

CYGNUS SUPPORT LIMITED

ACCOUNTS

2023

Cygnus Support Limited
(A company limited by guarantee and not having a share capital)

Company No: 5987640

Charity No: 1119121

REPORT AND ACCOUNTS

for the year ended 31 March 2023

NICKALLS ACCOUNTANTS LTD
Amble
Northumberland

CYGNUS SUPPORT LIMITED

CONTENTS

Page	
1	Company Information
2 - 5	Management Committee's Annual Report
6	Statement of Management Committee's Responsibilities
7	Independent Examiners Report
8	Consolidated Statement of Financial Activities
9	Balance Sheet
10 - 15	Notes to the Accounts

CYGNUS SUPPORT LIMITED

COMPANY INFORMATION

INCORPORATION:

The company was incorporated under the Companies Act 1985, in England and Wales, on 3 November 2006, and the registered number is 5987640.

OFFICERS:

S Abernethy
HJ Tucknott
Dr GB Fraser
C Telford
D Quinn
K Hussain

REGISTERED OFFICE:

1 Council Road
Ashington
Northumberland
NE63 8RZ

BUSINESS ADDRESS:

1 Council Road
Ashington
Northumberland
NE63 8RZ

ACCOUNTANTS

Nickalls Accountants Ltd
4 Bridge Street
Amble
Northumberland
NE65 0DR

BANKERS:

Lloyds Bank plc
Blandford Place
6 Market Place
Blandford Forum
Dorset
DT11 7EE

CYGNUS SUPPORT LIMITED
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

The trustees submit their annual report and unaudited financial statements for the year ended 31 March 2023. The trustees have adopted the provisions of the Companies Act 2006 and the Statement of Recommended Practice (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)” effective 1 January 2019.

STATUS

The company is limited by members guarantee and does not have share capital.

GOVERNING INSTRUMENT AND CONSTITUTION

The company is governed by its Memorandum and Articles of Association.

PRINCIPAL OBJECTS

The principal objects of the company are as follows:-

- To preserve and protect the good physical and mental health of children, women and men; and
- To advance the education of such children, women and men about all matters concerning their health.

REVIEW OF PROGRESS

Chair’s introduction

This is my second financial year as Chair—and it has been another busy and successful year for Cygnus Support as we have again increased the depth and scope of services that we deliver. This has included piloting new approaches and innovating to meet the needs of the communities that we serve. It has been a year where we have been able to help more people than ever before.

As we continue to emerge into the new post-Covid world we still see the enduring negative impact that the Pandemic and ‘Lockdowns’ have had on people’s mental health & wellbeing.

The cost-of living crisis too, continues to loom large for many, and compounds the issues that they face in their daily lives—eroding their resilience and making it difficult to cope emotionally.

Unsurprisingly in this climate of adversity and uncertainty we have seen a continued growth of referrals into our services.

It is in the context of these challenges that I would like to extend my thanks to Andy Watmough, our CEO, and his team of paid staff and volunteers for all their hard work and commitment to maintaining, delivering, and expanding our offer of services for communities across Northumberland. My thanks also to each of my Board colleagues for their support to the organisation through what has been another busy twelve months for everyone.

Review of progress

Like many organisations the Covid pandemic challenged us to innovate and to explore ways of working differently to meet the changing needs of our clients. Although the Covid pandemic is now less of a concern, we have chosen to incorporate some of that innovation into our current and future delivery. For example, our blended counselling model incorporates face-to-face and remote (telephone and digital platform) options that we tailor to meet specific client needs, and which enable us to help more people.

CYGNUS SUPPORT LIMITED
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

Review of progress (contd)

We have been grateful for the continued support of our existing funders including: The Clinical Commissioning Group – for whom we have delivered the Trailblazers Young Peoples Mental Health Awareness Raising project, a General Counselling Service, and the new Bereavement Counselling Service; and The Office of Police & Crime Commissioner and Ministry of Justice – who have funded our Domestic Abuse Counselling. We also entered the final phase of the European Social Fund and The National Lottery Community Fund funded Bridge Northumberland employability project – where, working as one of several partners, we were responsible for providing the counselling and coaching elements.

In addition we have had success in securing new grants and commissions from a range of funders including: Northumberland County Council for whom we deliver domestic abuse counselling as part of the Northumberland Integrated Domestic Abuse Partnership; Sir James Knott Trust and The Willan Charitable Trust who supported us to employ a dedicated Young Persons Counsellor; North of Tyne Combined Authority who funded our Young Persons Employability Mentoring pilot; and Dukes School for whom we provide a school counselling service.

