

INVOLVE NORTH EAST

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2025

Charity Number 1116182
Company number 05899382

**Involve North East
(A company limited by guarantee)**

**Trustees' Report
For the Year Ended 31 March 2025**

The trustees, who are also directors of the charitable company for the purposes of company law, submit their annual report and the financial statements of Involve North East (the charitable company) for the year ended 31 March 2025.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Articles of Association, and the 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

Policies and objectives

Involve North East's objects are the promotion and protection of the good health of the inhabitants of North East England. It does this by seeking to put patients, carers and the public at the heart of health and social care services.

Involve North East has 5 strategic objectives that were agreed by the Board. These are:

Objective 1: Gather community intelligence about health, wellbeing and social care services;

Objective 2: Use community intelligence to influence relevant commissioning and service plans;

Objective 3: Build effective working relationships with relevant partners and organisations;

Objective 4: Present information in simple, accessible and easily understood formats (e.g. from commissioners);

Objective 5: Train people with responsibility for involvement in best practice methods and techniques;

These objectives are met through a variety of activities and initiatives, including: organising and facilitating consultation events and research activities with members of the public, producing newsletters and other information bulletins, identifying areas where the needs of the population are not met by current services and therefore promoting the need for change and, identifying and promoting shared issues and trends within community health. We also deliver training to enable people to lead healthier lives, access health related services and to advocate for themselves and their communities in doing so. Over recent years we have made increasing use of digital technologies and online media to achieve our objectives, for example through projects such as English for Health and Student GP Registration.

Public benefit

We operate a hybrid working model i.e. staff work both in the office and at home throughout the week. As many organisations now do the same, interactions with them and their beneficiaries also follow a hybrid model. Through a mixture of face-to-face and online meetings, digital platforms and the telephone Involve North East (INE) has worked closely with members of the public, service users, community groups, voluntary community and social enterprise (VCSE) sector partners, commissioners, providers and others to ensure the voice of service users is listened to and acted upon in decisions made about the healthcare services they receive.

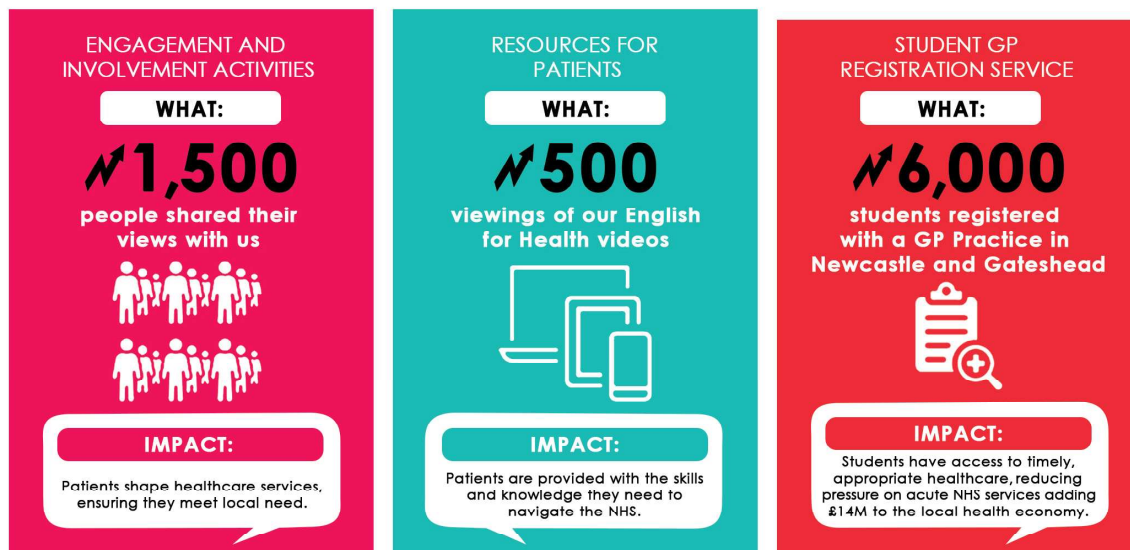
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INE is committed to tackling health inequalities and improving the overall health of the population in North East England. A significant part of our outreach is with people from disadvantaged backgrounds and people who typically find it hard to engage in decisions made about the health and social care services they receive. This relates to our strategic objectives of ensuring that the most excluded from mainstream society are given a voice in the planning and delivery of health and social care. As part of our delivery of the Engagement Service contract for NHS North East & North Cumbria Integrated Care Board (NENC ICB) Newcastle and Gateshead Place, we have been working closely with charities and community groups to better understand the needs of their service users from marginalised communities, to ensure we find the best way to include them and their views as part of our work.

