



Annual Report

for the year ended 31 August 2020

Registered Charity No: 1121122

Company No.6344630



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TRUSTEES & STAFF

Trustees

Ian Burns	Chair (from 12/19)
Rod White	Chair (until 12/19)
	Vice Chair (from 12/19)
Vacant position	Treasurer
Donna Jacobs	Secretary (until 12/19)
	Board Member (from 12/19)
Gemma Cameron	Board Member
Kim Robinson	Board Member
Dennis Laird	Board Member, Secretary (from 12/19)
Elaine Foylan	Board Member
Caroline Faulkner	Board Member
Dr Arabella Onslow	Board Member
David Jackson	Co-opted Board Member
Cindy Daltioni	Ex Officio

Staff

Cindy Daltioni	Chief Officer & Safeguarding Lead
Kath Threlkeld	Project Manager
Helen Beech	Counselling Coordinator & Dep. Safeguarding
Chris Adams	Finance Manager

SAFA Registered Office

Heron House, 114 Duke Street, Barrow-in-Furness, LA14 1LW

Bankers

HSBC, 104 Duke Street, Barrow in Furness, LA14 1RD

Independent Examiners

Knox Accounting Ltd, Old Fire Station, 1 Abbey Road, Barrow-in-Furness, LA14 1XH

MISSION & GOVERNANCE

MISSION STATEMENT

SAFA is committed to making a positive difference to the lives of individuals who self-harm and to those people who support them.

Objectives

We aim to protect and preserve the health and relieve the needs of people in Cumbria who self-harm or are affected by others that self-harm. We do this by:

- Providing free, professionally qualified counselling to young people and adults who self-harm or have an eating disorder, working in accordance with the British Association of Counselling Professionals (BACP) ethical framework for good practice in counselling
- Providing a local information and support service
- Increasing awareness and understanding of self-harm and to dispel the myths surrounding it by providing training and advice to groups, organisations and professionals
- Cooperating with statutory, voluntary and private sector agencies in order to give individuals choice about access to the various services available locally.

Organisation

The charity is governed by a board of Directors (aka trustees). These persons are responsible for all decisions regarding the operation of the charity on a day to day basis. A Director can be appointed at the Annual General Meeting by being proposed and seconded by existing Directors and voted upon. Alternatively a Director can be appointed directly by the board as the need arises throughout the year and in accordance with the Charity's Rules of Governance.

The Board of Directors is comprised of:

- Chair
- Vice Chair
- Treasurer
- CEO
- Elected and voting board members

The quorum necessary for the transaction of the business of the Board is three (3)

MISSION & GOVERNANCE

Structure, Governance and Management

The Directors present their report along with the financial statements of the charity for the year ending 31 August 2020. The financial statements have been prepared in accordance with current statutory requirements, the charity's Memorandum and Articles and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2019) .

Committee Recruitment

The charity seeks to recruit committee members from a wide range of backgrounds and experiences. This ensures a broad spectrum of skills available to the charity for the development and management of policies that will be of benefit to the staff and clients. New members are provided with a range of documentation and an induction into the charity's Aims and Objectives.

The recruitment and induction of Directors is intended to ensure that the appropriate skills are available to the Board of Directors for them to carry out their responsibilities and duties prudently and efficiently. Board members have current or recent backgrounds in education, social work, counselling, health and business, and are in a position to access help and advice from other professionals as and when required.

Risk Management

The Directors regularly review risks to the charity. These are mainly of a financial nature due to the instability of the funding environment which the charity seeks to mitigate by ensuring a wide and diverse funding base. Operational risk through its core activities is minimised by a policy of continual training for staff and adherence to Charity's policies and procedures by others that may be required to carry out core counselling activities as directed by the Chief Officer.

Appropriate levels of insurance are maintained and adjusted as and when appropriate.

Safeguarding & Confidentiality

Safeguarding our vulnerable clients is at the heart of our operations. All Directors, counsellors and volunteers are fully DBS checked. SAFA has a comprehensive Confidentiality Policy which follows BACP Guidelines, and informs our sharing of information with other Agencies, including the police and statutory services.

Board members monitor and support policy and practice. Safeguarding is a standing item on monthly board meetings.