Our collaborative partnership with Wansbeck Primary Care Network continues to grow and we have created a new post of Wansbeck Community Wellbeing Manager who heads up that team and our wider work with Wansbeck communities, and we are in the process of extending the Community Link Work Team to 6.

We appreciate the support and funding from all our partners, without this we would not have been able to deliver vital services including:

Counselling:

- 1,190 referrals for counselling (An increase of 18.9% compared to last year.).
- 1,172 clients received individual assessment and counselling sessions (an increase of 22.3% on last yr.).
- 5,274 individual assessment and counselling sessions offered (An increase of 14.3% on last yr)
- Engaging and supporting 19 volunteers, who contributed to delivery of our services.

Social Prescribing:

- 744 patients supported, addressing non-medical issues that may impact on their health & wellbeing (An increase of 4.0% on last year, and 15.7% higher than last year's target.).

We have extended our contacts with other organisations over the year and have grown relationships with North East & North Cumbria Integrated Care Board, Northumberland County Council, Northumberland VCSE Health and Wellbeing Network, Social Prescribing Network, Recovery College, and Thriving Together.

The Board of Trustees continues to ensure that the charity applies for funding from grant-making bodies that meet with our strategic objectives and charitable aims.

CYGNUS SUPPORT LIMITED
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

Our Team:

Our service is entirely dependent on our paid staff and volunteers. Currently, as well as our CEO, Counselling Manager and Wansbeck Community Wellbeing Manager, we employ 16 paid staff (in full and part time roles) to deliver our range services that offer counselling and other mental health & wellbeing support. We also regularly work with 5 Associate Counsellors and are supported by 19 Volunteer Counsellors. Functions including HR, IT, and Finance are outsourced via a range of specialist partners with whom we have established relationships.

Our Board of Trustees are all volunteers who have also given extra time over this year. We continue to seek to recruit additional Trustees to broaden the base of knowledge and experience and have been pleased welcome Beverley Gray who has joined us as a Trustee (appointee) this year.

REVIEW OF RESULTS AND RESERVES

The surplus/(deficit) for the period has been debited to reserves as follows:

		2023 £	2022 £
Unrestricted funds		31,501	19,798
Restricted funds		(40,454)	(81,440)
		<u>(8,953)</u>	<u>(61,642)</u>
Total reserves carried forward at 31 March 2023 are:			
Unrestricted funds	Designated funds	20,537	13,537
	Undesignated funds	99,490	74,989
		<u>120,027</u>	<u>88,526</u>
Restricted funds		31,765	72,219
		<u>151,792</u>	<u>160,745</u>

CYGNUS SUPPORT LIMITED
TRUSTEES ANNUAL REPORT (contd)
FOR THE YEAR ENDED 31 MARCH 2023

RESERVE POLICY

The trustees policy is to establish unrestricted reserves sufficient to cover running costs for several months ahead, and the emphasis is on a continual process of careful financial management, and to invest reserves to optimise income wherever possible.

Research into future means of generating unrestricted reserves will also continue.

POLICY FOR MONITORING AND REVIEW

The level of reserves will be monitored along with the on-going financial affairs of the organisation on a monthly basis, supplemented by annual reviews to ensure the overall level of reserves continues to meet the needs of the organisation.

The above report has been approved by the Trustees and signed on it's behalf.



K Hussain

29 November 2023

CYGNUS SUPPORT LIMITED

STATEMENT OF MANAGEMENT COMMITTEE'S RESPONSIBILITIES FOR THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

The Board of Trustees, who are also the directors of Cygnus Support Limited for the purpose of company law, are responsible for preparing the 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 accounts for each financial year which give a true and fair view of the state of affairs of the company as at the end of that year and of the surplus or deficit of the company for that period. In preparing those accounts the trustees are required to:

- i) select suitable accounting policies and then apply them consistently;
- ii) make judgements and estimates that are reasonable and prudent;
- iii) state whether applicable accounting standards have been followed;
- iv) state whether applicable statements of recommended practice have been followed; and
- v) prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue its activities.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and which enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 29 November 2023 and signed on its behalf by:



K Hussain

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED FINANCIAL
STATEMENTS OF CYGNUS SUPPORT LIMITED
FOR THE YEAR ENDED 31 MARCH 2023**

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2023, which are set out on pages 7 to 13.

Responsibilities and basis of report

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

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

Independent examiner's report

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

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:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those accounting records; or
- the accounts 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
- the accounts 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 accounts to be reached.



