

Company number: 6020041

Charity Number: 1121467

Feel Good Factor (Leeds)

Report and financial statements
For the year ended 31st March 2021

Feel Good Factor (Leeds)
Reference and administrative information
for the year ended 31st March 2021

Company number 6020041

Charity number 1121467

Registered office and operational address 53 Louis Street, Chapeltown, Leeds, LS7 4BP

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Nathaniel Lindo Chair
Sharon Brooks
Thomas Booth
Leonora Bailey (resigned November 2020)
Dr Hasantha Jayasinghe
Martin Horbury
Heather Thrippleton
Mohammed Sattar
Chris Cushing (appointed March 2021)
Tanefa Apekey (appointed April 2021)

Key management Corrina Lawrence Chief Officer

Bankers Unity Trust Bank
Nine Brindleyplace, Birmingham, B1 2HB

United Trust Bank
One Ropemaker Street, London EC2Y 9AW

Independent Examiner Catherine Hall FCCA DChA
Beehive Mill, Jersey St, Manchester M4 6JG

Feel Good Factor (Leeds)
Report of the Trustees
for the year ended 31 March 2021 (continued)

The trustees present their report and the unaudited financial statements for the year ended 31 March 2021. Included within the trustees' report is the directors' report as required by company law.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

The charity's purposes as set out in the memorandum and articles of association.

The overarching objective of the charity shall be for the benefit of individuals and communities living and/or working in the Leeds City Region, in particular BME or others who are socially or economically disadvantaged in some way. The objective is met by advancing education and preserving and promoting the importance of good health and mental wellbeing amongst the said individuals and communities in order to improve their conditions of life.

The vision of the charity is to improve the health and wellbeing of local communities in Leeds by enhancing lifestyles and increasing access to opportunities.

Our strategic objectives are to:

- Deliver high quality affordable health and wellbeing services.
- Continue to develop an understanding of the health and wellbeing needs of differing communities.
- Address the wider determinants of health such as poverty, unemployment, poor housing, inadequate education, poor social and economic environments, by using an asset based, community development approach
- Be a successful organisation with a sustainable resource base.

The organisation provides a range of services and activities in pursuance of these objectives by:

- Providing health and wellbeing services which are reflective of the needs of the communities that we serve
- Working in partnership with other agencies to ensure that the widest ranges of services and activities is available that matches the needs of the communities we serve.
- Focussing on promoting physical and mental wellbeing in its widest sense.
- Providing opportunities for local people to access education and training.
- Providing activities that promote inclusion and break down social isolation.

The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remain focused on its stated purposes.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Feel Good Factor (Leeds)
Report of the Trustees
for the year ended 31 March 2021 (continued)

Achievements and performance

The charity's main activities, and whom it tries to help, are described below. All its charitable activities focus on reducing health inequalities and are undertaken to further Feel Good Factor's charitable purposes for the public benefit.

ENE Leeds Better Together

Feel Good Factor, as the lead and accountable body for the Orion Consortium, successfully secured ENE Leeds Better Together, the Community Health Development Service for ENE Leeds over 3 years, in 2017. For Feel Good Factor this has meant continued funding from Leeds City Council Public Health to deliver a range of health and wellbeing activities and services for people residing in the ethnically-diverse areas of Chapeltown and Harehills. This funding has now been extended for a further 2 years and will continue until March 2022. Activities undertaken in the last year include: Money Management courses, Healthy Eating and Cooking on a budget, a range of physical activity classes for both older and young people, activities which support mental wellbeing such as confidence building, arts and crafts and community gardening.

Linking Leeds

Feel Good Factor continues to play a vital role as a delivery partner of the city wide social prescribing service covering the Chapeltown and Harehills areas of Leeds.

Leeds Hearing and Sight Loss Service

Now in its fourth year, this service continues to go from strength to strength. Our role is to ensure that members of ethnically diverse communities with either hearing or sight loss in Leeds are aware of the service and are supported in accessing it. This service, as with many of our activities and services, has been delivered online as a result of Covid. However during the year ending March 2021 a total of 63 sensory impaired people have received either face to face or online support. Online activities have included the Tinnitus and Hearing Loss Peer support group, and the Mindfulness Support Group.