Chair's Foreword



This is my first AGM foreword after taking over from Rod White as Chair at the AGM in December 2019. Whatever challenges I thought the future offered us, the COVID Pandemic was not one of them but I have been amazed and humbled how everyone associated with SAFA has fought to keep the service going at a time when the need is obviously increasing. In adversity we have seen some fantastic innovation to sustain, modify and improve the services we offer. I think online counselling via Zoom will stay with us after COVID as an option for some people and the Toolbox project we are starting to develop with

the local community will be a significant game changer in improving our understanding from the client perspective.

I would like to personally thank the Board, Cindy, our CEO, our employees and our counsellors who all help SAFA deliver such an amazing service to those who are struggling. The most powerful thing about mental well-being is the fact 1 in 4 people will be suffering at any one time but that 3 in 4 of those will not be in a year's time. So, if treated, (important caveat) mental well-being issues are often transient and people can move on after receiving help. I am so proud to be a small part of the fabulous SAFA team of employees and counsellors who deliver that help and literally change people's lives for the better.

Notwithstanding COVID, I think 2020 to date has been a good year for SAFA. As a Board we continue to develop our management information and governance to ensure we get the best possible results from the resources we have, and ensuring that we are planning for the future so we can sustain the services so clearly needed across our community. We have also strengthened the Board in 2020 in terms of numbers, skills, experience and diversity and it is an absolute pleasure to lead such a dedicated team. We have introduced Board Sub Groups to address the critical risks and opportunities we have and these have proved really successful in driving the pace of improvement.

I would particularly like to thank Rod White who I succeeded as Chair – they were and remain big boots to fill but the task is made so much easier by Rod's continued great support and wise counsel.

Our challenges for the rest of 2020 and 2021 include continued reduction in the waiting list so people can be seen more swiftly, delivery of the Toolbox community led project, a major focus on future funding streams and moving in to new premises in the Barrow area. Whatever the next year throws at us I am confident that the SAFA team will tackle it head on and continue to go from strength to strength

CEO Report



Building on past successes, our focus for the next year is building a sustainable strategy – reaching even more people and providing greater awareness and hope.

Last year I highlighted that ‘people were suffering, people were dying, and that we were in the midst of a mental health crisis’. In March, the unwelcome coronavirus cemented those words. With increased loss, impact of lockdown, and the inevitable recession that lies ahead it will leave a deep and lasting scar on our nation’s mental health. Never before has there been such a need to invest in community services, protect those most at risk, and support our children and young people.

SAFA responded to this need by providing a Covid helpline to support people’s emotional and more immediate needs. This was on top of SAFA’s other challenges - a growing waiting list and lack of resources. Not only did we have a new language to learn (e.g. furlough, zoom etc.), but we also had to adapt our governance to become compliant with this new way of working. This included provided training for staff and counsellors so they could continue to work to the high standards we set.

Our counselling service continued via an online platform, but with the added concerns of how we could stay connected to clients who could not access online counselling. We are currently preparing our counselling rooms for some face to face work to continue, within the current government guidelines. This includes changing Kendal premises to meet those standards. Recommencing face-to-face work has been a life line to many.

Feedback from our clients tell us that SAFA continues to provide life changing and at times a life-saving service. Our position in North & West Cumbria remains unchanged in spite of people still contacting us for help. As our waiting list in these areas nears an end we are communicating with all our stakeholders regarding our departure strategy, that we signalled 18 months ago. This has been one of the most difficult decisions to date; knowing people need our service, but being unable to provide it due to lack of funding commitments.

Schools education work has been put on hold. We are currently planning an online resource that can be used at the start of the new academic year. I have great faith in the team leading on this and know they will find a way to deliver using creativeness and professionalism.

We have applied for funding to run a project to help us better understand the communities needs, especially in these challenging times. We are hopeful of a successful bid which would enable us to have meaningful connections that will bring us closer together, moving beyond the current landscape we have found ourselves in. As this present situation deepens, social inequalities can only be addressed in conjunction with addressing other societal injustices. We are learning to become true partners in building a trusting and meaningful culture. Our previous success is rooted in strong relationships with our clients, other community groups, local officials, and others. By increasing our support in community-based organising, non-traditional partnerships, grassroots movement and power building, we are partnering for progress.

A quote from a former CEO of General Electric states “an organisations ability to learn and translate that learning into action rapidly, is the ultimate competitive advantage”. SAFA will continue to set the bar.