ACHIEVEMENTS AND PERFORMANCE

Key figures



Introduction

In line with our business development aspirations, our aim has been to increase and diversify our non-contracted work. We knew that our skillsets and experience meant we could deliver high quality service evaluations and that as long as these helped and supported the wellbeing of people living in North East England, we would be fulfilling our charitable aims.

A good example of this is our work with Gateshead NHS Foundation Trust on the Women's Health Hub evaluation. You'll see from this project and the others we've summarised just how much our work is focussed on community issues, right in the heart of the neighbourhoods. Meeting with local people and the staff who work to support them across a range of organisations keeps our work grounded in the day-to-day experiences of people in the North East.

Highlights of the year's activities

Below are a few of the headline projects we've undertaken over the last twelve months that give a flavour of the wide-ranging portfolio of activities we're involved in and their impact on the people of the North East.

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Getting Help: Informing the Redesign of Children and Young People's Counselling Services

As part of ongoing efforts to improve access to mental health support for children and young people in Newcastle and Gateshead, Involve North East was commissioned to gather community feedback to inform a new service specification for the 'Getting Help' counselling service. This service forms a key element of the wider emotional wellbeing and mental health system, offering early intervention through counselling following referral and triage.

Building on years of engagement in this area, our work sought to evaluate how the existing service was perceived and what improvements could make it more accessible, relevant, and effective for those who use it. We designed and delivered two online surveys targeting young people and parents/carers. To supplement the quantitative findings, we conducted focus groups and interviews, which provided deeper insight into lived experiences and expectations. We are especially grateful to Gateshead Parent Carer Forum and Gateshead Young Inspectors for contributing their perspectives during dedicated engagement sessions.

The findings revealed several consistent themes. Many participants highlighted a general lack of awareness around the current service. Respondents requested more transparent and accessible information on what the service offers, how to access it, who is eligible, and the likely waiting times involved.

When considering the format of future provision, participants favoured a more holistic and flexible model of care. While counselling and structured therapeutic support were seen as vital, there was strong appetite for complementary, non-clinical approaches. Suggestions included creative therapies such as music and art, as well as opportunities for physical activity and outdoor engagement - approaches that many young people felt would support confidence, self-esteem and resilience.

Accessibility emerged as a priority theme. Participants emphasised the need for services that are timely, culturally aware, and available in a range of familiar and inclusive venues. Involvement of parents and carers was also seen as an important component of support.

Based on this feedback, Involve North East developed a series of recommendations for commissioners. These were shared with NHS North East and North Cumbria Integrated Care Board (NENC ICB) to support the development of a revised service specification. The updated specification is expected to inform a future commissioning round and will help shape a more responsive, inclusive and effective service for local children and families.

This project reinforces our ongoing commitment to ensuring that children, young people, and their families are central to the design of services that affect them.

Co-designing Autism Support Services in Tees Valley

About 1 in 100 people in the UK are estimated to be autistic, with at least 700,000 autistic adults and children living here. The true number may be even higher due to underdiagnosis, especially in women and older adults. Autism spectrum disorder (ASD) involves different ways of seeing and responding to the world, including challenges with social situations, a need for routine, intense interests, and sensory sensitivities. These can create a range of complex challenges for people with the condition and so there is a need for timely and effective support.