Choices

In partnership with Time to Shine, Feel Good Factor continues to deliver the Choices project, initially funded for 3 years. Choices secured an additional year's funding in the light of the pandemic and its effect on older people. The focus of the project continues to be reducing loneliness and social isolation, primarily but not solely for members of the older ethnically diverse communities in East North East Leeds. It uses person-centred approaches in reaching older people who are experiencing high levels of social isolation, are lacking confidence and need support in getting out of their home. Activities include the Saturday Social group, Walk with Me, supporting people through volunteers to get out of the home, and activities which improve health and mental wellbeing.

Connect (Men's Club)

Initially consisting of two men's groups totalling 52 men, now amalgamated into one since the onset of Covid, the group meets on a weekly basis and was funded by the National Lottery until March 2021.

Feel Good Factor (Leeds)
Report of the Trustees
for the year ended 31 March 2021 (continued)

Throughout the year meetings have taken place via Zoom with with funding from Awards for All for Ipads and data, ensuring continuous contact for some of the most isolated.

Manbassadors

Funding secured via the National Community Fund came to an end on 31st March 2021. However, further funding was secured via Forum Central for a further six months. As a result of the pandemic funding was used to produce monthly city wide newsletters for men.

SWIFT project

The aim of this service is to support older people who are living with frailty with complex issues, and who are often socially isolated, to improve their wellbeing and independence.

The expected outcomes are aligned to what matters most to people living with frailty:

- Older people living with frailty will have improved health and wellbeing as a result of the service (Being active and healthy & Being able to do the things they enjoy)
- Older people living with frailty will feel less isolated as a result of the service (Being socially connected & being able to do the things they enjoy)
- Older people living with frailty will live independently and safely in their own homes as a result of the service (Being independent)

Community Builder (Carers)

Two-year funding secured for a Community Builder to work with the local community in the Harehills area of Leeds to support carers from ethnically diverse communities to be able to have a short break from caring using the Asset Based Community Development (ABCD) model. This project continues to identify, engage and motivate Community Connectors who will lead positive change. The Community Builder is also responsible for a small fund to support community activities.

Care Coordinators

Working in partnership with HATCH Local Care Partnership on Population Health Management, two-year funding was secured in 2020 for two new and innovative roles, which have been developed as part of our vision to deliver better outcomes for people living with frailty, and with a key focus on creating and supporting independence.

These two new posts present an exciting opportunity to play a pivotal role in supporting people by coordinating their health and social care services with a range of partners across Local Care Partnerships – (including, GPs, local voluntary sector services, community healthcare services, social care services, pharmacists, and housing). The scope of partners will vary depending what is important to the person and their individual needs.

Family Health

Funded by the West Yorkshire and Harrogate Health and Social Care Partnership. Family Health is a year-long project focussing on supporting low income families with a family member that been asked to shield within the 'HATCH' Local Care Partnership footprint.

Feel Good Factor (Leeds)
Report of the Trustees
for the year ended 31 March 2021 (continued)

Volunteering

During the year a total of 36 people volunteered to support isolated people through telephone befriending, doorstep chats, shopping and prescription collections, food parcels, online and face to face activities.

Beneficiaries of our services

Feel Good Factor continues to go from strength to strength and despite restrictions as a result of covid and lockdown has engaged and supported over 2000 individuals during 2020/21.

Financial review

Income over the year increased from £777,146 to £842,626. Costs actually fell from £744,759 to £705,271. This was partly to do with restrictions on activities, but it was primarily because of restricted grants received in advance. This is reflected in the surplus for the year of £137,355 which is made up of £135,494 under restricted and £1,861 under unrestricted funds.

Payments made to partners came to a total of £312,235, and this has been included in the total of both income and expenditure.

The charity managed 21 projects over the course of the year under restricted and unrestricted funds.

