOCIATIONS OR INSTITUTIONS AND TO SUBSCRIBE OR GUARANTEE MONEY FOR CHARITABLE PURPOSES. (G) TO DO ALL SUCH OTHER THINGS AS ARE INCIDENTAL TO THE ATTAINMENT OF FURTHERANCE OF THE SAID OBJECTS OR ANY OF THEM.

Activities: Alternatives offers life-changing emotional and practical support for anyone facing pregnancy-related challenges. We offer counselling, a baby box project and we have a Mother & Baby charity shop in Watford & Hemel Hempstead, Hertfordshire.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Other Charitable Purposes
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** WATFORD
- Hertfordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£65,910	£97,064	-	-
2024-03-31	£46,568	£87,511	-	-
2023-03-31	£79,533	£78,479	-	-
2022-03-31	£104,341	£103,261	-	-
2021-03-31	£161,448	£107,253	-	-

Trustees

Name	Role	Appointed
Chris Strevens		2013-10-03
Corinne Laura Marchand		2024-03-31
Elaine Hawkings		2014-10-13
Rebecca Jane Robinson		2019-09-24

Accounts

Charity registration number 1100024 (England and Wales)

Company registration number 04556657

ALTERNATIVES WATFORD
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

ALTERNATIVES WATFORD

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	C Strevens E Hawkings B Pocklington R Robinson C Marchand
Secretary	G Strevens
Charity number (England and Wales)	1100024
Company number	04556657
Registered office	Unit 3 160 Marlowes Hemel Hempstead Hertfordshire HP1 1BA
Independent examiner	John Wilson FCA ATII Howard Wilson Chartered Accountants 36 Crown Rise Watford Hertfordshire WD25 0NE
Bankers	Co-operative Bank 5 - 7 Market Street Watford Herts WD18 0PD

ALTERNATIVES WATFORD

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ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)".

Objectives and activities

The charity's objectives are to offer life-changing emotional and practical support to anyone facing pregnancy related challenges.

Alternatives Watford's primary role is a pregnancy crisis and support centre offering emotional support to people facing unplanned pregnancy, ante-natal anxiety, miscarriage, post-abortion stress postnatal depression, infertility and still birth. We provide qualified counsellors who meet with the clients on a one-to-one basis offering unbiased, confidential support. All sessions are offered free of charge however we actively invite clients to make a donation per session based on a sliding scale of income. The pandemic transformed our counselling services as they were delivered via phone and zoom calls and this method of counselling along with in person visits continues to this day. We have seen a continuing demand for our services during the pandemic and our counselling team consists of 5 counsellors.

The Baby Box project received some funding from Hertfordshire Community Housing and individual people & we delivered 74 boxes in this year. We continue to provide filled Baby Boxes to families in need and there is an increasing demand for this service.

The relocation from the Watford shop to a smaller more bijou shop also in Watford has gone well & helped build further relationships in the community.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake and our mission statement was clearly defined to help us see where new activities fit into our aims and objectives.

The charity is grateful to the dedicated staff, volunteers and supporters who each play a vital role in the work that we do and for the determination and dedication shown throughout a very difficult year.

Achievements and performance

During the course of the year the charity engaged with clients over 950 counselling hours for pregnancy-related challenges.

Financial review

The financial results are set out in the following statement of financial activities. The year ended 31 March 2025 shows a net deficit amounting to £31,154 (2024 deficit of £40,943) giving the charity carry forward a reserves of £35,615 (2024 - £66,769) to be used in furtherance of its charitable objects.

The trustees are aware of the financial situation & have plans in place to deal with the deficit & at the time of writing we feel in a stable position, we will continue to make every effort to increase funding in order to secure a sustainable future.

The trustees consider it prudent to maintain unrestricted reserves equivalent to six months of operating costs approx. £36,000, in a general fund. This level offers the charity the capacity to manage unforeseen financial difficulties to beneficiaries, funders and the public. This includes – but is not limited to – the cost of continuing to employ counsellors in the short term, while any counselling programmes are concluded. The current level of funds exceeds this amount, and in conjunction with the agreed budget aims to maintain at least this level of unrestricted funds.

Under the charity's governing document, the charity has the power to make any investment that the Trustees see fit.

ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. These are reviewed regularly.

Structure, governance and management

The charity is a company limited by guarantee, which was incorporated on 8th October 2002.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C Strevens

E Hawkings

B Pocklington

R Robinson

C Marchand

The process of identifying new trustees tends to be by word of mouth. When a need arises the choice of trustee is often determined by identifying specific skill gaps. The individual would normally be approached by the Chair and invited to meet trustees at a management meeting following which the trustees would decide whether or not it would be appropriate to offer the appointment.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The Charity is overseen by a board of trustees who meet regularly at Trustees and Management Committee meetings. The Charity is managed by Head of Operations Laura Moreno and we also employ a part time Head of Counselling - Angela Such, 1 part time administrator and 4 part time shop managers. We have a team of approximately 15 volunteers.

The trustees' report was approved by the Board of Trustees.

Chris Strevens

C Strevens

Trustee

Dated: 10 December 2025

ALTERNATIVES WATFORD

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2025

The trustees, who are also the directors of Alternatives Watford for the purpose 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).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

ALTERNATIVES WATFORD

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ALTERNATIVES WATFORD

I report to the trustees on my examination of the financial statements of Alternatives Watford (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

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

Independent examiner's statement

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 charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements 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 financial statements 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 financial statements to be reached.

Howard Wilson

John Wilson FCA ATII

Howard Wilson Chartered Accountants
36 Crown Rise
Watford
Hertfordshire
WD25 0NE
10 December 2025

ALTERNATIVES WATFORD

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
Income from:							
Donations and legacies	3	47,547	7,630	55,177	43,735	87	43,822
Other trading activities	4	10,733	-	10,733	2,746	-	2,746
Total income		<u>58,280</u>	<u>7,630</u>	<u>65,910</u>	<u>46,481</u>	<u>87</u>	<u>46,568</u>
Expenditure on:							
Raising funds	5	436	-	436	1,507	-	1,507
Charitable activities	6	89,164	7,464	96,628	84,770	1,234	86,004
Total expenditure		<u>89,600</u>	<u>7,464</u>	<u>97,064</u>	<u>86,277</u>	<u>1,234</u>	<u>87,511</u>
Net income/(expenditure)		<u>(31,320)</u>	<u>166</u>	<u>(31,154)</u>	<u>(39,796)</u>	<u>(1,147)</u>	<u>(40,943)</u>
Transfers between funds		<u>(14)</u>	<u>14</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net movement in funds	7	<u>(31,334)</u>	<u>180</u>	<u>(31,154)</u>	<u>(39,796)</u>	<u>(1,147)</u>	<u>(40,943)</u>
Reconciliation of funds:							
Fund balances at 1 April 2024		<u>59,747</u>	<u>7,022</u>	<u>66,769</u>	<u>99,543</u>	<u>8,169</u>	<u>107,712</u>
Fund balances at 31 March 2025		<u>28,413</u>	<u>7,202</u>	<u>35,615</u>	<u>59,747</u>	<u>7,022</u>	<u>66,769</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

ALTERNATIVES WATFORD

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Investments	11		1		1
Current assets					
Debtors	12	30,187		60,841	
Cash at bank and in hand		9,368		8,999	
		<u>39,555</u>		<u>69,840</u>	
Creditors: amounts falling due within one year	13	<u>(3,941)</u>		<u>(3,072)</u>	
Net current assets			35,614		66,768
Total assets less current liabilities			<u>35,615</u>		<u>66,769</u>
The funds of the charity					
Restricted income funds	15		7,202		7,022
Unrestricted funds	16		28,413		59,747
			<u>35,615</u>		<u>66,769</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 10 December 2025

Chris Strevens

C Strevens
Trustee

Company registration number 04556657 (England and Wales)

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

Alternatives Watford is a private company limited by guarantee incorporated in England and Wales. The registered office is Unit 3, 160 Marlowes, Hemel Hempstead, Hertfordshire, HP1 1BA.

1.1 Accounting convention

These accounts 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)".

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved applying "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)" rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

The value of services provided by the volunteers are not included in the Statement of Financial Activities.