Approximately 5,000 autistic people live in Tees Valley, with an additional 1,400 awaiting autism assessments. To address their needs, NHS North East and North Cumbria Integrated Care Board (NENC ICB) planned to commission two new services: pre-assessment support for those waiting and post-diagnostic support for autistic individuals.

To design these services, a survey and focus groups were conducted, and we gathered input from over 100 participants. This process was supported by Rose Matthews, an experienced autism researcher and associate of INE.

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Our finding fell into two categories: pre and post-assessment. People waiting for an autism assessment told us they would like to receive regular updates on their position in the waiting list and clear initial information about the process. They wanted help with accessing services and flexible options for doing so. In addition, they highlighted the need for clear guidance on what is available and help with coping mechanisms while they wait.

One quote from a participant underscored the importance of a tailored approach, "A video tour of the building...little details that I don't know can cause anxiety."

From those who have received their diagnosis we learned that their key priorities included support in terms of the emotional impact of processing the diagnosis. They wanted help navigating education, employment and benefits systems, including with the sensory challenges of completing forms also featured in their responses. We were told that there is a need for more information to build self-understanding and help with developing effective coping strategies. Participants stressed the need for flexible, individualized approaches, "Support should be tailored to the person rather than a 'one size fits all'...home visits should be offered as the outside world [for me] involves too much sensory overload."

The findings of this important project helped to inform a tender specification released in October 2024 with a new, needs-led service launched in April 2025.

Gateshead Women's Health Hub

Improving women's health is a collective ambition across Gateshead Place. One of Gateshead Cares (local NHS organisations, Gateshead Council, and voluntary and community sector organisations) strategic intentions is to become a Northern Centre of Excellence for Women's Health.

The development of a women's health hub in Gateshead was underpinned by several key documents, including The 'Women's Health Strategy' (2022). The strategy's 10-year ambitions are that women and girls have more of their health needs met at one time and in one place, that they can access services that meet their needs throughout their lives, and the approach to delivering these services are designed and delivered around their needs, not those of commissioners.

At a local level, Gateshead's Director of Public Health's Annual Report 'Mind the Gap' (2022) focused on women and health inequalities. Mirroring the findings of the Women's Health Strategy it highlighted that although women live on average 4.2 years longer than men, they do so in poorer health. This is caused by a range of factors "created by systemic, historic and social bias that place women and girls within cycles of disadvantage." The report called for 'conditions that enable women and girls to reach their full potential' including addressing female-specific health and care needs.

Gateshead Cares was successful in bidding for £250,000 funding from NHS North East and North Cumbria Integrated Care Board (NENC ICB) to develop a women's health hub in Gateshead. The hub and spoke model addresses fragmentation in service delivery with the aim of improving access, experiences, and outcomes. The aim, therefore, has been to enable women to get more of their health needs met at one time, with less need for appointments in different places. INE were tasked with researching and delivering a detailed evaluation of the hub to determine how well it had achieved its aims and where any improvements could be made.

Whilst acknowledging that the hub is still in its development phase, we found there is clear evidence that change across the system is occurring, underpinned by a passionate and focussed Oversight Group. Breaking down organisational barriers to understand need, provision and ultimately what is required across Gateshead, the hub and spoke model, supported by outreach services, is providing women with a range of ways to receive support for a variety of health issues based on one appointment.

The key highlight of our five pages of recommendations is that this highly successful approach should be used as a framework for future system-wide transformation change projects. As one patient told us, "I was made to feel so comfortable. Thank you. Amazing service and lovely staff."

PLANS FOR FUTURE PERIODS

Most would agree that the healthcare system in the UK is facing its share of challenges. A lack of sustained investment and workforce issues have had a knock-on effect on services and patient wait times. Against this backdrop, the potential for commissioned healthcare research has declined and seems set to reduce further. In response, the need for planned business development has become a priority for us and we have set aside resources and engaged expert support to help.