Reserves policy

The Trustees consider that it is prudent to operate with a level of reserves to provide a cushion against short-term threats or unforeseen financial demands. The minimum level of free reserves that the Trustees have calculated that the organisation needs is equivalent to a maximum of six month's running costs. This would give the charity the opportunity to maintain charitable work on a short-term basis once old funding streams have come to an end and until new ones have been secured. At 31st March 2021 the level of free reserves was £209,087 (2019: £184,414). This amounts to 3.5 months' running costs. After adjusting the reserve for the amounts allocated to third parties, the level of the reserve is very close to target.

These reserves are being put towards supporting the business plan during uncertain times.

COVID-19

The trustees have reviewed the financial impact of the coronavirus. As part of this review, which included an update of the budget forecast and cash flow, and an assessment of whether the charity will be able to continue for at least twelve months after the accounts are approved, the trustees concluded that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.

Feel Good Factor (Leeds)

Report of the Trustees

for the year ended 31 March 2021 (continued)

Plans for the future

The charity plans to continue the activities outlined in the forthcoming years subject to satisfactory funding arrangements and to identify other areas of need.

An overview of new projects has been given above in the section "Achievements and Performance".

Structure, governance and management

Governing document

The charity's governing document is its memorandum and articles of association dated 6th October 2006.

Company status

The company is limited by guarantee and all members have agreed to contribute a sum not exceeding £1 in the event of a winding-up. The number of guarantees at 31st March 2018 was nine.

Recruitment and appointment of trustees

A skills audit is used to identify any gaps in skills, experience, and expertise within the Board of Directors/Trustees. Trustees are recruited with these gaps in mind. Interested parties are provided with information regarding the charity and its Board of Trustees. Parties are required to present the Board with relevant information, at which point the Board will make a decision whether to appoint.

Induction and training of trustees

Following appointment trustees are invited to meet with the Chief Officer and members of staff for an induction.

Organisational structure

The Board of Trustees consists of 9 members who are responsible for the strategic direction of the organisation which is overseen by the Chief Officer on the behalf of the Board of Directors/Trustees. The Board meetings take place on a bi-monthly basis.

Related parties and relationships with other organisations

The charity is a member of the Orion partnership. The Orion Partnership is a consortium of four like-minded organisations: Feel Good Factor, Zest-Health for Life, Space2 and Shantona Women's Centre, all based and working within East North East Leeds and sharing common values and organisational cultures. Together, we have over 40 years' direct experience of working in our communities. The charities have successfully worked together on a number of projects.

Remuneration policy for key management personnel

Salaries for key management personnel are reviewed by the trustees on an annual basis.

Risk management

The Board of Trustees has adopted a risk management process thereby putting in steps to mitigate these.

Feel Good Factor (Leeds)
Report of the Trustees
for the year ended 31 March 2021 (continued)

Statement of responsibilities of the trustees

The trustees (who are also directors of Feel Good Factor (Leeds) for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice 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 operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for 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 has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

The trustees' annual report has been approved by the trustees on 21/09/2021 and signed on their behalf by

Nathaniel Lindo

Chair

Independent examiner's report
to the trustees of
Feel Good Factor (Leeds)

I report on the accounts of the company for the year ended 31 March 2021 which are set out on pages 9 to 24.

Responsibilities and basis of report

As the charity 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 company'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 statement

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 the Association of Chartered Certified Accountants, 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 that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. 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
4. 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.