DGS Nickalls FCA
Nickalls Accountants Ltd
4 Bridge Street
Amble
NE65 0DR

Date: 29 November 2023

CYGNUS SUPPORT LIMITED

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
INCOMING RESOURCES				
<i>Incoming resources from generated funds</i>				
Donations and small grants	728	-	728	1,224
<i>Activities for generating funds</i>				
Trading operations	30,838	-	30,838	-
Rental income	-	-	-	-
Interest received	201	-	201	14
<i>Incoming resources from charitable activities</i>	-	509,534	509,534	427,763
TOTAL INCOMING RESOURCES	<u>31,767</u>	<u>509,534</u>	<u>541,301</u>	<u>429,001</u>
RESOURCES EXPENDED				
Costs of generating funds	266	545,174	545,440	487,284
Governance costs	-	4,814	4,814	3,359
TOTAL RESOURCES EXPENDED	<u>266</u>	<u>549,988</u>	<u>550,254</u>	<u>490,643</u>
NET INCOMING/OUTGOING) RESOURCES BEFORE TRANSFERS	31,501	(40,454)	(8,953)	(61,642)
TRANSFER BETWEEN FUNDS	-	-	-	-
NET MOVEMENT IN FUNDS	<u>31,501</u>	<u>(40,454)</u>	<u>(8,953)</u>	<u>(61,642)</u>
<i>Reconciliation of funds</i>				
TOTAL FUNDS BROUGHT FORWARD	88,526	72,219	160,745	222,387
TOTAL FUNDS CARRIED FORWARD	<u>120,027</u>	<u>31,765</u>	<u>151,792</u>	<u>160,745</u>

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

All incoming resources and resources expended derive from continuing activities.

CYGNUS SUPPORT LIMITED
BALANCE SHEET AS AT 31 MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
FIXED ASSETS	6	245	—	245	511
		<hr/>	<hr/>	<hr/>	<hr/>
CURRENT ASSETS					
Debtors		66,127	-	66,127	9,835
Cash at bank and in hand		109,854	31,765	141,169	161,571
		<hr/>	<hr/>	<hr/>	<hr/>
		175,981	31,765	207,746	171,406
		<hr/>	<hr/>	<hr/>	<hr/>
CREDITORS: Amounts falling due within one year		56,199	-	56,199	11,172
		<hr/>	<hr/>	<hr/>	<hr/>
TOTAL ASSETS LESS CURRENT LIABILITIES		120,027	31,765	151,792	160,745
CREDITORS: Amounts falling due after more than one year		-	-	-	-
		<hr/>	<hr/>	<hr/>	<hr/>
NET ASSETS		120,027	31,765	151,792	160,745
		<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS		120,027	31,765	151,792	160,745
		<hr/>	<hr/>	<hr/>	<hr/>

For the financial year ended 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. No member has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

Directors' responsibilities:

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts 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 accounts, so far as applicable to the company

These financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006



K Hussain

29 November 2023

Company Registration Number 5987640

CYGNUS SUPPORT LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

1. MEMBERS' LIABILITY

The organisation is a company limited by guarantee and not having a share capital.

The company is limited in that every member undertakes to contribute such amount, not exceeding £1, as may be required in the event of the company being wound up while he or she is a member, or within 12 months afterwards, towards the cost of dissolution and the liabilities incurred by the company while the contributor was a member.

2. ACCOUNTING POLICIES

The principal accounting policies are summarized below. The accounting policies have been applied consistently throughout the year and in the preceding year.

Basis of Accounting

The accounts are prepared in accordance with applicable accounting standards in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities issued in July 2014, applicable UK Accounting Standards, Financial Reporting Standard for Smaller Entities (effective January 2019) and the Companies Act 2006.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable

Investment income is included when receivable

Resources expended

Expenditure is recognised when a liability is incurred. Funding provided through contractual agreements and performance related grants are recognized as goods or services are supplied. Other grant payments are recognized when a constructive obligation arises that results in the payment being unavoidable.

Costs of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating office property costs by floor areas, management and human resources costs by the number of staff, and finance and IT costs by work done.

CYGNUS SUPPORT LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

2. ACCOUNTING POLICIES

Fixed assets

Depreciation is provided on each asset over its effective working life so as to write off that asset to its estimated realizable value. The rates of depreciation charged are:

Equipment and fixtures	3 year straight line
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Cashflow Statement

The company has taken advantage of the exemption contained in Financial Reporting Standard 1 from producing a cashflow statement on the grounds that it is a small company.