Never could I conclude an annual report without a special acknowledgment to our incredible staff, counsellors and volunteers that rally together to make things happen. I am so thankful for all your dedication and efforts! To our funders who continue to put their faith in us and see our work as a great investment. With your support we’ll continue to honour our word and our communities. To our Board of Directors for all your expertise and commitment to me and belief in our work. And last but not least a special thank you for the remarkable leadership of our Chair Ian Burns. His exceptional resilience has been grounding and enlightening.

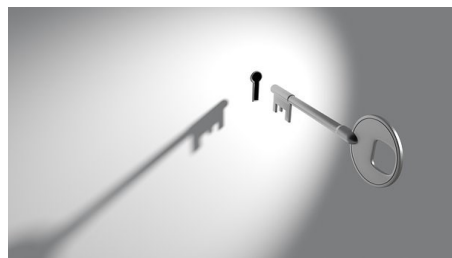
SAFA is about real change through transformative partnerships and without the excellent efforts of the whole team we could not achieve this.

Client Feedback



"I haven't self harmed or even thought about it since I started SAFA"

"I now eat intuitively and it feels right"



"Excellent. Don't know where I would have been without it especially during this very isolating time because I am totally alone"

"Highly positive, very chilled staff, very lovely people and amazing work being done"



"The best experience I've had with counselling "

Client Case Study

Client consent received & identifying features removed. The client is a 14 year old female and had 18 sessions with SAFA.



Presenting issues

- Eating disorder – binging/purging/starving
- Regular cutting & suicidal thoughts
- Absent from school for 9 months due to extreme bullying
- Issues with bereavement, self-confidence, anxiety & witnessing domestic violence

Specific examples of therapeutic input

- Counselling provided with genuineness, unconditional positive regard and empathy
- Exploring and recognizing strengths - looking for exceptions to the problem.
- Completing a time-line of significant life events which were good and not so good.
- Activity scheduling - identifying helpful behaviors and exploring support networks
- Exercises around living in the moment to reduce rumination and obsessing
- Exploring role play around managing particular scenarios.
- Psychoeducation including helpful apps, STOPP, CALM & Headspace

Outcomes to date

- Improved self management— able to more effectively regulate feelings.
- Gained greater self-awareness and insight into their core self
- Attending school regularly and excelling academically
- Self –harming incidents have greatly reduced with no reported suicide ideation, thoughts, plans or intent.
- Improved friendships, improved confidence and improved eating habits

Statistics

Clients & Session Figures

	2019-2020	2018-2019
Total clients	177	142
Total sessions	1564	1246
Average per client	9	9

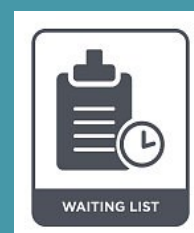
Our 3 main outcomes

	2019-2020	2018-2019
% of clients who have a better understanding of underlying issues	92.5%	81%
% of clients who have reduced—or stopped—self harm	87.5%	80%
% of clients who have developed better coping strategies	95%	86%

WAITING LIST

The waiting list for counselling with SAFA at the end of August 2020 stood at 126 .

The average wait time across the areas is 4-6 months.