Catherine Hall FCCA DChA
Slade & Cooper Ltd
Accountants
Beehive Mill
Jersey Street
Manchester
M4 6JG

25th October 2021

Date

Feel Good Factor (Leeds)
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2021

	Note	Unrestricted funds £	Restricted funds £	Total funds 2021 £	Total funds 2020 £
Income from:					
Charitable activities: Community Health	3	374,476	467,989	842,465	776,795
Investments	4	161	-	161	351
Total income		374,637	467,989	842,626	777,146
Expenditure on:					
Charitable activities: Community Health	5	372,776	332,495	705,271	744,769
Total expenditure		372,776	332,495	705,271	744,769
Net income/(expenditure) for the year	7	1,861	135,494	137,355	32,377
Transfer between funds		-	-	-	-
Net movement in funds for the year		1,861	135,494	137,355	32,377
Reconciliation of funds					
Total funds brought forward		224,414	63,083	287,497	255,120
Total funds carried forward		226,275	198,577	424,852	287,497

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

Feel Good Factor (Leeds)
Company number 6020041
Balance sheet as at 31 March 2021

	Note	2021	2020
		£	£
Fixed assets			
Tangible assets	12	18,078	15,046
Total fixed assets		18,078	15,046
Current assets			
Debtors	13	31,805	38,074
Investments	14	100,000	-
Cash at bank and in hand		316,391	269,562
Total current assets		448,196	307,636
Liabilities			
Creditors: amounts falling due in less than one year	15	(41,422)	(35,185)
Net current assets		406,774	272,451
Total assets less current liabilities		424,852	287,497
Net assets		424,852	287,497
The funds of the charity:			
Restricted income funds	16	198,577	63,083
Unrestricted income funds	17	226,275	224,414
Total charity funds		424,852	287,497

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 12 to 24 form part of these accounts.

Approved by the trustees on 21 September 2021 and signed on their behalf by:

Martin Horbury (Treasurer)

Feel Good Factor (Leeds)
Statement of Cash Flows
for the year ending 31 March 2021

	Note	2021 £	2020 £
Cash provided by/(used in) operating activities	22	155,336	(16,792)
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		161	351
Purchase of tangible fixed assets		(8,668)	(18,108)
Purchase of current asset investments		(100,000)	-
Cash provided by/(used in) investing activities		(108,507)	(17,757)
Increase/(decrease) in cash and cash equivalents in the year		46,829	(34,549)
Cash and cash equivalents at the beginning of the year		269,562	304,111
Cash and cash equivalents at the end of the year		316,391	269,562

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021

1 Accounting policies

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

a Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 and Generally Accepted Accounting Practice.

Feel Good Factor (Leeds) meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

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 a provision of a specified service is deferred until the criteria for income recognition are met.

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

d Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e 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.

f Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of 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.

g Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.
- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct costs and support costs relating to such activities.
- Other expenditure represents those items not falling into any other heading.

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

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

h Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 6.

i Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

j Tangible fixed assets

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:

Leasehold improvements	20%
Fixtures and fittings	20%
Office equipment	33%

k Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

l Current asset investments

Current asset investments include cash and other investments that are due to mature in less than one year or in more than three months from the balance sheet date.

m Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

n Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

o Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

p Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 9. There were no outstanding contributions at the year end. The costs of the defined contribution scheme are included within support and governance costs and allocated to the funds of the charity using the methodology set out in note 8.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

3 Income from charitable activities

	Unrestricted £	Restricted £	Total 2021 £	Total 2020 £
Big Lottery Fund	-	-	-	130,166
BID Services	-	34,501	34,501	34,661
Community Foundation	-	33,482	33,482	38,561
Community Fund	-	9,945	9,945	-
Community Links	-	88,016	88,016	90,127
Dhyann Design	-	4,617	4,617	1,705
Dr Boonan and Partners	-	25,000	25,000	-
Forum Central	-	1,500	1,500	1,500
HMRC JRS grant	-	855	855	-
Leeds City Council	371,206	102,266	473,472	405,626
Leeds Older People's Forum	800	79,771	80,571	49,793
NHS Wakefield CCG	-	50,000	50,000	-
Shantona	-	-	-	6,883
Space 2	-	13,036	13,036	11,245
Westfield Medical Centre	-	25,000	25,000	-
Zest	-	-	-	200
Course fees	-	-	-	1,900
Income from activities	1,018	-	1,018	3,385
Room hire	-	-	-	663
Other income	1,452	-	1,452	380
Total	374,476	467,989	842,465	776,795
<i>Total by fund 31 March 2020</i>	<i>365,083</i>	<i>411,712</i>	<i>776,795</i>	
	Unrestricted £	Restricted £	Total 2020 £	
Big Lottery Fund	-	130,166	130,166	
BID Services	-	34,661	34,661	
Community Foundation	-	38,561	38,561	
Community Links	-	90,127	90,127	
Dhyann Design	-	1,705	1,705	
Forum Central	1,500	-	1,500	
Leeds City Council	357,255	48,371	405,626	
Leeds Older People's Forum	-	49,793	49,793	
Shantona	-	6,883	6,883	
Space 2	-	11,245	11,245	
Zest	-	200	200	
Course fees	1,900	-	1,900	
Income from activities	3,385	-	3,385	
Room hire	663	-	663	
Other income	380	-	380	
Total	365,083	411,712	776,795	

