

HOUSE OF LIGHT

England & Wales · Charity number 1121858

Details

Other names	HOUSE OF LIGHT POSTNATAL DEPRESSION SUPPORT GROUP
Status	Registered
Legal form	Other
Registered	2007-12-07
Register	View on the Charity Commission register

Contact

Address	51 Myton Street Hull HU1 2PU
Phone	01482580499
Email	help@houseoflight.org.uk
Website	www.houseoflight.org.uk

Activities

Objects: THE PROMOTION OF ANY CHARITABLE PURPOSE DIRECTED TO ALLEVIATING THOSE WHO SUFFER FROM POSTNATAL DEPRESSION AND, IN PARTICULAR, THE RELIEF OF SICKNESS AND PROTECTION AND PROMOTION OF GOOD HEALTH (BOTH PHYSICAL AND MENTAL) BY THE PROVISION OF SUPPORT AND COUNSELLING AND THE ADVANCEMENT IN EDUCATION IN MATTERS RELATING TO POSTNATAL DEPRESSION AND ITS EFFECTS IN PARTICULAR BY THE PROVISION OF ADVICE AND GUIDANCE.

Activities: House of Light is a perinatal mental health Charity offering support and counselling to parents' pre-conception to post birth who are struggling with mental health difficulties following pregnancy, birth and in cases of loss, miscarriage, termination and stillbirth. We do this via one to one counselling, group and one to one peer support, telephone and email support.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, HULL AND EAST RIDING.
- East Riding Of Yorkshire
- Kingston Upon Hull City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£838,186	£718,494	£588,738	13
2024-04-05	£699,631	£538,224	£469,046	6
2023-04-05	£365,016	£313,279	-	-
2022-04-05	£274,618	£252,140	-	-
2021-04-05	£355,909	£233,424	-	-

Trustees

Name	Role	Appointed
Victoria Claire Quinn	Chair	2025-02-17
Elizabeth Sugden		2025-02-17
Lauren Sydney Dale		2024-11-11
Richard Hayes		2025-11-27
Sean Maloney		2025-11-27
Susan Marie Murkin		2013-07-23

HOUSE OF LIGHT

England & Wales - Charity number 1121858

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 5 April 2025
for
House of Light Postnatal Depression
Support Group

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

**House of Light Postnatal Depression
Support Group**

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for the Year Ended 5 April 2025**

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**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2025**

The trustees present their report with the financial statements of the charity for the year ended 5 April 2025. The trustees have adopted the provisions of 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).

Who We Are

House of Light is the specialist perinatal mental health charity for primary care in Hull and East Riding, offering support and counselling to parents' pre-conception to post birth who are struggling with mental health difficulties following pregnancy, birth and in the cases of loss, miscarriage, termination and stillbirth.

Founded in 2007 and driven forward by women of lived experience of perinatal illness, we are just as passionate about helping people and raising awareness today, as we were the day we started.

Our purpose

House of Light exists to provide vital, specialist support for women, men, and families affected by perinatal mental health challenges, from pregnancy through to early parenthood.

Every year, thousands of parents across Hull and East Yorkshire experience anxiety, depression, or trauma linked to pregnancy and birth. Many struggle in silence due to stigma, lack of access to services, or limited understanding of what is happening to them (are these feelings normal?). House of Light was established to fill this gap, offering accessible, compassionate, and expert support at a time when it is needed the most.

Our goal is to provide wrap around care for every parent and every family, nurturing relationships, improving mental health, and improving outcomes for the whole family.

Why our work matters?

Perinatal mental health difficulties affect around 1 in 5 mothers and 1 in 10 fathers, yet access to timely and effective support remains uneven. Without early intervention, these challenges can have a lasting impact on parents, children's development and the wellbeing of the whole family.

The 'Confidential Enquiries into Maternal Deaths and Morbidity' (21-23) Report released by MBRRACE-UK reports late maternal deaths (between 6 weeks and 1 year after pregnancy) were significantly higher in their reporting period. Deaths linked to mental health issues, including suicide and substance use, were the leading causes of late maternal deaths.

Almost all women who died from psychiatric causes were living with some form of serious disadvantage, from poverty and unstable housing to childhood trauma. Overall women living in the most deprived areas of the UK continue to experience the highest rates of maternal mortality.

Hull is ranked the fourth most deprived local authority in England, so it is imperative our services continue to support those in need.

Many women and birthing people do not meet the threshold for specialist perinatal mental health services and locally men are not offered this service at all.