1.5 Expenditure

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.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit or independent examination fees and costs linked to the strategic management of the charity.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and machinery	25% on cost
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	47,547	2,130	49,677	43,735	87	43,822
Grants	-	5,500	5,500	-	-	-
	<u>47,547</u>	<u>7,630</u>	<u>55,177</u>	<u>43,735</u>	<u>87</u>	<u>43,822</u>

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

3 Income from donations and legacies

(Continued)

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts						
Donations	29,729	2,130	31,859	20,619	87	20,706
Distribution from Subsidiary company under gift aid	17,818	-	17,818	23,116	-	23,116
	<u>47,547</u>	<u>2,130</u>	<u>49,677</u>	<u>43,735</u>	<u>87</u>	<u>43,822</u>
Grants						
Watford & Three Rivers Trust	-	2,000	2,000	-	-	-
Herts Community No 1	-	1,500	1,500	-	-	-
Watford Borough Council	-	2,000	2,000	-	-	-
	<u>-</u>	<u>5,500</u>	<u>5,500</u>	<u>-</u>	<u>-</u>	<u>-</u>

4 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	<u>10,733</u>	<u>2,746</u>

5 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Advertising	395	251
Other fundraising costs	41	1,256
	<u>436</u>	<u>1,507</u>

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

6 Expenditure on charitable activities

	2025 £	2024 £
Direct costs		
Staff costs	61,607	59,553
Counselling costs	14,167	11,371
Premises costs	6,502	1,806
Insurance	1,511	1,932
Office costs	4,704	5,914
Computer costs	2,235	-
Project costs	1,450	1,234
Travel	304	-
General costs	340	61
Legal and professional costs	2,608	2,560
Governance costs	1,200	1,573
	<u>96,628</u>	<u>86,004</u>
Analysis by fund		
Unrestricted funds	89,164	84,770
Restricted funds	<u>7,464</u>	<u>1,234</u>
	<u>96,628</u>	<u>86,004</u>

7 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	<u>1,200</u>	<u>1,573</u>

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

9 Employees

Number of employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Direct charitable work	5	3

Employment costs

	2025 £	2024 £
Wages and salaries	60,364	58,511
Other pension costs	1,243	1,042
	61,607	59,553

There were no employees whose annual remuneration was £60,000 or more.

10 Taxation

The activities of the charity are exempt from Corporation Tax under Section 505 of the Income and Corporation Taxes Act 1988 to the extent that they are applied to the organisation's charitable objects.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

11 Fixed asset investments

	Other investments
Cost or valuation	
At 1 April 2024 & 31 March 2025	1
Carrying amount	
At 31 March 2025	1
At 31 March 2024	1

	Notes	2025 £	2024 £
Other investments comprise:			
Investments in subsidiaries		1	1

The charity holds 1 share of £1 each in its wholly owned trading subsidiary company, Alternatives Trading Limited, which is incorporated in the United Kingdom. These are the only shares allotted, called up and fully paid.

12 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Other debtors	30,049	60,841
Prepayments and accrued income	138	-
	<u>30,187</u>	<u>60,841</u>

13 Creditors: amounts falling due within one year

	2025 £	2024 £
Other taxation and social security	582	1,279
Other creditors	307	382
Accruals and deferred income	3,052	1,411
	<u>3,941</u>	<u>3,072</u>

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

14 Retirement benefit schemes

	2025	2024
Defined contribution schemes	£	£
Charge to profit or loss in respect of defined contribution schemes	1,243	1,042
	<u> </u>	<u> </u>

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	Movement in funds			Movement in funds			
	Balance at 1 April 2023	Incoming resources	Resources expended	Balance at 1 April 2024	Incoming resources	Resources expended	Transfers
	£	£	£	£	£	£	£
Baby Box Project	8,169	87	(1,234)	7,022	1,630	(1,450)	-
Herts Community No. 1	-	-	-	-	1,500	(1,514)	14
Queens Road Fund	-	-	-	-	2,500	(2,500)	-
Watford & Three Rivers Trust	-	-	-	-	2,000	(2,000)	-
	<u>8,169</u>	<u>87</u>	<u>(1,234)</u>	<u>7,022</u>	<u>7,630</u>	<u>(7,464)</u>	<u>14</u>
	<u>8,169</u>	<u>87</u>	<u>(1,234)</u>	<u>7,022</u>	<u>7,630</u>	<u>(7,464)</u>	<u>14</u>

The Baby Box Project provides a specially designed box filled with essential items for the first few months of the baby's life. It is given free to any mum-to-be who meet certain criteria.

The grants from Watford & Three Rivers Trust and Herts Community No.1 were to fund counselling costs.

The Queens Road Fund was to cover set up costs of the new shop.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2025 £
General funds	59,747	58,280	(89,600)	(14)	28,413
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
General funds	99,543	46,481	(86,277)	-	59,747
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

17 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2025 are represented by:			
Investments	1	-	1
Current assets/(liabilities)	28,412	7,202	35,614
	<u>28,413</u>	<u>7,202</u>	<u>35,615</u>

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2024 are represented by:			
Investments	1	-	1
Current assets/(liabilities)	50,706	3,657	66,768
	<u>50,707</u>	<u>3,657</u>	<u>66,769</u>

18 Related party transactions

Transactions with related parties

During the year the charity entered into the following transactions with related parties:

	Purchase of goods and services 2025 £	2024 £
Frank Taylor & Associates Limited	-	1,806
	<u> </u>	<u> </u>

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

18 Related party transactions

(Continued)

The property from which the activities of the charitable company (and its subsidiary) are undertaken, is owned by Acton & Strevens Pension Fund via Rowanmoor. Frank Taylor & Associates holds the head lease & sub leases. Mr C Strevens, who is a director of the charitable company, is one of four directors of Frank Taylor & Associates Limited. The charity moved out of the property in 2024.

The charitable company is paying an annual rent of £1,806 on the property. The open market rental value of this property is considered to be £22,000 per annum.

As at 31 March 2025 Alternatives Trading Limited, which is a wholly owned subsidiary of Alternatives, owed the charity £30,049 (2024: £60,841).

Alternatives Full Accounts 2025

Final Audit Report

2025-12-11

Created:	2025-12-10
By:	Howard Wilson (campbell@howardwilson.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAA2Kh93bMoMtGEauHRF7YGbb4IFvgmRirP

"Alternatives Full Accounts 2025" History

-  Document created by Campbell Wilson (campbell@howardwilson.co.uk)
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-  Agreement completed.
2025-12-11 - 1:57:04 PM GMT

Accounts

Charity registration number 1100024

Company registration number 04556657 (England and Wales)

ALTERNATIVES WATFORD
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

ALTERNATIVES WATFORD

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	C Strevens	
	E Hawkings	
	B Pocklington	
	R Robinson	
	C Marchand	(Appointed 31 March 2024)
Secretary	G Strevens	
Charity number	1100024	
Company number	04556657	
Registered office	Unit 3	
	160 Marlowes	
	Hemel Hempstead	
	Hertfordshire	
	HP1 1BA	
Independent examiner	John Wilson FCA ATII	
	Howard Wilson Chartered Accountants	
	36 Crown Rise	
	Watford	
	Hertfordshire	
Bankers	WD25 0NE	
	Co-operative Bank	
	5 - 7 Market Street	
	Watford	
	Herts	
	WD18 0PD	

ALTERNATIVES WATFORD

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Independent examiner's report	4
Statement of financial activities	5
Balance sheet	6
Notes to the financial statements	7 - 17

ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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 2019).

Objectives and activities

The charity's objectives are to offer life-changing emotional and practical support to anyone facing pregnancy related challenges.

Alternatives Watford's primary role is a pregnancy crisis and support centre offering pregnancy tests and emotional support to people facing unplanned pregnancy, ante-natal anxiety, miscarriage, post-abortion stress postnatal depression, infertility and still birth. We provide qualified counsellors who meet with the clients on a one-to-one basis offering unbiased, confidential support. All sessions are offered free of charge however we actively invite clients to make a donation per session based on a sliding scale of income. During the pandemic our counselling services were delivered via phone and zoom calls and this method of counselling transformed the delivery of our services & continues to this day. We have seen a huge increase in demand for our services during the pandemic and our counselling team consists of 6 counsellors.

The Baby Box project received some funding from Hertfordshire Community Housing and individual people . We continue to provide filled Baby Boxes to families in need and there is an increasing demand for this service.

The major change this year is the impending closure of the established shop in Clarendon Road & relocation to another suitable premises in the Watford area which will affect our income & costs so needs to be actively monitored & managed..

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake and our mission statement was clearly defined to help us see where new activities fit into our aims and objectives.

The charity is grateful to the dedicated staff, volunteers and supporters who each play a vital role in the work that we do and for the determination and dedication shown throughout a very difficult year.

Achievements and performance

During the course of the year the charity engaged with clients over 1,200 counselling hours for pregnancy-related challenges.

Financial review

The financial results are set out in the following statement of financial activities. The year ended 31 March 2024 shows a net deficit on unrestricted funds (after transfers) amounting to £39,796 (2023 surplus of £2,073) giving the charity carry forward an unrestricted reserve surplus of £59,747 (2023 - £99,543) to be used in furtherance of its charitable objects.