3 INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Voluntary income				
Donations and small grants	728	-	728	1,224
	<u>728</u>	<u>-</u>	<u>728</u>	<u>1,224</u>
Trading operations				
Course fees	-	-	-	-
Management fees	30,838	-	30,838	-
Training income	-	-	-	-
Miscellaneous income	-	-	-	-
	<u>30,838</u>	<u>-</u>	<u>30,838</u>	<u>-</u>
Interest receivable				
Bank interest receivable	201	-	201	14
	<u>201</u>	<u>-</u>	<u>201</u>	<u>14</u>
Incoming resources from charitable activities	-	509,534	509,534	427,763

CYGNUS SUPPORT LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

4. RESOURCES EXPENDED

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Costs of generating funds				
Project costs	-	51,900	51,900	78,406
Staffing costs	-	449,413	449,413	333,034
Travelling expenses	-	3,908	3,908	1,300
Staff training	-	1,353	1,353	8,483
Office running costs	-	31,176	31,176	60,088
Volunteers costs	-	4,881	4,881	3,753
Equipment costs	-	1,537	1,537	798
General expenses	-	1,006	1,006	1,356
Depreciation	266	-	266	266
	<hr/>	<hr/>	<hr/>	<hr/>
	266	545,174	545,440	487,284
	<hr/>	<hr/>	<hr/>	<hr/>
Governance costs				
Professional fees	-	4,504	4,504	3,048
Bank charges	-	310	310	311
	<hr/>	<hr/>	<hr/>	<hr/>
	-	4,814	4,814	3,359
	<hr/>	<hr/>	<hr/>	<hr/>

5. STAFF COSTS AND NUMBERS

During the financial year the company had a maximum of 16 employees and their remuneration was made up as follows:-

	2023 £	2022 £
Salary, pension and national insurance	449,413	333,034
	<hr/>	<hr/>

No employee received emoluments of more than £60,000

CYGNUS SUPPORT LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

6. FIXED ASSETS

	Equipment and Fixtures	Total
	£	£
Cost		
As at 1 April 2022	1,243	1,243
Additions in the year	-	-
As at 31 March 2023	<u>1,243</u>	<u>1,243</u>
Depreciation		
As at 1 April 2022	732	732
Charge for the year	266	266
As at 31 March 2023	<u>998</u>	<u>998</u>
Net book value		
As at 31 March 2023	<u>245</u>	<u>245</u>
Net book value		
As at 31 March 2022	<u>511</u>	<u>511</u>
	2023	2022
	£	£

7. DEBTORS

Trade debtors	66,127	9,236
Prepayments	-	599
	<u>66,127</u>	<u>9,835</u>

**8. CREDITORS: amounts falling due within
one year**

Trade creditors	12,594	2,355
Accrued charges	43,605	8,817
	<u>56,199</u>	<u>11,172</u>

CYGNUS SUPPORT LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

9. STATEMENT OF FUNDS

	At 1 April 2022	Income	Expenditure	Transfer	At 31 Mar 2023
Designated reserves	13,537	-	-	7,000	20,537
Undesignated reserves	74,989	31,767	266	(7,000)	99,490
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL UNRESTRICTED FUNDS	88,526	31,767	266	-	120,027
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

	At 1 April 2022	Income	Expenditure	At 31 Mar 2023
Restricted funds				
Community Chest – North of Tyne COVID 19 Capacity Project	793	-	-	793
Morrison Foundation	-	1,000	703	297
Be You Northumberland Trailblazer Project	38,470	-	38,470	-
Northumberland CCG	30,797	-	30,797	-
North of Tyne COVID Response Project	-			
Ministry of Justice DA/SV Community Fund	-	32,700	32,700	-
North of Tyne Combined Authority – Young Peoples Employability Project	-	23,872	23,872	-
National Lottery Community Fund & European Social Fund – Building Better Opportunities Fund (Bridge)	2,159	137,100	139,259	-
Sir James Knott Trust	-	10,000	4,480	5,520
The Willan Trust	-	10,000	4,459	5,541
The Office of the Northumbria Police & Crime Commissioner – Supporting Victims Fund	-	53,012	53,012	-
North East and North Cumbria Integrated Care Board – Bereavement Counselling	-	50,000	34,386	15,614
North East and North Cumbria Integrated Care Board – Counselling	-	50,000	50,000	-
Wansbeck PCN	-	115,951	115,951	-
Northumberland Church of England Academy	-	21,899	21,899	-
The Reeds Grassroots Fund at the Community Foundation Tyne & Wear and Northumberland	-	4,000	-	4,000
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL RESTRICTED FUNDS	72,219	509,534	549,988	31,765
	<hr/>	<hr/>	<hr/>	<hr/>

10. REMUNERATION OF MANAGEMENT COMMITTEE

There was no remuneration, or other benefit, paid to the board of directors, or people connected with them, in the financial year ended 31 March 2023.

CYGNUS SUPPORT LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023

11. RELATED PARTY TRANSACTIONS

There were no transactions undertaken by, or on behalf of the company, in which a member of the board of directors or connected person had a material interest, during the financial year ended 31 March 2023.