Our portfolio consists mainly of qualitative research within the healthcare sector but recently we've been exploring work that has a wider public benefit in terms of wellbeing. Poverty, housing and access to services are key challenges that affect communities and those living within them. These and other issues are tied into the health and wellbeing of residents across our area, so understanding them better is very much in tune with our charitable objects.

With a practical action plan in place, we've been exploring what we can offer to a wider cross-section of organisations that help people in our region. Almost thirty years of experience in speaking to patients, carers and staff in a healthcare setting have given us a good understanding of the communities with whom we've been engaging. Our success comes from our approach: understanding what we need to know, working out the best way to find that out, listening to the people affected and extracting from those conversations the feedback and knowledge we need for our research. Lastly, we combine all of that into a clear, concise report with a host of key recommendations based on what we've discovered.

We know it works because we've been doing it successfully and to the highest standard for decades. Our findings have helped transform and shape the healthcare services that people use every day. Our independence means that commissioners always get the truth which underlies surface issues.

In 2025 we are welcoming in a host of new organisations, engaging us to speak to the people they care about. We're excited by the fresh opportunities that await us.

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**Trustees' Report
For the Year Ended 31 March 2025**

REFERENCE AND ADMINISTRATIVE INFORMATION

| | |
|-----------------------------|--|
| Company number | 05899382 |
| Charity number | 1116182 |
| Trustees | Lynda Cox (Chair) Stephen Telford Niamh Storey Neina Sheldon Andrea Fairley Jennifer Johnson Jennifer Harrison (resigned July 2024) Pasha Tanriverdi (appointed January 2025) |
| Company secretary | Sandra Lambrou |
| Chief Executive | AJ White |
| Registered office | Carnegie Building Atkinson Road Newcastle upon Tyne NE4 8XS |
| Independent examiner | Jim Dodds 33 The Glebe Stannington Morpeth Northumberland NE61 6HW |
| Bankers | Unity Trust Bank 9 Brindley Place Birmingham B1 2HB |
| Solicitors | David Gray Old County Court 56 Westgate Road Newcastle upon Tyne NE1 5XU |

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational Structure

Involve North East has a Board of six members who meet at least six times each year. The Board brings expertise from a wide range of professional backgrounds. Their principal role is to:

- Ensure that Involve North East has a clear vision and strategy for the future
- Support the Chief Executive and staff team
- Monitor the performance of the organisation against its strategy and plans

Financial management of the organisation is the responsibility of all trustees, who go through the financial reports and cash flow projections at Board meetings. Nominations and remuneration are reviewed by the Board on an annual basis.

Governing Documents

The charitable company is registered as a charity and a company limited by guarantee and is governed by its Articles of Association.

Method of Appointment or Election of Trustees

The trustees are elected from the membership of Involve North East. Any member of the charitable company can nominate himself or herself to the Board of Trustees. Those elected then agree the position of Chair and other officers.

Policies adopted for the induction and training of Trustees

All newly appointed trustees are given an induction pack including key information on the roles and responsibilities of trustees, the most recent Annual Report and financial statements, a history of the charitable company and an indication of the forthcoming trustees' meetings. All trustees are offered the opportunity to attend training courses run by VCSE support organisations such as Connected Voice.

Human Resources

The staff team consists of:

- Chief Executive
- Involvement and Engagement Coordinator
- Research and Communications Coordinator
- Involvement and Engagement Officer

All staff members have taken part in regular team and line management meetings to ensure delivery against plans and targets. A range of training and professional development opportunities were made available to staff during the year.

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Information Technology

Our IT infrastructure involves the use of a secure online file sharing system using Microsoft Sharepoint. Fully password protected, this can be accessed both in the office and when working remotely. Post Covid the decision was taken to adopt a 'hybrid' working model. For part of the week the team are office based and on other days work remotely from home. As well as anti-virus software, each of our laptops has been fully encrypted to provide an additional level of security. Team members have their own workspace on Sharepoint as well as access to areas required for their work. Access to HR and finance records is restricted to the Chief Executive.