The trustees are aware that this has been an unprecedented year and it is difficult to assess our financial situation due to the pandemic but at the time of writing we feel in a stable position and are watchful for how our recovery occurs going forward, we will make every effort to increase funding in order to secure a sustainable future.

The trustees consider it prudent to maintain unrestricted reserves equivalent to six months of operating costs approx. £36,000, in a general fund. This level offers the charity the capacity to manage unforeseen financial difficulties to beneficiaries, funders and the public. This includes – but is not limited to – the cost of continuing to employ counsellors in the short term, while any counselling programmes are concluded. The current level of funds exceeds this amount, and in conjunction with the agreed budget aims to maintain at least this level of unrestricted funds.

ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Under the charity's governing document, the charity has the power to make any investment that the Trustees see fit.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. These are reviewed regularly.

Structure, governance and management

The charity is a company limited by guarantee, which was incorporated on 8th October 2002.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C Strevens

E Hawkings

B Pocklington

R Robinson

C Marchand

(Appointed 31 March 2024)

The process of identifying new trustees tends to be by word of mouth. When a need arises the choice of trustee is often determined by identifying specific skill gaps. The individual would normally be approached by the Chair and invited to meet trustees at a management meeting following which the trustees would decide whether or not it would be appropriate to offer the appointment.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The Charity is overseen by a board of trustees who meet regularly at Trustees and Management Committee meetings. The Charity is managed by Head of Operations Laura Moreno and we also employ a part time Head of Counselling - Angela Such, 1 part time administrator and 4 part time shop managers. We have a team of approximately 15 volunteers.

The trustees' report was approved by the Board of Trustees.

Chris Strevens

C Strevens

Trustee

Dated: 13 December 2024

ALTERNATIVES WATFORD

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

The trustees, who are also the directors of Alternatives Watford for the purpose 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).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

ALTERNATIVES WATFORD

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ALTERNATIVES WATFORD

I report to the trustees on my examination of the financial statements of Alternatives Watford (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.

Campbell Wilson

John Wilson FCA ATII

Howard Wilson Chartered Accountants
36 Crown Rise
Watford
Hertfordshire
WD25 0NE

Dated: 13 December 2024

ALTERNATIVES WATFORD

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
Income and endowments from:							
Donations and legacies	3	43,735	87	43,822	76,302	50	76,352
Other trading activities	4	2,746	-	2,746	2,861	-	2,861
Other income	5	-	-	-	320	-	320
Total income		46,481	87	46,568	79,483	50	79,533
Expenditure on:							
Raising funds	6	1,507	-	1,507	531	-	531
Charitable activities	7	84,770	1,234	86,004	76,879	1,069	77,948
Total expenditure		86,277	1,234	87,511	77,410	1,069	78,479
Net income/(expenditure) and movement in funds		(39,796)	(1,147)	(40,943)	2,073	(1,019)	1,054
Reconciliation of funds:							
Fund balances at 1 April 2023		99,543	8,169	107,712	97,470	9,188	106,658
Fund balances at 31 March 2024		59,747	7,022	66,769	99,543	8,169	107,712

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

ALTERNATIVES WATFORD

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Investments	11		1		1
Current assets					
Debtors	12	60,841		93,359	
Cash at bank and in hand		8,999		16,957	
		<u>69,840</u>		<u>110,316</u>	
Creditors: amounts falling due within one year	13	<u>(3,072)</u>		<u>(2,605)</u>	
Net current assets			66,768		107,711
Total assets less current liabilities			<u>66,769</u>		<u>107,712</u>
The funds of the charity					
Restricted income funds	15		7,022		8,169
Unrestricted funds	16		59,747		99,543
			<u>66,769</u>		<u>107,712</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 13 December 2024

Chris Strevens

C Strevens
Trustee

Company registration number 04556657 (England and Wales)

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

Alternatives Watford is a private company limited by guarantee incorporated in England and Wales. The registered office is Unit 3, 160 Marlowes, Hemel Hempstead, Hertfordshire, HP1 1BA.

1.1 Accounting convention

These accounts 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)".

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved applying "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)" rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

The value of services provided by the volunteers are not included in the Statement of Financial Activities.

1.5 Expenditure

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.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit or independent examination fees and costs linked to the strategic management of the charity.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and machinery	25% on cost
---------------------	-------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024 £	2024 £	2024 £	2023 £	2023 £	2023 £
Donations and gifts	43,735	87	43,822	76,302	50	76,352
Donations and gifts						
Donations	20,619	87	20,706	27,985	50	28,035
Distribution from Subsidiary company under gift aid	23,116	-	23,116	48,317	-	48,317
	43,735	87	43,822	76,302	50	76,352

4 Income from other trading activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising events	2,746	2,861

5 Other income

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Other income	-	320

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising and publicity		
Advertising	251	323
Other fundraising costs	1,256	208
	<u>1,507</u>	<u>531</u>

7 Expenditure on charitable activities

	Heading #ac982 2024 £	Heading #ac982 2023 £
Direct costs		
Staff costs	59,553	46,647
Other staff costs	-	138
Counselling costs	11,371	11,114
Premises costs	1,806	7,375
Insurance	1,932	1,830
Office costs	5,914	6,936
Computer costs	-	1,124
Project costs	1,234	1,069
General costs	61	142
Legal and professional costs	2,560	-
Governance costs	1,573	1,573
	<u>86,004</u>	<u>77,948</u>
Analysis by fund		
Unrestricted funds	84,770	76,879
Restricted funds	1,234	1,069
	<u>86,004</u>	<u>77,948</u>

Governance costs comprise of independent examiner's fees of £1,573 (2023 - £1,573).

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

9 Employees

Number of employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Direct charitable work	3	2

Employment costs

	2024 £	2023 £
Wages and salaries	58,511	45,652
Other pension costs	1,042	995
	59,553	46,647

There were no employees whose annual remuneration was £60,000 or more.

10 Taxation

The activities of the charity are exempt from Corporation Tax under Section 505 of the Income and Corporation Taxes Act 1988 to the extent that they are applied to the organisation's charitable objects.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

11 Fixed asset investments

	Other investments
Cost or valuation	
At 1 April 2023 & 31 March 2024	1
Carrying amount	
At 31 March 2024	1
At 31 March 2023	1

	2024 £	2023 £
Other investments comprise:		
Investments in subsidiaries	1	1

The charity holds 1 share of £1 each in its wholly owned trading subsidiary company, Alternatives Trading Limited, which is incorporated in the United Kingdom. These are the only shares allotted, called up and fully paid.

12 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Other debtors	60,841	93,359

13 Creditors: amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	1,279	856
Other creditors	382	340
Accruals and deferred income	1,411	1,409
	3,072	2,605

14 Retirement benefit schemes

	2024 £	2023 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	1,042	995

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2024*

14 Retirement benefit schemes

(Continued)

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	Movement in funds			Movement in funds			Balance at 31 March 2024
	Balance at 1 April 2022	Incoming resources	Resources expended	Balance at 1 April 2023	Incoming resources	Resources expended	
	£	£	£	£	£	£	£
Baby Box Project	9,188	50	(1,069)	8,169	87	(1,234)	7,022
	=====	=====	=====	=====	=====	=====	=====

The Baby Box Project provides a specially designed box filled with essential items for the first few months of the baby's life. It is given free to any mum-to-be who meet certain criteria.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2023 £	Incoming resources £	Resources expended £	At 31 March 2024 £
General funds	99,543	46,481	(86,277)	59,747
Previous year:	At 1 April 2022 £	Incoming resources £	Resources expended £	At 31 March 2023 £
General funds	97,470	79,483	(77,410)	99,543

17 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2024 are represented by:			
Investments	1	-	1
Current assets/(liabilities)	59,746	7,022	66,768
	59,747	7,022	66,769

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2023 are represented by:			
Investments	1	-	1
Current assets/(liabilities)	50,706	3,657	107,711
	50,707	3,657	107,712

18 Related party transactions

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

18 Related party transactions

(Continued)

Transactions with related parties

During the year the charity entered into the following transactions with related parties:

	Purchase of goods and services	
	2024 £	2023 £
Frank Taylor & Associates Limited	1,806	1,375
	<u>1,806</u>	<u>1,375</u>

The property from which the activities of the charitable company (and its subsidiary) are undertaken, is owned by Acton & Strevens Pension Fund via Rowanmoor. Frank Taylor & Associates holds the head lease & sub leases. Mr C Strevens, who is a director of the charitable company, is one of four directors of Frank Taylor & Associates Limited.

The charitable company is paying an annual rent of £1,806 on the property. The open market rental value of this property is considered to be £22,000 per annum.