4 Investment income

	Unrestricted £	Restricted £	2021 £	2020 £
Income from bank deposits	161	-	161	351
	161	-	161	351

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

5 Analysis of expenditure on charitable activities

	Community Health £	Total 2021 £	Total 2020 £
Staff costs	232,560	232,560	268,795
Accommodation	29,978	29,978	19,850
Project costs	341,852	341,852	367,675
Governance costs (see note 6)	3,610	3,610	4,164
Support costs (see note 6)	97,271	97,271	84,285
	<u>705,271</u>	<u>705,271</u>	<u>744,769</u>
		2021 £	2020 £
Restricted expenditure		332,495	379,530
Unrestricted expenditure		372,776	365,239
		<u>705,271</u>	<u>744,769</u>

6 Analysis of governance and support costs

	Basis of apportionment	Support £	Governance £	Total 2021 £
Staff costs	Time spent	79,838	-	79,838
Office costs	Staff hours	17,433	-	17,433
Independent examination	Governance	-	1,200	1,200
Legal and professional	Governance	-	2,410	2,410
		<u>97,271</u>	<u>3,610</u>	<u>100,881</u>
	Basis of apportionment	Support £	Governance £	Total 2020 £
Staff costs	Time spent	66,496	-	66,496
Office costs	Staff hours	17,789	-	17,789
Independent examination	Governance	-	1,240	1,240
Legal and professional	Governance	-	2,924	2,924
		<u>84,285</u>	<u>4,164</u>	<u>88,449</u>

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

7 Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2021 £	2020 £
Depreciation	5,636	5,055
Independent examiner's fee	1,200	1,240
	<u>6,836</u>	<u>6,295</u>

8 Staff costs

Staff costs during the year were as follows:

	2021 £	2020 £
Wages and salaries	276,629	294,001
Social security costs	20,920	22,059
Pension costs	13,633	14,443
Recruitment costs	670	70
Training and travel	546	4,718
	<u>312,398</u>	<u>335,291</u>

Allocated as follows:

Charitable activities	232,560	268,795
Support costs	79,838	66,496
	<u>312,398</u>	<u>335,291</u>

No employees has employee benefits in excess of £60,000 (2020: Nil).

The average number of staff employed during the period was 17 (2020: 19).

The average full time equivalent number of staff employed during the period was 10.5 (2020: 11.7).

The key management personnel of the charity comprise the trustees and the Senior Management Team. The total employee benefits of the key management personnel of the charity were £99,225 (2020: £81,355).

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

9 Trustee remuneration and expenses, and related party transactions

Neither the management committee nor any persons connected with them received any remuneration or reimbursed expenses during the year (2020: Nil).

0 members of the management committee received travel and subsistence expenses during the year of £0 (2020:£0).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2020: nil).