Having undertaken training and advice we are fully compliant with the NENC ICB's Information Governance policies and systems and with GDPR legislation. We have successfully completed and published the Information Governance Toolkit assessment summary in line with NHS supplier requirements.

Our website www.involvene.org.uk is kept up to date with our latest reports and news. Our team has the necessary skills and experience to carry out updates and add to the website content as our requirements demand. We make use of email newsletters and social media such as Bluesky and LinkedIn to promote our work and to highlight forthcoming events and activities. Our digital portfolio includes a bespoke website for online GP registration for students, training and resource videos for the public, and interactive Zoom sessions, making our support and engagement more accessible.

Risk management

The Board is responsible for the management of the risks to which the Charity is exposed. A risk register is produced which considers financial, governance and delivery risks, and this is reviewed at least twice each year. For each risk the register identifies:

- Initial risk assessment in terms of impact and likelihood
- Initial risk rating
- Counter measures
- Responsibility / ownership
- Timescale
- Amended risk assessment in terms of impact and likelihood
- Amended risk rating

Through the counter measures put in place in the risk register and the regular reviews and updates, the Board is satisfied that the major risks identified have been adequately mitigated. It is recognised that this approach can only provide reasonable but not absolute assurance that major risks have been adequately managed.

In addition, the trustees operate an annual rolling programme to review all internal policies and procedures on a regular basis. The trustees have a Gifts and Hospitality policy, requiring all offers of gifts or hospitality worth more than £25 and related to the work of Involve North East to be registered. A central register of such offers is held alongside the Register of Interests.

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Trustees' Report
For the Year Ended 31 March 2025

FINANCIAL REVIEW

Review of the year

The results for the year and the company's financial position at the end of the year are shown in the attached financial statements.

During the year the Charity had income of £123,034 (2024: £128,947) and expenditure of £140,248 (2024: £141,878). There was an operating deficit of -£17,214 (2024: deficit -£12,931).

At 31 March 2025 the Charity had net assets of £160,810 (2024: £178,024), analysed in the balance sheet set out on page 13.

Budgets are set annually by the Board and performance against the budget is monitored by the trustees at each meeting.

Reserves policy

The trustees have agreed a policy of maintaining unrestricted reserves at a level which would cover operating costs for up to 6 months. This figure is reviewed annually, due to changing staffing and premises liabilities, and currently stands at £59,782. The unrestricted reserves were £160,810 at 31 March 2025, resulting in a current surplus of £101,028.

Investment policy and performance

The Trustees have determined to hold all unutilised balances on deposit with Nationwide Building Society and Unity Trust Bank Plc for the time being.

Principal funding

The principal funding of the charitable company during the year was from NHS North East and North Cumbria Integrated Care Board (NENC ICB). The charitable company is in the sixth year of our funding agreement under the NHS Standard Contract for the provision of the Engagement Service until March 2025, as part of an agreed twelve month extension to the original contract.

Pension

One staff member at Involve North East was a member of the Tyne and Wear Local Government Pension Scheme. A number of years ago the Trustees decided to close this scheme to new applicants. Alternative arrangements for new staff members have been made with the Pension Trust.

Involve North East has a subsumption agreement in place with Newcastle City Council for any deficit that may arise on termination of the Tyne and Wear pension scheme (see note 19). This agreement effectively means that the charity has no financial pension risk in the event of closure.

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Pay policy for senior staff

Involve North East's pay structure references the National Joint Council for Local Government Services' salary scales, which are nationally recognised pay scales used by a number of organisations including local authorities.

All trustees give their time freely and no trustee received remuneration in the year.

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report was approved by the Trustees on: 3 November 2025 and signed on their behalf by:

Lynda Cox
Chair



INVOLVE NORTH EAST

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2025

I report on the financial statements of Involve North East for the year ended 31 March 2025, which are set out on pages 12 to 21.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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 accounts to be reached.