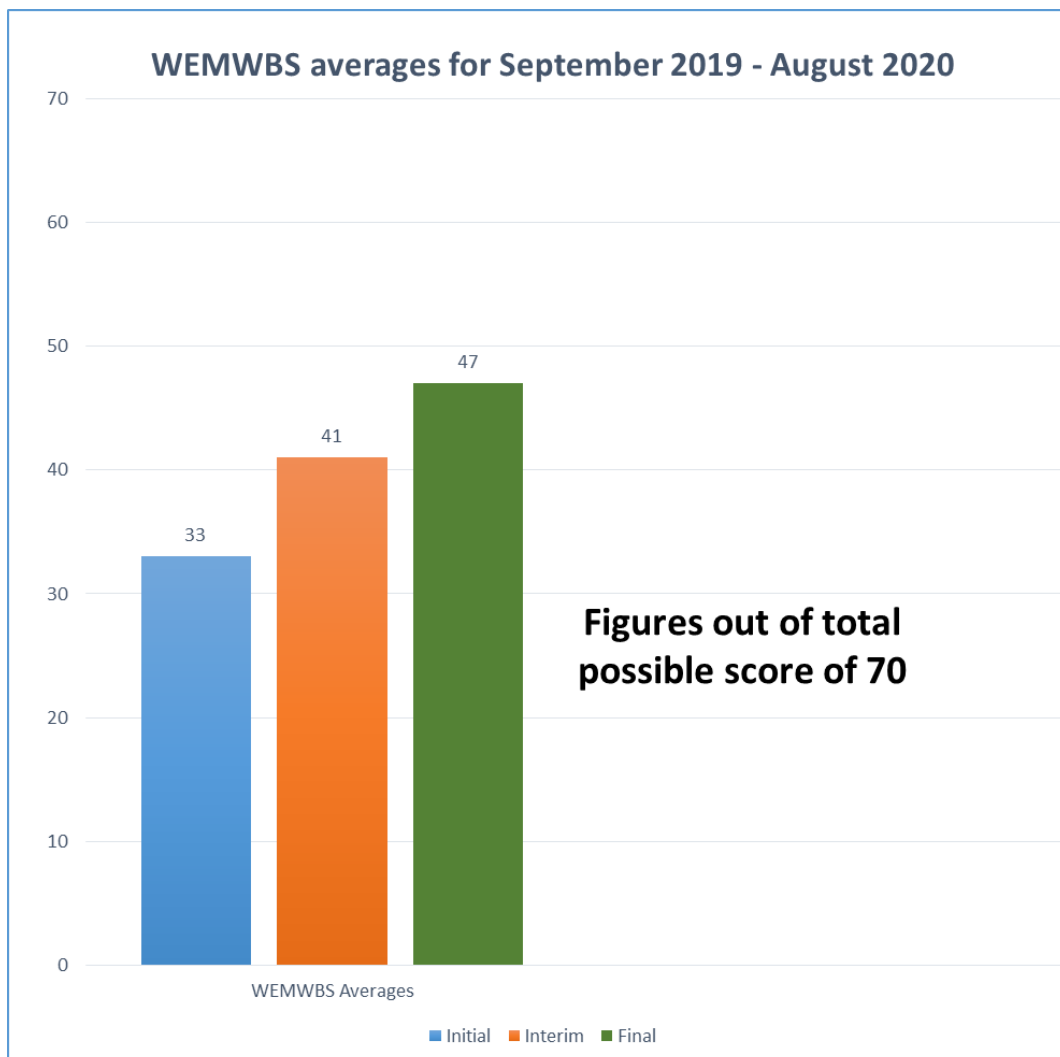
Statistics

Warwick & Edinburgh Mental Wellbeing Scale (WEMWBS)

SAFA uses this scale 3 times with clients— beginning, middle & end.

The scale measures various individual levels of progress—such as feeling loved, feeling cheerful, feeling useful, feeling confident etc..

The minimum score is 14 and the maximum score is 70. Below is a graph of averages. This clearly shows increase in scores—and therefore is evidence of the positive effect of SAFA counselling.



Counselling Coordinator Report



My second year in post, and what a year it has been! I love working for SAFA and all it represents. This year our team have had to adjust to working remotely, whilst also growing and expanding to accommodate clients ever changing needs

Cindy has been an unwavering support, whilst Chris in Finance has brought much needed humour into many situations! Kath our Project Manager has offered me consistent support, resulting in extensive service improvements.

Switching from face to face to virtual counselling meant our counsellors underwent additional training and worked in more isolating conditions. They worked tirelessly and I am humbled by their drive to continue on the client journey in these unprecedented times. We have a remarkable team, thank you to all.

I look forward to the year ahead. I am excited to be part of the website 'Toolbox' and how this will benefit our clients. With the upcoming recruitment of the family worker, I also look forward to being included in supporting not just clients, but their families too.

Helen Beech, Counselling Coordinator

Finance Manager Report



At the end of August 2018, I was asked if I could come into SAFA and for a short while help them out with their Finances. Over two years later and I'm still here! I came to SAFA knowing nothing about them, and with only a slight awareness of the impact of self-harm on individuals and families. Boy have my eyes been opened.

My background was initially in finance, firstly in the private sector, then with the NHS and I then moved into General and Project Management and Service Development in the NHS. I have a broad experience of financial and management issues, though the Charity Sector was and still is new to me. I also support a number of other people and organisations with their finances including private and voluntary sectors.

While I don't usually have direct client contact, my role is to support the delivery of operational services, support bid writing processes and provide financial management information to the Chief Executive and the Board. With the pressures on funding as things are, this latter part of the role is and will in the future be key in supporting the Board in taking informed decisions about strategic direction and operational planning.