As at 31 March 2024 Alternatives Trading Limited, which is a wholly owned subsidiary of Alternatives, owed the charity £60,841 (2023: £99,359).

Accounts

Charity registration number 1100024

Company registration number 04556657 (England and Wales)

ALTERNATIVES WATFORD
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

ALTERNATIVES WATFORD

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	C Strevens E Hawkings B Pocklington R Robinson
Secretary	G Strevens
Charity number	1100024
Company number	04556657
Registered office	15 Clarendon Road Watford Hertfordshire WD17 1JR
Independent examiner	John Wilson FCA ATII Howard Wilson Chartered Accountants 36 Crown Rise Watford Hertfordshire WD25 0NE
Bankers	Co-operative Bank 5 - 7 Market Street Watford Herts WD18 0PD

ALTERNATIVES WATFORD

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ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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 2019).

Objectives and activities

The charity's objectives are to offer life-changing emotional and practical support to anyone facing pregnancy related challenges.

Alternatives Watford's primary role is a pregnancy crisis and support centre offering pregnancy tests and emotional support to people facing unplanned pregnancy, ante-natal anxiety, miscarriage, post-abortion stress postnatal depression, infertility and still birth. We provide qualified counsellors who meet with the clients on a one-to-one basis offering unbiased, confidential support. All sessions are offered free of charge however we actively invite clients to make a donation per session based on a sliding scale of income. During the pandemic our counselling services have continued via phone calls and zoom calls. We have seen a huge increase in demand for our services during the pandemic and our counselling team has grown to a team of 10 counsellors who are all currently working from home.

The Baby Box project received some funding from Hertfordshire Community Housing and individual people. We have given over 240 filled Baby Boxes to families in need and during the pandemic when we were unable to obtain boxes we ensured people in need received bags full of clothing and other items that they needed.

The pandemic has affected business with both charity shops being closed in line with government laws and guidance for non-essential retail. Thankfully, due to some wonderful grants, the council support and the furlough scheme we have been able to continue and remain in a positive position going forward.

We have not been able to engage in organized fundraising activities due to the pandemic but individuals and the staff team have undertaken sponsored events and collections from home and on-line.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake and our mission statement was clearly defined to help us see where new activities fit into our aims and objectives.

We have undertaken changes to our working practice and risk assessment in line with government guidance for working safely during a pandemic and have supported vulnerable staff and volunteers to the best of our ability during this time.

The charity is grateful to the dedicated staff, volunteers and supporters who each play a vital role in the work that we do and for the determination and dedication shown throughout a very difficult year.

Achievements and performance

During the course of the year the charity engaged with clients over 2,000 counselling hours for pregnancy-related challenges.

ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Financial review

The financial results are set out in the following statement of financial activities. The year ended 31 March 2023 shows a net surplus on unrestricted funds (after transfers) amounting to £2,073 (2022 -£7,220) giving the charity carry forward an unrestricted reserve surplus of £99,543 (2022 - £97,470) to be used in furtherance of its charitable objects.

The trustees are aware that this has been an unprecedented year and it is difficult to assess our financial situation due to the pandemic but at the time of writing we feel in a stable position and are watchful for how our recovery occurs going forward, we will make every effort to increase funding in order to secure a sustainable future.

With the support of grants and the furlough scheme, despite the pandemic, the charity maintains a stable financial position, able to meet its obligations and plan for growth in the future meeting the increased demands for counselling support.

The trustees consider it prudent to maintain unrestricted reserves equivalent to six months of operating costs approx. £75,000, in a general fund. This level offers the charity the capacity to manage unforeseen financial difficulties to beneficiaries, funders and the public. This includes – but is not limited to – the cost of continuing to employ counsellors in the short term, while any counselling programmes are concluded. The current level of funds exceeds this amount, and in conjunction with the agreed budget aims to maintain at least this level of unrestricted funds.

Under the charity's governing document, the charity has the power to make any investment that the Trustees see fit.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. These are reviewed regularly.

As we draw a close on this financial year a global pandemic has begun which has resulted in the temporary closure of both shops and our baby box project due to the government restrictions and lockdown.

Counselling will continue to take place via phone and video link where possible.

We are accessing the governments furlough scheme and all staff except the CEO have been placed on furlough leave until further notice. We will be looking into grants and government help going forward in order to survive. We acknowledge that we have some reserves and will continue to monitor the situation as it unfolds.

The CEO will work from home to maintain the charity and apply for grants during lockdown.

Structure, governance and management

The charity is a company limited by guarantee, which was incorporated on 8th October 2002.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C Strevens

E Hawkings

B Pocklington

R Robinson

The process of identifying new trustees tends to be by word of mouth. When a need arises the choice of trustee is often determined by identifying specific skill gaps. The individual would normally be approached by the Chair and invited to meet trustees at a management meeting following which the trustees would decide whether or not it would be appropriate to offer the appointment.

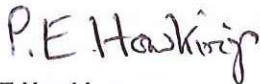
None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2023*

The Charity is overseen by a board of trustees who meet regularly at Trustees and Management Committee meetings. The Charity is managed on a day to day basis by Angela Such, we employ a part time administrator and 4 part time shop managers. We have a team of approximately 15 volunteers.

The trustees' report was approved by the Board of Trustees.



E Hawkings

Trustee

Dated: 6 November 2023

ALTERNATIVES WATFORD

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also the directors of Alternatives Watford for the purpose 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).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

ALTERNATIVES WATFORD

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ALTERNATIVES WATFORD

I report to the trustees on my examination of the financial statements of Alternatives Watford (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.

John Wilson FCA ATII

Howard Wilson Chartered Accountants
36 Crown Rise
Watford
Hertfordshire
WD25 0NE

Dated: 6 November 2023

ALTERNATIVES WATFORD

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Notes							
<u>Income and endowments from:</u>							
Donations and legacies	3	76,302	50	76,352	90,635	323	90,958
Charitable activities	4	-	-	-	8,000	3,960	11,960
Other trading activities	5	2,861	-	2,861	1,423	-	1,423
Other income	6	320	-	320	-	-	-
Total income		79,483	50	79,533	100,058	4,283	104,341
<u>Expenditure on:</u>							
Raising funds	7	531	-	531	369	-	369
Charitable activities	8	76,879	1,069	77,948	92,469	10,792	103,261
Total expenditure		77,410	1,069	78,479	92,838	10,792	103,630
Net income/(expenditure) for the year/							
Net movement in funds		2,073	(1,019)	1,054	7,220	(6,509)	711
Fund balances at 1 April 2022							
		97,470	9,188	106,658	90,250	15,697	105,947
Fund balances at 31 March 2023							
		99,543	8,169	107,712	97,470	9,188	106,658

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

ALTERNATIVES WATFORD

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Investments	12		1		1
Current assets					
Debtors	13	93,359		8,549	
Cash at bank and in hand		16,957		105,221	
		<u>110,316</u>		<u>113,770</u>	
Creditors: amounts falling due within one year	14	<u>(2,605)</u>		<u>(7,113)</u>	
Net current assets			107,711		106,657
Total assets less current liabilities			<u>107,712</u>		<u>106,658</u>
Income funds					
Restricted funds	15		8,169		9,188
Unrestricted funds			99,543		97,470
			<u>107,712</u>		<u>106,658</u>

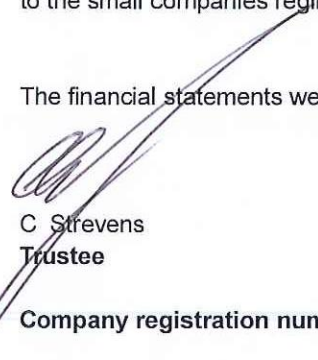
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

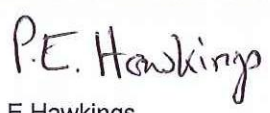
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 6 November 2023


C. Strevens
Trustee


P.E. Hawkings
Trustee

Company registration number 04556657

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Alternatives Watford is a private company limited by guarantee incorporated in England and Wales. The registered office is 15 Clarendon Road, Watford, Hertfordshire, WD17 1JR.

1.1 Accounting convention

These accounts 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)".

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved applying "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)" rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

The value of services provided by the volunteers are not included in the Statement of Financial Activities.