This is why House of Light is needed, to provide early intervention and evidence-based support and counselling to men and women who fall below the threshold for secondary services but equally need help.

How we grow

We take a strategic, data-informed approach to ensure our programs deliver measurable, sustainable outcomes. By collaborating with local partners, leveraging community insights, and continuously evaluating our impact, we ensure that our work not only fills the gap but evolves with service user demand.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2025**

'At House of Light, we want to create a safe environment for parents to seek support and interventions which not only enhance the life of the individual but for the wider family. The service user and local need is at the very heart of all the decisions we make and the services we provide'

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2025**

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our Values

Honesty and Integrity:

We act with transparency, fairness and accountability in everything we do.

Trust:

We build safe, dependable relationships where people feel confident and supported.

Respect:

We value every individual, honouring their experiences, choices and voice.

Passion:

We are driven by purpose and commitment, striving to make a meaningful difference every day.

Kindness:

We lead with empathy and compassion, creating a warm and supportive environment for all.

Excellence in care:

We deliver the highest standard of support, continually learning and improving to meet the needs of those we serve.

Our Vision

To build a community where every parent feels emotionally supported, understood and empowered throughout their parenting journey.

Our Mission

House of Light is a not-for-profit charitable organisation. House of Light's main aim is to offer support, advice and information regarding mental health and wellbeing during the perinatal period.

Our aims are:

- To provide a range of services for those affected by mental health issues during the perinatal period including one to one telephone, online and face to face support and counselling, email support (locally and nationally), and group sessions.
- To ensure that the service is available to all affected by antenatal and postnatal illness regardless of gender, age, race, sexual orientation, ethnicity, socio-economic status, physical abilities, and religious beliefs.
- To place service users at the centre of planning and delivery of services.
- To use our resources effectively to give service users best value and experience.
- To work closely and in conjunction with other agencies including health and social care professionals.
- To reduce the stigma attached to mental health by taking part in any positive education and media.

House of Light will take part and deliver training programmes which aim to educate and raise awareness of perinatal mental health.

Overview and Aims

Over the course of the year, we have supported 1,418 families and had 674 contacts on the NICU ward. It is safe to say that it has been our most successful and busy year to date. We are excited by what we have achieved this year and look forward to the year ahead.

During 2025/26 we have some key aims alongside continuing to deliver already embedded services:

1. To develop more support services with 'family' at the heart reaching more beneficiaries.
2. To expand on our placement programme and direct access enabling more people to access low level counselling.
3. To invest in our team ensuring they have the expertise and capacity to continue to deliver high quality services.
4. To create a warm, inviting and private space for our service users and for the Charity to grow.
5. To enhance our long-term plan ensuring House of Light is a sustainable charity.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2025**

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

During 2024/2025, the service continued to grow, delivering increased support and counselling to our local community. Our current premises can no longer accommodate this expansion, and the lack of space is now limiting further development. This need has been anticipated for some time, and our CEO has been actively seeking suitable local premises to enable our continued growth and ensure we can meet community needs without constraint.

In September 2024, we identified the ideal premises for the service; however, the building required substantial renovation to restore it from a derelict state and make it suitable for our needs. Working in partnership with Allenby Commercial and their excellent team, we have designed an optimal space, and refurbishment works are now underway. We anticipate relocating the charity to the new premises in September 2025.

Our Services

Peer Support

We continue to deliver our tea and toast groups in Family Hubs across the city and in Crumbs Café, Anlaby.

In October 2024 we were approached by The Smile Foundation to take our group to their community building in Bridlington. After launching the group, we quickly went from a regular 2 families attending to 11 and in the time between launching and May 2025 we had reached 42 families in Bridlington alone.

Across all our support groups we have reached 205 families during 2024/2025.

Bereavement Care

We continue to work closely with the Bereavement Team at Hull Women's and Children's Hospital taking referrals into our direct access for those parents who have experienced loss.

We also continue to deliver the Forget Me Not bereavement group with one of the Assistant Midwives from that team.

So far this year we have delivered 4 cohorts of the Forget Me Not group, benefitting 31 women and 13 men.

Direct Access

Our counselling service provides direct access for individuals experiencing perinatal difficulties or the loss of a baby. This year, we have accepted 181 referrals.

The service is overseen by our Clinical Lead, Clare, and delivered by our team of placement counsellors. This model enables final-year students with a strong interest in perinatal and maternal mental health to complete their training hours, while allowing us to offer a cost-effective and supportive service to those in need. We also have a High Intensity CBT Practitioner within the team, ensuring that clients can step up to more specialist support where clinically appropriate.