Chris Adams, Finance Manager

Project Manager Report



I have been with SAFA for almost a year and my role links with all parts of the organisation. This year, I have worked hard to make efficiencies and streamline the SAFA service. Key projects this year have included managing the Cumbria Youth Alliance training contract, rolling out electronic record keeping for the SAFA counsellors and setting up and marketing the Covid 19 helpline.

Although not a core part of my role, I also have assisted with fundraising - and have secured grants and contracts worth over £20k in income.

Going forward I hope to continue to refine the operations side of the charity, including working with Helen on the clients SAFA journey—and making sure the processes are smooth for SAFA staff, our counsellors—and most importantly - our clients.

The obvious main difference this year has been working from home due to Covid 19. Trying to understand MS Teams, Zoom and keeping in contact where all a steep learning curve – but one I think the SAFA team managed admirably.

Kath Threlkeld, Project Manager

Funding Report



Before I joined the SAFA Board, I had little knowledge of who they were or what they did. After attending an eye-opening meeting, where some of their work was showcased, I was keen to contribute whatever skills were needed.

Since that time, I have been involved as a Board member, latterly as Company Secretary. However, my main focus was, and continues to be, securing funding for our service.

SAFA has no income of its own and is totally dependent on the generosity of grant funders organisational and individual donors. To our major funders, I would like to record that without their generosity SAFA could not continue it's vital work.

The availability of such funds is reducing year on year, with an increasing number of organisations bidding to secure money from a decreasing 'pot'. National economic uncertainty and COVID-19 – as well as its longer-term economic impact - is bound to have a serious effect on future funding. As such. the Board are working hard to explore options so that SAFA is prepared for the future.

Dennis Laird, Company Secretary/Board member

Accounts for 2019/2020

An unusual year as noted in my colleague's previous statements has been reflected in the accounts and financial position for 2019-20.

We have spent slightly less than last year. Counsellor costs are down slightly due to the changes in how we have delivered our service since Covid restrictions began. Property costs are down due full year rates savings at Barrow, and time lag between moving from old premises to new in Kendal (again Covid related)

Our income is up on 2018-19 which reflects additional monies received to support Covid 19, including the Helpline, Toolbox Development , and funding to make our premises Covid secure for clients & staff. However, fees received are well down on last year. Some of this is due to one-off income received in 2018/19, some to year end timing of invoices and some is down to reduced fundraising due to Covid.

It is important to note that the excess of income over expenditure is NOT a profit. It merely reflects funding received in advance of work to be done. For example we received funding this year for the support worker post that only started in the new financial year.

Looking at finances going forward, I would like to commend the work done by Kath and Helen in bringing the waiting list down to a more manageable and (perhaps more importantly financially) a more meaningful level, to the point that I have more confidence that the activity data are reflected in the financials. Consequently, I am confident enough to use the waiting list (and planned activity dropping from this) as a basis for budgeting for the remainder of this year and future years. This the first time for the past 2 or 3 years that I feel we have been able to do this.

Chris Adams, Finance Manager

INCOME		EXPENDITURE	
	2019/20		2019/20
	£		£
Big Lottery	99,756	Direct Staffing Costs	90,568
Children in Need	14,547	Other Staff Costs	2,222
Sir John Fisher		Training	1,886
Foundation	10,920	Direct Project Delivery	38,750
Covid 19 Monies	9,200	Premises	21,787
Cumbria Community		Consultancy &	
Foundation	21,500	Professional	519
Garfield Weston	15,000	Office & IT	9,928
Orsted (Grantscape)	5,132	Memberships	709
Other Income	64,283	Fundraising Costs	2,317
Bank Interest	297	Depreciation	191
TOTALS	240,635	TOTALS	168,878

Funders



National Lottery Fund
Children In Need
Francis C Scott Trust
Sir John Fisher Foundation
Orsted Extension Fund



Garfield Weston
Hadfield Trust



Cumbria Youth Alliance
Cumbria Community Foundation



Morecambe Bay CCG
Gateway Partnership
Tesco Bags of Help



National Lottery Covid 19 Fund
Police & Crime Commissioner

Lankelly Chase



BAE Systems
K2B Walk



Hart Jackson Solicitors
Rod White Cemetery Walks
Individual Donations

**A big thank you to everyone who gives to our work—
it's not possible without you.**



SAFA CUMBRIA

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 AUGUST 2020

Registered Number 06344630

KNOX ACCOUNTING

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2020

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| 5 | Balance sheet |
| 6 | Notes to the accounts |

**The following page does not form part of the statutory accounts
which can be provided on request:**

- | | |
|---|--------------------------------|
| 7 | Income and Expenditure Account |
|---|--------------------------------|

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2020

Report of the trustees

The trustees presents their annual report and financial statements for the year ended 31 August 2020

CONSTITUTION

Safa Cumbria Limited is a company limited by guarantee and a registered charity governed by its Memorandum & Articles of Association.