1.5 Expenditure

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.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit or independent examination fees and costs linked to the strategic management of the charity.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and machinery	25% on cost
---------------------	-------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023 £	2023 £	2023 £	2022 £	2022 £	2022 £
Donations and gifts	76,302	50	76,352	89,742	323	90,065
Grants	-	-	-	893	-	893
	<u>76,302</u>	<u>50</u>	<u>76,352</u>	<u>90,635</u>	<u>323</u>	<u>90,958</u>
Donations and gifts						
Donations	27,985	50	28,035	26,379	323	26,702
Distribution from Subsidiary company under gift aid	48,317	-	48,317	63,363	-	63,363
	<u>76,302</u>	<u>50</u>	<u>76,352</u>	<u>89,742</u>	<u>323</u>	<u>90,065</u>
Grants receivable for core activities						
Coronavirus Job Retention Scheme Grant	-	-	-	893	-	893
	<u>-</u>	<u>-</u>	<u>-</u>	<u>893</u>	<u>-</u>	<u>893</u>

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

	2023 £	2022 £
Grants received	-	11,960
Analysis by fund		
For the year ended 31 March 2022		
Unrestricted funds		8,000
Restricted funds		3,960
		11,960
Watford Borough Council	-	4,000
Charities Trust	-	1,960
Dacorum Borough Council	-	4,000
Other grants	-	2,000
	-	11,960

5 Other trading activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Fundraising events	2,861	1,423

6 Other income

	Unrestricted funds 2023 £	Total 2022 £
Other income	320	-

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7 Raising funds

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
<u>Fundraising and publicity</u>		
Advertising	323	369
Other fundraising costs	208	-
Fundraising and publicity	531	369
	531	369

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

8 Charitable activities

	2023 £	2022 £
Staff costs	46,647	49,615
Other staff costs	138	10
Counselling costs	11,114	13,885
Premises costs	8,444	34,363
Insurance costs	1,830	-
Office costs	6,936	3,202
Computer costs	1,124	-
General expenses	142	613
Governance costs	1,573	1,573
	<u>77,948</u>	<u>103,261</u>
	<u>77,948</u>	<u>103,261</u>
Analysis by fund		
Unrestricted funds	76,879	92,469
Restricted funds	1,069	10,792
	<u>77,948</u>	<u>103,261</u>
For the year ended 31 March 2022		
Unrestricted funds	92,469	
Restricted funds	10,792	
	<u>103,261</u>	

Governance costs comprise of independent examiner's fees of £1,573 (2022 - £1,573).

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

10 Employees

Number of employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Direct charitable work	2	2
	<u>2</u>	<u>2</u>
Employment costs	2023	2022
	£	£
Wages and salaries	45,652	48,621
Other pension costs	995	994
	<u>46,647</u>	<u>49,615</u>

There were no employees whose annual remuneration was £60,000 or more.

11 Taxation

The activities of the charity are exempt from Corporation Tax under Section 505 of the Income and Corporation Taxes Act 1988 to the extent that they are applied to the organisation's charitable objects.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

12 Fixed asset investments

			Other investments
Cost or valuation			
At 1 April 2022 & 31 March 2023			1
Carrying amount			
At 31 March 2023			1
At 31 March 2022			1
		2023	2022
Other investments comprise:	Notes	£	£
Investments in subsidiaries		1	1

The charity holds 1 share of £1 each in its wholly owned trading subsidiary company, Alternatives Trading Limited, which is incorporated in the United Kingdom. These are the only shares allotted, called up and fully paid.

13 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Other debtors	93,359	759
Prepayments and accrued income	-	7,790
	<u>93,359</u>	<u>8,549</u>

14 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other taxation and social security	856	974
Other creditors	340	228
Accruals and deferred income	1,409	5,911
	<u>2,605</u>	<u>7,113</u>

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		Movement in funds		Movement in funds	
	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 1 April 2022 £	Incoming resources £	Resources expended 31 March 2023 £
Baby Box Project	5,697	4,283	(792)	9,188	50	(1,069)
National Lottery - Counselling	10,000	-	(10,000)	-	-	-
	<u>15,697</u>	<u>4,283</u>	<u>(10,792)</u>	<u>9,188</u>	<u>50</u>	<u>(1,069)</u>
						<u>8,169</u>

The Baby Box Project provides a specially designed box filled with essential items for the first few months of the baby's life. It is given free to any mum-to-be who meet certain criteria.

The Awards for All, Dacorum Borough Council, Dacorum Community Grant, Herts Community Foundation and Southall Trust grants are for the setting up of the shop in Hemel Hempstead.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2023 are represented by:			
Investments	1	-	1
Current assets/(liabilities)	99,542	8,169	107,711
	<u>99,543</u>	<u>8,169</u>	<u>107,712</u>
	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2022 are represented by:			
Investments	1	-	1
Current assets/(liabilities)	50,706	3,657	106,657
	<u>50,707</u>	<u>3,657</u>	<u>106,658</u>

17 Related party transactions

Transactions with related parties

During the year the charity entered into the following transactions with related parties:

	Purchase of goods and services	
	2023 £	2022 £
Frank Taylor & Associates Limited	1,375	13,115
	<u>1,375</u>	<u>13,115</u>

The property from which the activities of the charitable company (and its subsidiary) are undertaken, is owned by Acton & Strevens Pension Fund via Rowanmoor. Frank Taylor & Associates holds the head lease & sub leases. Mr C Strevens, who is a director of the charitable company, is one of four directors of Frank Taylor & Associates Limited.

The charitable company is paying an annual rent of £1,375 on the property. The open market rental value of this property is considered to be £22,000 per annum.

As at 31 March 2023 Alternatives Trading Limited, which is a wholly owned subsidiary of Alternatives, owed the charity £93,359 (2022: £759).

Accounts

Charity registration number 1100024

Company registration number 04556657 (England and Wales)

ALTERNATIVES WATFORD
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

ALTERNATIVES WATFORD

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	C Strevens E Hawkings B Pocklington R Robinson
Secretary	G Strevens
Charity number	1100024
Company number	04556657
Registered office	15 Clarendon Road Watford Hertfordshire WD17 1JR
Independent examiner	John Wilson FCA ATII Howard Wilson Chartered Accountants 36 Crown Rise Watford Hertfordshire WD25 0NE
Bankers	Co-operative Bank 5 - 7 Market Street Watford Herts WD18 0PD

ALTERNATIVES WATFORD

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ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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 2019).

Objectives and activities

The charity's objectives are to offer life-changing emotional and practical support to anyone facing pregnancy related challenges.

Alternatives Watford's primary role is a pregnancy crisis and support centre offering pregnancy tests and emotional support to people facing unplanned pregnancy, ante-natal anxiety, miscarriage, post-abortion stress postnatal depression, infertility and still birth. We provide qualified counsellors who meet with the clients on a one-to-one basis offering unbiased, confidential support. All sessions are offered free of charge however we actively invite clients to make a donation per session based on a sliding scale of income. During the pandemic our counselling services have continued via phone calls and zoom calls. We have seen a huge increase in demand for our services during the pandemic and our counselling team has grown to a team of 10 counsellors who are all currently working from home.

The Baby Box project received some funding from Hertfordshire Community Housing and individual people . We have given over 240 filled Baby Boxes to families in need and during the pandemic when we were unable to obtain boxes we ensured people in need received bags full of clothing and other items that they needed.

The pandemic has affected business with both charity shops being closed in line with government laws and guidance for non-essential retail. Thankfully, due to some wonderful grants, the council support and the furlough scheme we have been able to continue and remain in a positive position going forward.

We have not been able to engage in organized fundraising activities due to the pandemic but individuals and the staff team have undertaken sponsored events and collections from home and on-line.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake and our mission statement was clearly defined to help us see where new activities fit into our aims and objectives.

We have undertaken changes to our working practice and risk assessment in line with government guidance for working safely during a pandemic and have supported vulnerable staff and volunteers to the best of our ability during this time.

The charity is grateful to the dedicated staff, volunteers and supporters who each play a vital role in the work that we do and for the determination and dedication shown throughout a very difficult year.

Achievements and performance

During the course of the year the charity engaged with clients over 2,000 counselling hours for pregnancy-related challenges.

ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Financial review

The financial results are set out in the following statement of financial activities. The year ended 31 March 2022 shows a net surplus on unrestricted funds (after transfers) amounting to £7,220 (2021 - £43,618) giving the charity carry forward an unrestricted reserve surplus of £97,470 (2021 - £90,250) to be used in furtherance of its charitable objects.

The trustees are aware that this has been an unprecedented year and it is difficult to assess our financial situation due to the pandemic but at the time of writing we feel in a stable position and are watchful for how our recovery occurs going forward, we will make every effort to increase funding in order to secure a sustainable future.

With the support of grants and the furlough scheme, despite the pandemic, the charity maintains a stable financial position, able to meet its obligations and plan for growth in the future meeting the increased demands for counselling support.