Jim Dodds
33 The Glebe
Morpeth
Northumberland
NE61 6HW



Date: 3 November 2025

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STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2025

| | Notes | Unrestricted Funds £ | Restricted Funds £ | Total 2025 £ | Total 2024 £ |
|---|-------|----------------------------|--------------------------|--------------------|--------------------|
| <u>Income from:</u> | | | | | |
| Charitable activities | | | | | |
| Grants and contracts | 6 | 120,056 | - | 120,056 | 126,815 |
| Investments | 7 | 2,978 | - | 2,978 | 2,132 |
| Total income | | 123,034 | - | 123,034 | 128,947 |
| <u>Expenditure on:</u> | | | | | |
| Charitable activities | | | | | |
| Operation of the charity | 8 | 140,248 | - | 140,248 | 141,878 |
| Total expenditure | | 140,248 | - | 140,248 | 141,878 |
| Net income/(expenditure) and net movement of funds | | (17,214) | - | (17,214) | (12,931) |
| <u>Reconciliation of funds</u> | | | | | |
| Total funds brought forward | | 178,024 | - | 178,024 | 190,955 |
| Total funds carried forward | | 160,810 | - | 160,810 | 178,024 |

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 14 to 21 form an integral part of these accounts.

BALANCE SHEET

As at 31 March 2025

| | Notes | £ | Total 2025 £ | £ | Total 2024 £ |
|---|-------|-------------------|--------------------|------------------|--------------------|
| <u>Fixed assets</u> | | | | | |
| Tangible assets | 14 | | - | | - |
| Total fixed assets | | | - | | - |
| <u>Current assets</u> | | | | | |
| Debtors | 15 | 22,072 | | 11,982 | |
| Cash at bank and in hand | 16 | 164,717 | | 171,211 | |
| Total current assets | | 186,789 | | 183,193 | |
| Creditors: amounts falling due within one year | 17 | (25,979) | | (5,169) | |
| Net current assets | | | 160,810 | | 178,024 |
| Total assets less current liabilities | | | 160,810 | | 178,024 |
| Total net assets or liabilities | | | 160,810 | | 178,024 |
| <u>Funds of the charity</u> | | | | | |
| Unrestricted income funds | | | 160,810 | | 178,024 |
| Restricted income funds | | | - | | - |
| Total funds | | | 160,810 | | 178,024 |

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 14 to 21 form an integral part of these accounts.

These financial statements were approved by the Board on: 3 November 2025

and are signed on its behalf by:

Lynda Cox
Chair

Lynda Cox

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The 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 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Involve North East meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year end of £160,810 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

3.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

3.7 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of consulting with local communities on health issues and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

| | |
|-------------------------------|-------------------|
| Fixtures and fittings | 15% Straight line |
| Office and computer equipment | 25% Straight line |

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

Analysis of income

| | Unrestricted Funds | Restricted Funds | Total 2025 | Total 2024 |
|----------------------------------|-----------------------|---------------------|-----------------------|----------------|
| | £ | £ | £ | £ |
| 6 Charitable activities | | | | |
| <u>Income from contracts</u> | | | | |
| NHS Newcastle Gateshead CCG | 91,401 | - | 91,401 | 90,856 |
| Student GP registration | 16,155 | - | 16,155 | 16,869 |
| Commissioned activities/training | 7,500 | - | 7,500 | 14,090 |
| Other | 5,000 | - | 5,000 | 5,000 |
| | <u>120,056</u> | <u>-</u> | <u>120,056</u> | <u>126,815</u> |
| 7 Income from investments | | | | |
| Interest - deposits | 2,978 | - | 2,978 | 2,132 |
| | <u>2,978</u> | <u>-</u> | <u>2,978</u> | <u>2,132</u> |

Income was £123,034 (2024: £128,947) of which £123,034 was unrestricted or designated (2024: £128,947) and £0 was restricted (2024: £0)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