10 Government grants

The government grants recognised in the accounts were as follows:

	2021 £	2020 £
Leeds City Council	473,472	405,626
	<u>473,472</u>	<u>405,626</u>

There were no unfulfilled conditions and contingencies attaching to the grants

11 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

12 Fixed assets: tangible assets

	Leasehold improvements £	Fixtures & fittings £	Office equipment £	Total £
Cost				
At 1 April 2020	93,422	15,509	16,464	125,395
Additions	550	8,118	-	8,668
	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2021	93,972	23,627	16,464	134,063
	<hr/>	<hr/>	<hr/>	<hr/>
Depreciation				
At 1 April 2020	80,256	13,629	16,464	110,349
Charge for the year	3,402	2,234	-	5,636
	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2021	83,658	15,863	16,464	115,985
	<hr/>	<hr/>	<hr/>	<hr/>
Net book value				
At 31 March 2021	10,314	7,764	-	18,078
	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2020	13,166	1,880	-	15,046
	<hr/>	<hr/>	<hr/>	<hr/>

13 Debtors

	2021 £	2020 £
Other debtors	30,104	31,403
Prepayments and accrued income	1,701	6,671
	<hr/>	<hr/>
	31,805	38,074
	<hr/>	<hr/>

14 Current asset investments

	2021 £	2020 £
Cash or cash equivalents	100,000	-
	<hr/>	<hr/>
	100,000	-
	<hr/>	<hr/>

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

15 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	-	-
Short term compensated absences (holiday pay)	-	-
Other creditors and accruals	35,338	29,457
Deferred income	-	-
Taxation and social security costs	6,084	5,728
	<u>41,422</u>	<u>35,185</u>

16 Analysis of movements in restricted funds

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2021 £
Community Health					
Care Coordinators	-	50,000	(22,870)	-	27,130
Carer's Grant	29,701	31,701	(16,479)	-	44,923
Careview	-	5,472	(5,472)	-	-
CCV Hub	-	16,000	(16,000)	-	-
Choices	2,194	49,793	(46,716)	-	5,271
Community Garden	-	-	-	-	-
Computers	2,433	-	(155)	-	2,278
Connected	-	9,945	(9,115)	-	830
Connect and support	-	24,265	(560)	-	23,705
Family Health Worker	-	50,000	(15,744)	-	34,256
Leeds Hearing and Sight Loss Service	-	34,501	(34,501)	-	-
Linking Leeds	5,938	88,016	(66,531)	-	27,423
Living Well	-	19,996	(1,461)	-	18,535
Manbassador	8,839	14,286	(23,125)	-	-
Orion	346	-	-	-	346
Reducing Loneliness in Men	4,532	13,036	(12,568)	-	5,000
Seasonal Loneliness Fund	1,600	-	(220)	-	1,380
SWIFT	7,500	30,000	(30,000)	-	7,500
Unlocked	-	29,978	(29,978)	-	-
100% Digital	-	1,000	(1,000)	-	-
Total	<u>63,083</u>	<u>467,989</u>	<u>(332,495)</u>	<u>-</u>	<u>198,577</u>

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

16 Analysis of movements in restricted funds (continued)

	Balance at 1 April 2019 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2020 £
Community Health					
Building a					
Stronger Britain	876	6,683	(7,559)	-	-
Carer's Grant	-	29,701	-	-	29,701
Careview	-	1,705	(1,705)	-	-
Choices	-	49,793	(47,599)	-	2,194
Community Garden	295	-	(295)	-	-
Computers	2,575	-	(142)	-	2,433
Connect	3,485	-	(3,485)	-	-
Connect Well	-	38,784	(38,784)	-	-
Healthy Lives	14,545	130,166	(144,711)	-	-
Leeds Hearing and	-	34,661	(34,661)	-	-
Linking Leeds	-	51,343	(45,405)	-	5,938
Manbassador	-	12,486	(3,647)	-	8,839
Orion	340	600	(594)	-	346
Power of	-	11,045	(11,045)	-	-
Reducing					
Loneliness in Men	-	12,036	(7,504)	-	4,532
Seasonal					
Loneliness Fund	-	1,600	-	-	1,600
Suicide Prevention	8,785	12,439	(21,224)	-	-
Summer Cooking	-	3,670	(3,670)	-	-
SWIFT	-	15,000	(7,500)	-	7,500
Total	30,901	411,712	(379,530)	-	63,083