The trustees consider it prudent to maintain unrestricted reserves equivalent to six months of operating costs approx. £75,000, in a general fund. This level offers the charity the capacity to manage unforeseen financial difficulties to beneficiaries, funders and the public. This includes – but is not limited to – the cost of continuing to employ counsellors in the short term, while any counselling programmes are concluded. The current level of funds exceeds this amount, and in conjunction with the agreed budget aims to maintain at least this level of unrestricted funds.

Under the charity's governing document, the charity has the power to make any investment that the Trustees see fit.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. These are reviewed regularly.

As we draw to close on this financial year a global pandemic has begun which has resulted in the temporary closure of both shops and our baby box project due to the government restrictions and lockdown.

Counselling will continue to take place via phone and video link where possible.

We are accessing the government's furlough scheme and all staff except the CEO have been placed on furlough leave until further notice. We will be looking into grants and government help going forward in order to survive. We acknowledge that we have some reserves and will continue to monitor the situation as it unfolds.

The CEO will work from home to maintain the charity and apply for grants during lockdown.

Structure, governance and management

The charity is a company limited by guarantee, which was incorporated on 8th October 2002.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C Strevens
E Hawkings
B Pocklington
R Robinson

ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

The process of identifying new trustees tends to be by word of mouth. When a need arises the choice of trustee is often determined by identifying specific skill gaps. The individual would normally be approached by the Chair and invited to meet trustees at a management meeting following which the trustees would decide whether or not it would be appropriate to offer the appointment.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The Charity is overseen by a board of trustees who meet regularly at Trustees and Management Committee meetings. The Charity is managed on a day to day basis by Angela Such, we employ a part time administrator and 4 part time shop managers. We have a team of approximately 15 volunteers.

The trustees' report was approved by the Board of Trustees.

P.E. Hawking

E Hawkings

Trustee

Dated: 11/10/22

ALTERNATIVES WATFORD

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2022

The trustees, who are also the directors of Alternatives Watford for the purpose 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).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

ALTERNATIVES WATFORD

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ALTERNATIVES WATFORD

I report to the trustees on my examination of the financial statements of Alternatives Watford (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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 charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.



John Wilson FCA ATII

Howard Wilson Chartered Accountants
36 Crown Rise
Watford
Hertfordshire
WD25 0NE

Dated: 12/10/22

ALTERNATIVES WATFORD

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total Unrestricted funds 2022 £	Restricted funds 2021 £	Total 2021 £
Income from:						
Donations and legacies	3	90,635	323	90,958	54,687	55,272
Charitable activities	4	8,000	3,960	11,960	86,379	102,379
Other trading activities	5	1,423	-	1,423	3,797	3,797
Total income		100,058	4,283	104,341	144,863	161,448
Expenditure on:						
Raising funds	6	369	-	369	160	160
Charitable activities	7	92,469	10,792	103,261	99,688	107,093
Total expenditure		92,838	10,792	103,630	99,848	107,253
Gross transfers between funds		-	-	-	(1,397)	-
Net income/(expenditure) for the year/						
Net movement in funds		7,220	(6,509)	711	43,618	54,195
Fund balances at 1 April 2021		90,250	15,697	105,947	46,632	51,752
Fund balances at 31 March 2022		97,470	9,188	106,658	90,250	105,947

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

ALTERNATIVES WATFORD

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Investments	11		1		1
Current assets					
Debtors	12	8,549		1,046	
Cash at bank and in hand		105,221		107,082	
		113,770		108,128	
Creditors: amounts falling due within one year	13	(7,113)		(2,182)	
Net current assets			106,657		105,946
Total assets less current liabilities			106,658		105,947
Income funds					
Restricted funds	14		9,188		15,697
Unrestricted funds			97,470		90,250
			106,658		105,947

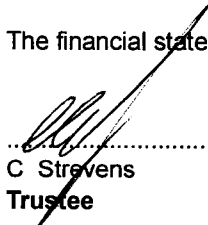
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

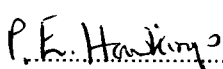
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on


C Strevens
Trustee


E Hawkings
Trustee

Company registration number 04556657

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

Alternatives Watford is a private company limited by guarantee incorporated in England and Wales. The registered office is 15 Clarendon Road, Watford, Hertfordshire, WD17 1JR.

1.1 Accounting convention

These accounts 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)".

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved applying "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)" rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, despite the ongoing and potential effects of COVID-19, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The trustees continue to adopt the going concern basis of accounting in preparing the financial statements and no adjustments to the results or the carrying values declared in these financial statements are required, and none have been made.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

The value of services provided by the volunteers are not included in the Statement of Financial Activities.

1.5 Expenditure

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.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit or independent examination fees and costs linked to the strategic management of the charity.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and machinery	25% on cost
---------------------	-------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022 £	2022 £	2022 £	2021 £	2021 £	2021 £
Donations and gifts	89,742	323	90,065	35,867	585	36,452
Grants	893	-	893	18,820	-	18,820
	<u>90,635</u>	<u>323</u>	<u>90,958</u>	<u>54,687</u>	<u>585</u>	<u>55,272</u>
Donations and gifts						
Donations	26,379	323	26,702	24,474	585	25,059
Distribution from Subsidiary company under gift aid	63,363	-	63,363	11,393	-	11,393
	<u>89,742</u>	<u>323</u>	<u>90,065</u>	<u>35,867</u>	<u>585</u>	<u>36,452</u>
Grants receivable for core activities						
Coronavirus Job Retention Scheme Grant	893	-	893	18,820	-	18,820
	<u>893</u>	<u>-</u>	<u>893</u>	<u>18,820</u>	<u>-</u>	<u>18,820</u>

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

4 Charitable activities

	2022 £	2021 £
Grants received	11,960	102,379
Analysis by fund		
Unrestricted funds	8,000	
Restricted funds	3,960	
	11,960	
For the year ended 31 March 2021		
Unrestricted funds		86,379
Restricted funds		16,000
		102,379
Watford Borough Council	4,000	41,272
Charities Trust	1,960	-
Smith & Mount	-	4,750
National Lottery - Counselling Fund	-	10,000
Dacorum Borough Council	4,000	40,357
Herts Community Foundation	-	4,500
Other grants	2,000	1,500
	11,960	102,379

5 Other trading activities

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Fundraising events	1,423	3,797

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
<u>Fundraising and publicity</u>		
Advertising	369	160
	<u>369</u>	<u>160</u>

7 Charitable activities

	2022	2021
	£	£
Staff costs	49,615	58,157
Other staff costs	10	64
Counselling costs	13,885	-
Premises costs	34,363	32,278
Insurance costs	-	1,678
Office costs	3,202	2,844
Computer costs	-	8,722
General expenses	613	1,897
Governance costs	1,573	1,453
	<u>103,261</u>	<u>107,093</u>
	<u>103,261</u>	<u>107,093</u>
Analysis by fund		
Unrestricted funds	92,469	99,688
Restricted funds	10,792	7,405
	<u>103,261</u>	<u>107,093</u>
For the year ended 31 March 2021		
Unrestricted funds	99,688	
Restricted funds	7,405	
	<u>107,093</u>	

Governance costs comprise of independent examiner's fees of £1,573 (2021 - £1,453).

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

Number of employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Direct charitable work	2	2
Employment costs	2022	2021
	£	£
Wages and salaries	48,621	57,217
Other pension costs	994	940
	49,615	58,157

There were no employees whose annual remuneration was £60,000 or more.

10 Taxation

The activities of the charity are exempt from Corporation Tax under Section 505 of the Income and Corporation Taxes Act 1988 to the extent that they are applied to the organisation's charitable objects.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

11 Fixed asset investments

	Other investments
Cost or valuation	
At 1 April 2021 & 31 March 2022	1
Carrying amount	
At 31 March 2022	1
At 31 March 2021	1

	Notes	2022 £	2021 £
Other investments comprise:			
Investments in subsidiaries		1	1

The charity holds 1 share of £1 each in its wholly owned trading subsidiary company, Alternatives Trading Limited, which is incorporated in the United Kingdom. These are the only shares allotted, called up and fully paid.

12 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Other debtors	759	563
Prepayments and accrued income	7,790	483
	8,549	1,046

13 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	974	560
Other creditors	228	212
Accruals and deferred income	5,911	1,410
	7,113	2,182

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2020 £	Movement in funds			Transfers £	Balance at 1 April 2021 £	Movement in funds			Balance at 31 March 2022 £
		Incoming resources £	Resources expended £				Incoming resources £	Resources expended £		
Baby Box Project	5,120	1,585	(1,008)		-	5,697	4,283	(792)		9,188
Herts Community Foundation	-	4,500	(4,500)		-	-	-	-		-
National Lottery - Counselling	-	10,000	-		-	10,000	-	(10,000)		-
Covid 19 PPE Fund	-	500	(1,897)		1,397	-	-	-		-
	<u>5,120</u>	<u>16,585</u>	<u>(7,405)</u>		<u>1,397</u>	<u>15,697</u>	<u>4,283</u>	<u>(10,792)</u>		<u>9,188</u>

The Baby Box Project provides a specially designed box filled with essential items for the first few months of the baby's life. It is given free to any mum-to-be who meet certain criteria.