Analysis of expenditure on charitable activities

| | Unrestricted Funds £ | Restricted Funds £ | Total 2025 £ | Total 2024 £ |
|---|----------------------------|--------------------------|-----------------------|--------------------|
| 8 Charitable activities | | | | |
| <u>Direct costs</u> | | | | |
| Wages and salaries | 105,882 | - | 105,882 | 106,859 |
| Event costs | 216 | - | 216 | 1,653 |
| Staff other costs | 203 | - | 203 | 1,106 |
| Printing, postage, stationery & equipment | 1,660 | - | 1,660 | 1,245 |
| Insurance | 798 | - | 798 | 800 |
| Website development | 320 | - | 320 | 320 |
| Legal and professional | 8,884 | - | 8,884 | 8,887 |
| Marketing and promotion | 4,049 | - | 4,049 | 4,548 |
| <u>Support costs</u> | | | | |
| Premises costs | 7,554 | - | 7,554 | 6,157 |
| Staff training costs | 557 | - | 557 | 999 |
| Equipment | 125 | - | 125 | 683 |
| IT maintenance and support | 4,131 | - | 4,131 | 3,727 |
| Communication costs | 1,552 | - | 1,552 | 1,291 |
| Subscriptions | 195 | - | 195 | 574 |
| Bank charges | 143 | - | 143 | 141 |
| Sundries | - | - | - | 39 |
| Business development | 2,697 | - | 2,697 | 490 |
| Depreciation | - | - | - | 69 |
| <u>Governance costs</u> | | | | |
| Independent examiner's fees for reporting on the accounts | 1,230 | - | 1,230 | 1,230 |
| Annual report and AGM and meeting costs | 52 | - | 52 | 1,060 |
| | <u>140,248</u> | <u>-</u> | <u>140,248</u> | <u>141,878</u> |

Expenditure on charitable activities was £140,248 (2024: £137,878) of which £140,248 was unrestricted or designated (2024: £137,878) and £0 was restricted (2024: £0)

9 Fees for examination of the accounts

| | 2025 £ | 2024 £ |
|---|---------------------|--------------|
| Independent examiner's fees for reporting on the accounts | 1,230 | 1,230 |
| | <u>1,230</u> | <u>1,230</u> |

There were no other fees paid to the examiner (2024: £nil)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

10 Analysis of staff costs and the cost of key management personnel

| | 2025 £ | 2024 £ |
|---|----------------|----------------|
| Salaries and wages | 91,863 | 93,729 |
| Social security costs | 7,451 | 7,513 |
| Pension costs (defined contribution pension plan) | 6,568 | 5,617 |
| | <u>105,882</u> | <u>106,859</u> |

No employee received remuneration above £60,000 (2024: £nil)

The key management personnel of the charity, comprise the Trustees and the Chief Executive Officer. The total employee benefits of the key management personnel of the charity were £20,579. (2024: £20,234)

11 Staff numbers

The average monthly head count was 4 staff (2024: 4 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

| | 2025 Number | 2024 Number |
|---|----------------|----------------|
| The parts of the charity in which the employee's work | | |
| Charitable activities | 3.2 | 3.2 |
| | <u>3.2</u> | <u>3.2</u> |

12 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

The following detail the expenses incurred by one trustee.

| | 2025 £ | 2024 £ |
|----------|-----------|-----------|
| Expenses | 52 | - |
| Training | - | 25 |
| | <u>52</u> | <u>25</u> |