PRINCIPAL ACTIVITY

The principal activity of the company during the period was to protect and preserve health and relieve the needs of people in Cumbria who self harm.

No material uncertainties that may cast significant doubt about the ability of the company to continue as a going concern have been identified by the directors

DIRECTORS AND TRUSTEES

The directors of the charitable company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees. As we are a registered charity and a company Limited by guarantee the terms directors and trustees are used interchangeably throughout

The trustees who served during the year were as follows:

I Burns	Chairman		
R White	Vice Chairman		
R Heron		Resigned	09/12/19
D L Jacobs			
K E Robinson			
G Cameron			
D Laird	Company Secretary		
E Foylan			
A Onslow			
C Faulkner			

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006 and applicable charity legislation.

**Signed on behalf
of the board**

I. Burns

**I Burns
Director**

30 November 2020

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2020

Statement of trustees responsibilities

The directors are responsible for preparing the annual report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each year.

Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The accounts are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

select suitable accounting policies and then apply them consistently;

make judgments and estimates that are reasonable and prudent;

prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

SAFA CUMBRIA**ACCOUNTANTS' REPORT
ON THE UNAUDITED FINANCIAL STATEMENTS TO THE BOARD OF DIRECTORS OF****SAFA CUMBRIA**

In order to assist you to fulfill your duties under the Companies Act 2006, we have compiled the financial statements of the company which comprise the Income and Expenditure Account and Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Directors as a body in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's Board of Directors, as a body, for our work or for this report.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements for the year ended 31 August 2020 that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the period.

We have not been instructed to carry out an audit of the financial statements. For this reason we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

**Knox Accounting
The Old Fire Station
1 Abbey Road
Barrow in Furness
Cumbria
LA14 1XH**

30 November 2020

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2020

Notes	2020			2019
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
Income and endowments from:				
Donations and legacies	8,812	193,960	202,772	152,406
Charitable activities	30,329	-	30,329	64,269
Other trading activities	7,237	-	7,237	751
Investments	297	-	297	303
Total	1,2 46,675	193,960	240,635	217,729
Expenditure on:				
Raising funds	461	1,856	2,317	101
Charitable activities	6,980	159,387	166,367	171,605
Other	191	-	191	198
Total	7,634	161,243	168,876	171,904
Net gains/(losses) on investments				-
Net income/(expenditure)	3 39,041	32,717	71,760	45,826
Transfers between funds	1,441	(1,441)	-	-
Net Movement in Funds	40,483	31,276	71,760	45,826
Reconciliation of Funds				
Total funds brought forward	113,058	105,247	218,305	172,480
Total funds carried forward	153,540	136,523	290,064	218,305

The notes on pages 6a and 6b form part of these accounts

SAFA CUMBRIA

BALANCE SHEET AS AT

31 AUGUST 2020

	Notes	2020		2019	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	4		5,546		5,738
CURRENT ASSETS:					
Debtors	5	125		125	
Cash at Bank and in hand		284,391		212,492	
		<u>284,516</u>		<u>212,617</u>	
CURRENT LIABILITIES:					
CREDITORS: Amounts Falling Due Within One Year	6	-		50	
NET CURRENT ASSETS			<u>284,516</u>		<u>212,567</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>290,062</u>		<u>218,305</u>
SHARE CAPITAL AND RESERVES					
Share Capital	7	-		-	
Restricted Funds	8/9	136,523		105,247	
Unrestricted Funds	8/9	153,540		113,058	
		<u>290,062</u>		<u>218,305</u>	

The notes on pages 6a and 6b form part of these accounts

The accounts have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

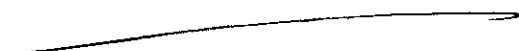
For the financial year ended 31 August 2020 the company was entitled to exemption from audit under section 477 Companies Act 2006, and no notice has been deposited under section 476B(2).