The Awards for All, Dacorum Borough Council, Dacorum Community Grant, Herts Community Foundation and Southall Trust grants are for the setting up of the shop in Hemel Hempstead.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

15 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2022 are represented by:			
Investments	1	-	1
Current assets/(liabilities)	97,469	9,188	106,657
	<u>97,470</u>	<u>9,188</u>	<u>106,658</u>

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2021 are represented by:			
Investments	1	-	1
Current assets/(liabilities)	50,706	3,657	105,946
	<u>50,707</u>	<u>3,657</u>	<u>105,947</u>

16 Related party transactions

Transactions with related parties

During the year the charity entered into the following transactions with related parties:

	Purchase of goods and services	
	2022 £	2021 £
Frank Taylor & Associates Limited	13,115	12,769
	<u>13,115</u>	<u>12,769</u>

The property from which the activities of the charitable company (and its subsidiary) are undertaken, is owned by Acton & Strevens Pension Fund via Rowanmoor. Frank Taylor & Associates holds the head lease & sub leases. Mr C Strevens, who is a director of the charitable company, is one of four directors of Frank Taylor & Associates Limited.

The charitable company is paying an annual rent of £14,071 on the property. The open market rental value of this property is considered to be £22,000 per annum.

As at 31 March 2022 Alternatives Trading Limited, which is a wholly owned subsidiary of Alternatives, owed the charity £759 (2021: £563).

Accounts

Charity Registration No. 1100024

Company Registration No. 04556657 (England and Wales)

ALTERNATIVES WATFORD
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

ALTERNATIVES WATFORD

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	C Strevens E Hawkings B Pocklington R Robinson
Secretary	G Strevens
Charity number	1100024
Company number	04556657
Registered office	15 Clarendon Road Watford Hertfordshire WD17 1JR
Independent examiner	John Wilson FCA ATII Howard Wilson Chartered Accountants 36 Crown Rise Watford Hertfordshire WD25 0NE
Bankers	Co-operative Bank 5 - 7 Market Street Watford Herts WD18 0PD

ALTERNATIVES WATFORD

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ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report and financial statements for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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 2019)".

Objectives and activities

The charity's objectives are to offer life-changing emotional and practical support to anyone facing pregnancy related challenges.

Alternatives Watford's primary role is a pregnancy crisis and support centre offering pregnancy tests and emotional support to people facing unplanned pregnancy, ante-natal anxiety, miscarriage, post-abortion stress postnatal depression, infertility and still birth. We provide qualified counsellors who meet with the clients on a one-to-one basis offering unbiased, confidential support. All sessions are offered free of charge however we actively invite clients to make a donation per session based on a sliding scale of income. During the pandemic our counselling services have continued via phone calls and zoom calls. We have seen a huge increase in demand for our services during the pandemic and our counselling team has grown to a team of 10 counsellors who are all currently working from home.

The Baby Box project received some funding from Hertfordshire Community Housing and individual people . We have given over 240 filled Baby Boxes to families in need and during the pandemic when we were unable to obtain boxes we ensured people in need received bags full of clothing and other items that they needed.

The pandemic has affected business with both charity shops being closed in line with government laws and guidance for non-essential retail. Thankfully, due to some wonderful grants, the council support and the furlough scheme we have been able to continue and remain in a positive position going forward.

We have not been able to engage in organized fundraising activities due to the pandemic but individuals and the staff team have undertaken sponsored events and collections from home and on-line.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake and our mission statement was clearly defined to help us see where new activities fit into our aims and objectives.

We have undertaken changes to our working practice and risk assessment in line with government guidance for working safely during a pandemic and have supported vulnerable staff and volunteers to the best of our ability during this time.

The charity is grateful to the dedicated staff, volunteers and supporters who each play a vital role in the work that we do and for the determination and dedication shown throughout a very difficult year.

Achievements and performance

During the course of the year the charity engaged with clients over 2,000 counselling hours for pregnancy-related challenges.

ALTERNATIVES WATFORD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2021**

Financial review

The financial results are set out in the following statement of financial activities. The year ended 31 March 2021 shows a net surplus on unrestricted funds (after transfers) amounting to £43,618 (2020 - deficit of £2,991) giving the charity carry forward an unrestricted reserve surplus of £90,250 (2020 - £46,632) to be used in furtherance of its charitable objects.

The trustees are aware that this has been an unprecedented year and it is difficult to assess our financial situation due to the pandemic but at the time of writing we feel in a stable position and are watchful for how our recovery occurs going forward, we will make every effort to increase funding in order to secure a sustainable future.

With the support of grants and the furlough scheme, despite the pandemic, the charity maintains a stable financial position, able to meet its obligations and plan for growth in the future meeting the increased demands for counselling support.

The trustees consider it prudent to maintain unrestricted reserves equivalent to six months of operating costs approx. £75,000, in a general fund. This level offers the charity the capacity to manage unforeseen financial difficulties to beneficiaries, funders and the public. This includes – but is not limited to – the cost of continuing to employ counsellors in the short term, while any counselling programmes are concluded. The current level of funds exceeds this amount, and in conjunction with the agreed budget aims to maintain at least this level of unrestricted funds.

Under the charity's governing document, the charity has the power to make any investment that the Trustees see fit.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. These are reviewed regularly.

As we draw a close on this financial year a global pandemic has begun which has resulted in the temporary closure of both shops and our baby box project due to the government restrictions and lockdown.

Counselling will continue to take place via phone and video link where possible.

We are accessing the governments furlough scheme and all staff except the CEO have been placed on furlough leave until further notice. We will be looking into grants and government help going forward in order to survive. We acknowledge that we have some reserves and will continue to monitor the situation as it unfolds.

The CEO will work from home to maintain the charity and apply for grants during lockdown.

Structure, governance and management

The charity is a company limited by guarantee, which was incorporated on 8th October 2002.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C Strevens

E Hawkings

B Pocklington

R Robinson

ALTERNATIVES WATFORD

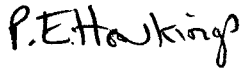
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2021*

The process of identifying new trustees tends to be by word of mouth. When a need arises the choice of trustee is often determined by identifying specific skill gaps. The individual would normally be approached by the Chair and invited to meet trustees at a management meeting following which the trustees would decide whether or not it would be appropriate to offer the appointment.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The Charity is overseen by a board of trustees who meet regularly at Trustees and Management Committee meetings. The Charity is managed on a day to day basis by Angela Such, we employ a part time administrator and 4 part time shop managers. We have a team of approximately 15 volunteers.

The trustees' report was approved by the Board of Trustees.



E Hawking

Trustee

Dated: 28 September 2021

ALTERNATIVES WATFORD

STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE YEAR ENDED 31 MARCH 2021

The trustees, who are also the directors of Alternatives Watford for the purpose 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).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

ALTERNATIVES WATFORD

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ALTERNATIVES WATFORD

I report to the trustees on my examination of the financial statements of Alternatives Watford (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

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

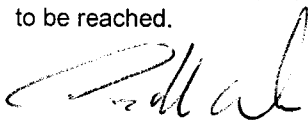
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act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

Independent examiner's statement

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 charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.



John Wilson FCA ATII

Howard Wilson Chartered Accountants
36 Crown Rise
Watford
Hertfordshire
WD25 0NE

Dated: 28 September 2021

ALTERNATIVES WATFORD

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Income from:							
Donations and legacies	3	54,687	585	55,272	73,667	1,210	74,877
Charitable activities	4	86,379	16,000	102,379	-	24,000	24,000
Other trading activities	5	3,797	-	3,797	28,282	-	28,282
Total income		144,863	16,585	161,448	101,949	25,210	127,159
Expenditure on:							
Raising funds	6	160	-	160	13,088	21,483	34,571
Charitable activities	7	99,688	7,405	107,093	91,869	1,827	93,696
Total resources expended		99,848	7,405	107,253	104,957	23,310	128,267
Net incoming/ (outgoing) resources before transfers		45,015	9,180	54,195	(3,008)	1,900	(1,108)
Gross transfers between funds		(1,397)	1,397	-	17	(17)	-
Net income/(expenditure) for the year/ Net movement in funds		43,618	10,577	54,195	(2,991)	1,883	(1,108)
Fund balances at 1 April 2020		46,632	5,120	51,752	49,623	3,237	52,860
Fund balances at 31 March 2021		90,250	15,697	105,947	46,632	5,120	51,752

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

ALTERNATIVES WATFORD

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Investments	11		1		1
Current assets					
Debtors	12	1,046		11,240	
Cash at bank and in hand		107,082		43,197	
		108,128		54,437	
Creditors: amounts falling due within one year	13	(2,182)		(2,686)	
Net current assets			105,946		51,751
Total assets less current liabilities			105,947		51,752
Income funds					
Restricted funds	14		15,697		5,120
Unrestricted funds			90,250		46,632
			105,947		51,752

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021.