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

13 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

| | Fixture and fittings £ | Office equipment £ | Total £ |
|--|---------------------------|-----------------------|--------------|
| 14 Tangible fixed assets | | | |
| Cost | | | |
| Balance brought forward | 158 | 9,546 | 9,704 |
| Additions | - | - | - |
| Disposals | - | - | - |
| Balance carried forward | 158 | 9,546 | 9,704 |
| Depreciation | | | |
| Basis | SL | SL | |
| Rate | 15% | 25% | |
| Balance brought forward | 158 | 9,546 | 9,704 |
| Depreciation charge for year | - | - | - |
| Disposals | - | - | - |
| Balance carried forward | 158 | 9,546 | 9,704 |
| Net book value | | | |
| Brought forward | - | - | - |
| Carried forward | - | - | - |
| 15 Debtors and prepayments (receivable within 1 year) | | | |
| | 2025 | 2024 | |
| | £ | £ | |
| Trade debtors | 21,600 | 9,010 | |
| Accrued income | - | 2,500 | |
| Prepayments | 472 | 472 | |
| | 22,072 | 11,982 | |
| 16 Cash at bank and in hand | | | |
| | 2025 | 2024 | |
| | £ | £ | |
| Short term deposits | 137,272 | 134,297 | |
| Cash at bank and in hand | 27,445 | 36,914 | |
| | 164,717 | 171,211 | |
| 17 Creditors and accruals (payable within 1 year) | | | |
| | 2025 | 2024 | |
| | £ | £ | |
| Trade creditors | 366 | 215 | |
| Taxation and social security | 1,717 | 2,090 | |
| Accruals | | | |
| Independent examination of accounts | 1,230 | 1,230 | |
| Other accruals | 99 | 885 | |
| Deferred income | 21,600 | - | |
| Other creditors | 967 | 749 | |
| | 25,979 | 5,169 | |

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For the year ended 31 March 2025

18 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

| | 2025 |
|---|---------------|
| | £ |
| Balance brought forward | - |
| Amount released to income earned from charitable activities | - |
| Amount deferred in year | 19,100 |
| Balance carried forward | 19,100 |

19 Pension commitments

Tyne and Wear Pension Fund

Involve North East staff participated in the Tyne and Wear Pension Fund, which has now been closed. This is a multi-employer defined benefit scheme.

The scheme is accounted for as a defined contribution scheme as the future service accrual contribution rate is assessed on a "grouped" basis and therefore it is not possible to identify the share of underlying assets and liabilities belonging to individual participating employers. The amount recognised as an expense in the period was £1,834 (2024: £1,758). There were 1 (2024: 1) employee participating in the scheme during the year.

An amount of £666.61 (2024: £300) was outstanding at the year end.

There is an agreement in place with Newcastle City Council which guarantees they will pay any deficit that may arise on the termination of the pension scheme.

Pension Trust

The charity operates a defined contribution pension plan for its employees. The amount recognised as an expense in the period was £3,232 (2024: £2,426).

There was no liability due to the pension provider at the 31 March 2025 (2024: £nil).

Scottish Equitable

The charity operates a defined contribution pension plan for its employees. The amount recognised as an expense in the period was £1,463 (2024: £1,397).

There was a liability of £300 due to the pension provider at the 31 March 2025 (2024: £276).

20 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

21 Analysis of charitable funds**Analysis of movements in unrestricted funds**

| | Fund balances brought forward £ | Incoming resources £ | Resources expended £ | Transfers £ | Fund balances carried forward £ |
|---------------------------|--|-------------------------------------|-------------------------------------|------------------------|--|
| Unrestricted funds | | | | | |
| General unrestricted fund | 178,024 | 123,034 | (140,248) | - | 160,810 |
| Totals | 178,024 | 123,034 | (140,248) | - | 160,810 |

Purpose of unrestricted funds

General unrestricted fund The 'free reserves' of the charity.

22 Capital commitments

As at 31 March 2025, the charity had no capital commitments (2024 -£nil)

23 Analysis of net assets between funds 2025

| | Unrestricted Funds £ | Restricted Funds £ | Total 2025 £ |
|--|-------------------------------------|-----------------------------------|-----------------------------|
| Cash at bank and in hand | 164,717 | - | 164,717 |
| Other net current assets/(liabilities) | (3,907) | - | (3,907) |
| | 160,810 | - | 160,810 |

Analysis of net assets between funds 2024

| | Unrestricted Funds £ | Restricted Funds £ | Total 2024 £ |
|--|-------------------------------------|-----------------------------------|-----------------------------|
| Cash at bank and in hand | 171,211 | - | 171,211 |
| Other net current assets/(liabilities) | 6,813 | - | 6,813 |
| | 178,024 | - | 178,024 |