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and preparing accounts which give a true and fair view of the state of affairs of the company as at the year end and of its profit for the financial year in accordance with the requirements of sections 393 and 394 and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

Signed on behalf of the board

I Burns
Director

Approved by the board of directors: 30 November 2020



SAFA CUMBRIA

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2020**

NOTE 1 ACCOUNTING POLICIES**a Basis of Accounting**

The accounts have been prepared in accordance with appropriate accounting standards and under the historical cost convention. The accounts have also been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008) and the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2019).

b Turnover

Income comprises of Grants and Donations received during the year except when donors specify that amounts given to the charity may be used in future accounting years, the income is deferred until those years.

c Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund.

d Staff costs

The breakdown of salary & wage costs are as follows:

	2020	2019
	£	£
Wages and salaries	84,598	76,408
Social security costs	2,429	5,556
Other pension costs	<u>3,541</u>	<u>2,043</u>
	90,568	84,007

A fully compliant workplace pension scheme has been running from January 2017.

The average number of employees during the year was as follows:

	2020	2019
	No.	No.
Charitable activities	<u>4</u>	<u>4</u>

Holiday accrued and not taken up to 31 August 2020 amounted to 0

e Tangible Fixed Assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Office Equipment 10% on written down value

NOTE 2 INCOME

In the period to 31 August 2020 none of the company's income was derived from outside the United Kingdom.

NOTE 3 EXCESS OF INCOME

The surplus of income is stated after charging

	2020	2019
	£	£
Depreciation of owned assets	<u>191</u>	<u>198</u>

SAFA CUMBRIA

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2020**

NOTE 4 TANGIBLE FIXED ASSETS

	Office Equipment	Total
Cost		
At 1 September 2019	8,510	8,510
Additions	-	-
At 31 August 2020	<u>8,510</u>	<u>8,510</u>
Depreciation		
At 1 September 2019	2,773	2,773
Charge for year	191	191
At 31 August 2020	<u>2,964</u>	<u>2,964</u>
Net Book values		
At 31 August 2020	<u>5,546</u>	<u>5,546</u>
At 31 August 2019	<u>5,738</u>	<u>5,738</u>

NOTE 5 DEBTORS:

	2020	2019
Trade Debtors	-	-
Other Debtors	125	125
	<u>125</u>	<u>125</u>

NOTE 6 CREDITORS: Amounts falling due within one year

	2020	2019
	£	£
Trade Creditors	-	50
Other Taxes & Social Security	-	-
Accruals	-	-
	<u>0</u>	<u>50</u>

NOTE 7 SHARE CAPITAL

The company is limited by guarantee and therefore has no share capital.

NOTE 8 RESERVES

	Unrestricted	Restricted	Total
At 1 September 2019	113,058	105,247	218,305
Excess of income for the period	<u>40,483</u>	<u>31,275</u>	<u>71,758</u>
At 31 August 2020	<u>153,542</u>	<u>136,522</u>	<u>290,062</u>

SAFA CUMBRIA

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2020**

NOTE 9 SUMMARY OF FUND MOVEMENTS

	Balance at 1 September 2019 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2020 £
Unrestricted Funds					
General Fund	63,058	46,675	7,634	1,441	103,539
General Contingency	50,000	-	-		50,000
Total Unrestricted Funds	113,058	46,675	7,634	1,441	153,540
Restricted Funds					
BBC Children in Need	16,658	14,547	13,858		17,346
Big Lottery Fund	29,054	99,756	72,500		56,310
CCC Children & Young People	975	-	-	(975)	-
Francis C Scott	21,439	-	21,775		(336)
Sir John Fisher Foundation	13,920	10,920	24,024		817
The Henry Smith Charity	4,179	-	3,712	(466)	-
Bounce Back Training	-	6,000	390		5,610
Covid 19 Gateway	-	8,200	3,598		4,602
Cumbria Community Foundation		21,500			21,500
Garfield Weston	-	15,000	243		14,758
Orsted	-	5,132	2,075		3,057
Spot Purchases	19,022	11,905	18,502		12,425
Tesco Covid 19	-	1,000	565		435
Total Restricted Funds	105,247	193,960	161,243	(1,441)	136,523
Total Funds	218,305	240,635	168,877	-	290,063