The directors acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

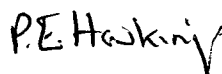
The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 28 September 2021


C Stravens
Trustee

E Hawkings
Trustee



Company Registration No. 04556657

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Charity information

Alternatives Watford is a private company limited by guarantee incorporated in England and Wales. The registered office is 15 Clarendon Road, Watford, Hertfordshire, WD17 1JR.

1.1 Accounting convention

These accounts 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)".

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved applying "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)" rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, despite the ongoing and potential effects of COVID-19, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The trustees continue to adopt the going concern basis of accounting in preparing the financial statements and no adjustments to the results or the carrying values declared in these financial statements are required, and none have been made.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

The value of services provided by the volunteers are not included in the Statement of Financial Activities.

1.5 Expenditure

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.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit or independent examination fees and costs linked to the strategic management of the charity.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and machinery	25% on cost
---------------------	-------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2021 £	2021 £	2021 £	2020 £	2020 £	2020 £
Donations and gifts	35,867	585	36,452	73,667	1,210	74,877
Grants	18,820	-	18,820	-	-	-
	<u>54,687</u>	<u>585</u>	<u>55,272</u>	<u>73,667</u>	<u>1,210</u>	<u>74,877</u>
Donations and gifts						
Donations	24,474	585	25,059	29,408	1,210	30,618
Distribution from Subsidiary company under gift aid	11,393	-	11,393	44,259	-	44,259
	<u>35,867</u>	<u>585</u>	<u>36,452</u>	<u>73,667</u>	<u>1,210</u>	<u>74,877</u>
Grants receivable for core activities						
Coronavirus Job Retention Scheme Grant	18,820	-	18,820	-	-	-
	<u>18,820</u>	<u>-</u>	<u>18,820</u>	<u>-</u>	<u>-</u>	<u>-</u>

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

4 Charitable activities

	2021 £	2020 £
Grants received	102,379	24,000
Analysis by fund		
Unrestricted funds	86,379	
Restricted funds	16,000	
	102,379	
For the year ended 31 March 2020		
Restricted funds		24,000
Watford Borough Council	41,272	2,000
Watford Community Grant Baby	-	500
Dacorum Community Grant	-	500
Smith & Mount	4,750	-
National Lottery - Counselling Fund	10,000	-
Awards for All	-	10,000
Dacorum Borough Council	40,357	3,000
Herts Community Foundation	4,500	5,000
Southall Trust	-	3,000
Other grants	1,500	1,100
	102,379	24,000

5 Other trading activities

	Unrestricted funds 2021 £	Unrestricted funds 2020 £
Fundraising events	3,797	9,426
Shop income	-	18,856
Other trading activities	3,797	28,282

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

6 Raising funds

	Unrestricted funds	Unrestricted funds	Restricted funds	Total
	2021 £	2020 £	2020 £	2020 £
<u>Fundraising and publicity</u>				
Advertising	160	357	-	357
Other fundraising costs	-	40	-	40
	<u>160</u>	<u>397</u>	<u>-</u>	<u>397</u>
<u>Trading costs</u>				
Operating charity shops	-	12,691	21,483	34,174
	<u>160</u>	<u>13,088</u>	<u>21,483</u>	<u>34,571</u>

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

7 Charitable activities

	2021 £	2020 £
Staff costs	58,157	64,839
Other staff costs	64	684
Project costs	-	1,827
Premises costs	32,278	12,896
Insurance costs	1,678	1,425
Office costs	2,844	4,045
Computer costs	8,722	5,702
Travel and subsistence costs	-	68
General expenses	1,897	740
Trustee meeting expenses	-	17
Governance costs	1,453	1,453
	<u>107,093</u>	<u>93,696</u>
	<u>107,093</u>	<u>93,696</u>
Analysis by fund		
Unrestricted funds	99,688	91,869
Restricted funds	7,405	1,827
	<u>107,093</u>	<u>93,696</u>
For the year ended 31 March 2020		
Unrestricted funds	91,869	
Restricted funds	1,827	
	<u>93,696</u>	

Governance costs comprise of independent examiner's fees of £1,453 (2020 - £1,453).

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

9 Employees

Number of employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
Direct charitable work	2	6
Employment costs	2021	2020
	£	£
Wages and salaries	57,217	63,963
Other pension costs	940	876
	58,157	64,839

There were no employees whose annual remuneration was £60,000 or more.

10 Taxation

The activities of the charity are exempt from Corporation Tax under Section 505 of the Income and Corporation Taxes Act 1988 to the extent that they are applied to the organisation's charitable objects.

11 Fixed asset investments

	Other investments
Cost or valuation	
At 1 April 2020 & 31 March 2021	1
Carrying amount	
At 31 March 2021	1
At 31 March 2020	1
Other investments comprise:	
Investments in subsidiaries	1

Notes	2021 £	2020 £
	1	1

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

11 Fixed asset investments

(Continued)

The charity holds 1 share of £1 each in its wholly owned trading subsidiary company, Alternatives Trading Limited, which is incorporated in the United Kingdom. These are the only shares allotted, called up and fully paid.

12 Debtors

	2021 £	2020 £
Amounts falling due within one year:		
Other debtors	563	5,297
Prepayments and accrued income	483	5,943
	<u>1,046</u>	<u>11,240</u>

13 Creditors: amounts falling due within one year

	2021 £	2020 £
Other taxation and social security	560	1,051
Other creditors	212	225
Accruals and deferred income	1,410	1,410
	<u>2,182</u>	<u>2,686</u>

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2019 £	Movement in funds			Balance at 1 April 2020 £	Movement in funds			Transfers £	Balance at 31 March 2021 £
		Incoming resources £	Resources expended £	Transfers £		Incoming resources £	Resources expended £	Transfers £		
Awards for All	-	10,000	(10,006)	6	-	-	-	-	-	-
Baby Box Project	3,237	3,710	(1,827)	-	5,120	1,585	(1,008)	-	-	5,697
Dacorum Borough Council	-	3,000	(2,983)	(17)	-	-	-	-	-	-
Dacorum Community Grant	-	500	(460)	(40)	-	-	-	-	-	-
Herts Community Foundation	-	5,000	(5,017)	17	-	4,500	(4,500)	-	-	-
Southall Trust	-	3,000	(3,017)	17	-	-	-	-	-	-
National Lottery - Counselling	-	-	-	-	-	10,000	-	-	-	10,000
Covid 19 PPE Fund	-	-	-	-	-	500	(1,897)	1,397	-	-
	3,237	25,210	(23,310)	(17)	5,120	16,585	(7,405)	1,397	-	15,697

The Baby Box Project provides a specially designed box filled with essential items for the first few months of the baby's life. It is given free to any mum-to-be who meet certain criteria.

The Awards for All, Dacorum Borough Council, Dacorum Community Grant, Herts Community Foundation and Southall Trust grants are for the setting up of the shop in Hemel Hempstead.

ALTERNATIVES WATFORD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

15 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2021 are represented by:			
Investments	1	-	1
Current assets/(liabilities)	90,249	15,697	105,946
	<u>90,250</u>	<u>15,697</u>	<u>105,947</u>

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2020 are represented by:			
Investments	1	-	1
Current assets/(liabilities)	50,706	3,657	51,751
	<u>50,707</u>	<u>3,657</u>	<u>51,752</u>

16 Related party transactions

Transactions with related parties

During the year the charity entered into the following transactions with related parties:

	Purchase of goods and services	
	2021 £	2020 £
Frank Taylor & Associates Limited	12,769	12,896
	<u>12,769</u>	<u>12,896</u>

The property from which the activities of the charitable company (and its subsidiary) are undertaken, is owned by Acton & Strevens Pension Fund via Rowanmoor. Frank Taylor & Associates holds the head lease & sub leases. Mr C Strevens, who is a director of the charitable company, is one of four directors of Frank Taylor & Associates Limited.

The charitable company is paying an annual rent of £11,790 on the property. The open market rental value of this property is considered to be £22,000 per annum.

As at 31 March 2021 Alternatives Trading Limited, which is a wholly owned subsidiary of Alternatives, owed the charity £563 (2020: £5,297).