Name of restricted fund

Description, nature and purposes of the fund

Care Coordinators	This is a grant to fund 2 PHM frailty care coordinator posts
Carer's Grant	This is a project to enable carers in BAME communities to take a break.
Careview	This was a project to identify people at risk of social isolation.
CCV	This was work to coordinate volunteer support of people shielding during the pandemic.
Choices	This is a project to offer a range of activities to socially-isolated older people
Community Garden	This is a project run by volunteers to maintain the garden at Louis Street.
Computers/100%	These are projects to provide IT equivalent to enable members of groups
Connect and Support	This is a project to assist with the test and trace systems in the local community.
Family Health Worker	This is a project to support families from diverse backgrounds during the pandemic
Linking Leeds	This is the social prescribing service for north Leeds.
Healthy Lives Healthy Homes	This was a project to promote and support healthy independent living for older people.

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

16 Analysis of movements in restricted funds (continued)

Name of restricted fund	Description, nature and purposes of the fund
Leeds Hearing and Sight Loss Service	This is a project to support people with hearing and/or sight loss to be as healthy and independent as possible
Living Well	This is project aimed at minimising the risk of covid-19 infections in the local community.
Manbassador/Suicide Prevention	This was a project aimed at helping to reduce high levels of suicide amongst older men in Leeds 9
Orion	The Orion fund is used to support the work of the Orion Consortium.
Power of Communities	This was a project to establish and run a "men's group"
Reducing Loneliness in Men/Connect	This is a group to offer social activities for men.
Seasonal Loneliness Fund	This is a project to address issues of social isolation.
Summer Cooking	These were family cooking sessions over the summer holidays.
SWIFT	The aim of this project is to support older people with complex issues.
Unlocked	This was funding to produce and distribute the Unlocked magazine

17 Analysis of movement in unrestricted funds

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers £	As at 31 March 2021 £
General fund	184,414	374,637	(349,964)	-	209,087
Building repairs and upgrades	40,000	-	(22,812)	-	17,188
	<u>224,414</u>	<u>374,637</u>	<u>(372,776)</u>	<u>-</u>	<u>226,275</u>
	<i>Balance at 1 April 2019 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>As at 31 March 2020 £</i>
General fund	224,219	365,434	(365,239)	(40,000)	184,414
Building repairs and	-	-	-	40,000	40,000
	<u>224,219</u>	<u>365,434</u>	<u>(365,239)</u>	<u>-</u>	<u>224,414</u>

Name of	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds.
Building repairs and upgrades	This is to cover the cost of property repairs and enhancements taking place early in the 2020/21 financial year

Feel Good Factor (Leeds)

Notes to the accounts for the year ended 31 March 2021 (continued)

18 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	18,078	-	-	18,078
Net current assets/(liabilities)	191,009	17,188	198,577	406,774
Creditors of more than one year	-	-	-	-
Total 2021	209,087	17,188	198,577	424,852
	General fund £	Designated funds £	Restricted funds £	Total £
<i>Tangible fixed assets</i>	<i>1,993</i>	<i>-</i>	<i>-</i>	<i>1,993</i>
<i>Net current assets/(liabilities)</i>	<i>222,226</i>	<i>-</i>	<i>30,901</i>	<i>253,127</i>
<i>Creditors of more than one year</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>
Total 2020	224,219	-	1,600	255,120

19 Contingent assets

There were no contingent assets.

20 Contingent liability

There were no contingent liabilities.

21 Post balance sheet events

There were no significant post balance sheet events.

22 Reconciliation of net movement in funds to net cash flow from operating activities

	2021 £	2020 £
Net income/(expenditure) for the year	137,355	32,377
Adjustments for:		
Depreciation charge	5,636	5,055
Loss/(profit) on sale of fixed assets	-	-
Dividends, interest and rents from investments	(161)	(351)
Decrease/(increase) in debtors	6,269	(32,622)
Increase/(decrease) in creditors	6,237	(21,251)
Net cash provided by/(used in) operating	155,336	(16,792)