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2020

	General £	Designated £	Restricted £	2020 £	2019 £
<u>Donations and legacies</u>					
Donations received	2,216	-	-	2,216	24,880
Gift Aid tax claimed	-	-	-	-	40
South grants received	-	-	24,500	24,500	43,720
North grants received	-	-	-	-	14,000
Cumbriawide grants received - Gen	6,596	-	169,460	176,056	69,766
	<u>8,812</u>	<u>-</u>	<u>193,960</u>	<u>202,772</u>	<u>152,406</u>
<u>Charitable activities</u>					
Training	-	-	-	-	-
Fees Received	17,770	-	-	17,770	27,710
Other Income	12,559	-	-	12,559	36,559
	<u>30,329</u>	<u>-</u>	<u>-</u>	<u>30,329</u>	<u>64,269</u>
<u>Other trading activities</u>					
Fundraising income	7,117	-	-	7,117	446
Room Hire Income	120	-	-	120	305
	<u>7,237</u>	<u>-</u>	<u>-</u>	<u>7,237</u>	<u>751</u>
<u>Investments</u>					
Interest received	297	-	-	297	303
	<u>297</u>	<u>-</u>	<u>-</u>	<u>297</u>	<u>303</u>
	46,675	-	193,960	240,635	217,729

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2020

	General £	Designated £	Restricted £	2020 £	2019 £
<u>Raising funds</u>					
Fundraising costs	461	-	1,856	2,317	101
	<u>461</u>	<u>-</u>	<u>1,856</u>	<u>2,317</u>	<u>101</u>
<u>Charitable activities</u>					
Administration salaries	-	-	-	-	-
Other direct admin costs	-	-	-	-	339
Salaries & wages	-	-	87,027	87,027	75,113
Pension Contributions	-	-	3,541	3,541	2,043
Staff training costs	-	-	1,341	1,341	977
DBS Checks	-	-	200	200	11
Salaried Counselling	-	-	-	-	770
Counselling	-	-	38,400	38,400	43,050
Training	500	-	45	545	1,573
Supervision	-	-	(50)	(50)	220
Counsellor Coordination	-	-	-	-	6,555
External Trainers	-	-	-	-	342
Travel & Sustenance	-	-	2,022	2,022	2,116
Utilities	-	-	3,410	3,410	3,213
Rent	-	-	16,890	16,890	20,635
Room Hire	-	-	602	602	1,115
Rates	-	-	484	484	1,326
Insurances	-	-	801	801	1,197
Repairs & Renewals	-	-	-	-	62
Telephone	-	-	1,731	1,731	2,530
Postage	25	-	130	155	44
Stationary	266	-	-	266	633
Advertising	1	-	-	1	254
Printing/Photography	1,700	-	-	1,700	651
Toolbox	-	-	-	-	-
Website	599	-	-	599	520
IT Costs	647	-	1,236	1,883	2,004
Equipment Purchases	2,034	-	788	2,822	2,185
Equipment Repairs	-	-	135	135	-
Library	-	-	-	-	-
Sundry	424	-	162	586	609
Memberships	216	-	493	709	769
Accountancy Costs	519	-	-	519	711
Legal & professional	-	-	-	-	40
Trustees Meeting Expenses	50	-	-	50	-
Funds Transfer	-	-	-	-	-
	<u>6,981</u>	<u>-</u>	<u>159,388</u>	<u>166,369</u>	<u>171,607</u>
<u>Other expenses</u>					
Depreciation	191	-	-	191	198
	<u>191</u>	<u>-</u>	<u>-</u>	<u>191</u>	<u>198</u>
<u>Transfers between funds</u>					
	1,441	-	(1,441)	-	-
	<u>1,441</u>	<u>-</u>	<u>(1,441)</u>	<u>-</u>	<u>-</u>
<u>Gains/losses on revaluation of</u>					
	-	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
	9,075	-	159,803	168,878	171,906

Independent Examiner's Report on the Accounts

Section A
Independent Examiner's Report

Report to the trustees/members of

Charity Name

SAFA CUMBRIA

On accounts for the year ended

31 08 20

Charity no (if any)

1 1 2 1 1 2 2

Set out on pages

1 - 7 b

(remember to include the page numbers of additional sheets)

**Respective responsibilities of trustees
and examiner**

The charity's trustees 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.

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.

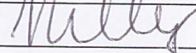
Independent examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below*):

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act;
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed



Date

30/11/2020

Name

JANINE KELLY

 Relevant professional qualification(s)
or body (if any)

MAAT

Address

KNOX ACCOUNTING, UNIT 2 THE OLD
FIRE STATION, 1 ABBEY ROAD, BARROW
IN FURNESS, CUMBRIA, LA14 1XH