Given the volume and complexity of referrals, and at times the length of our waiting list, we occasionally redirect individuals to local Talking Therapy Services. This decision is guided by clinical need and the option that will provide the quickest and most effective support for the patient.

High Intensity Cognitive Behavioural Therapy (HI CBT)

Thank you to the J F Brignall Charitable Trust. We can offer direct access to High Intensity Cognitive Behavioural Therapy. The J F Brignall Charitable Trust have funded this post for two years which has been a significant step forward for the Charity. With just one practitioner working part-time we have been able to offer 54 courses of HI CBT. We have also had the opportunity to have a course of CBT based therapy written for House of Light's delivery by this practitioner. We continue to offer 8-week cohorts of Embracing Motherhood to 8 new mums each cohort.

High Intensity Counselling (Principal Funding Source) - Local Talking Therapy Networks

We are contracted to deliver NICE approved High Intensity Therapies on the Hull Talking Therapy network and the East Riding Talking Therapy Network. During 2024/2025 we delivered a course of High Intensity Therapy to 988 individuals.

Neonatal Support

Twice weekly House of Light attend the Neonatal Intensive Care Unit to provide support and signposting to the parents on the ward. This year we have made 674 contacts on the ward.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2025**

FINANCIAL REVIEW

Reserves policy

We have assessed risk around our reliance on relatively short-term contracts. This could expose us to potential reductions in the level of services available. However, we hope our long-term relationships with our contractors and, our consistent ability to meet set performance indicators stands House of Light in a good position. In view of the risk posed by short term funding.

It is deemed:

- The Charity must maintain sufficient reserves to enable it to respond to short term fluctuations in funding levels.
- The Charity must hold a minimum of 6 months running costs which equates to £450,000.

The Treasurer and Director of Service meet quarterly to review our financial position reporting in full to the Board of Trustees at each Trustee Meeting.

It would be normal for the charity, in addition to the 6-month reserve policy, to hold restricted funds, achieved by successfully applying for business grants and specific fundraising aimed at supporting the medium and long term strategy of securing permanent premises, however no restricted funds were held at 5 April 2025

The charity currently holds unrestricted funds of £588,738 (2024: £240,000) and restricted funds of £0 (2024: £229,046). The value of Total funds held is £588,738 (2024: £469,046)

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is governed by a constitution adopted 29 January 2007 and amended November 2007.

The trustees are supported in their governance of the Charity's affairs by the employees.

House of Light is a registered charity (charity number 1121858) we are governed by the constitution of House of Light registered with the Charity Commission for England and Wales. We currently serve Kingston upon Hull and the East Riding of Yorkshire.

Recruitment and appointment of new trustees

Appointment of trustees is governed by the constitution of the Charity and the Board of Trustees is authorised to appoint new trustees to fill vacancies arising through resignation or death of an existing trustee.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2025**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Charity has Board of Trustees containing 6 members, including the Chair and Treasurer, along with elected Trustees. The Trustees meet at least 2 times a year.

The strategic and day to day management of the Charity is delegated to a Chief Executive Officer (CEO) responsible to the Board of Trustees.

The CEO leads and is supported by Clinical Leads.

The CEO is responsible for implementing the policy and strategy adopted by the Board of Trustees in line with approved budgets and advising on such policies and strategies.

The CEO must report regularly to the Trustees on activities undertaken and provide regular management accounts to explain the financial position of the Charity.

In 2024/25 the board of Trustees is as follows:-

Board of Trustees:

Chairperson:	Alison Davies
Treasurer:	Kevin Athersuch
Trustees:	Susan Fellows Lauren Dale Victoria Quinn Liz Sugden

Staff:

Chief Executive Office:	Sarah Straker
Clinical Leads	
Contracts:	Caroline Bell
Clinical Lead Charity:	Clare Stokes
High Intensity Lead:	Toni Tyldsley
Senior Administrator:	Lynette Matkin
Admin Assistant:	Laura Hildred

Our dedicated team of trustees and staff bring a wide range of capabilities to the service including, human resources, accountancy, counselling, psychotherapy, training, administration, business management, youth services, childcare and safeguarding.

At House of Light, we have a wonderful primary care therapy team, a team of placement counsellors and a team of volunteers who all contribute to our service offer:

Primary Care Therapy Team:

Anja Davison
Caroline Bell
Coleen Johnson
Clare Stokes
Elaine White
Elizabeth Harrison
Emily Reseigh
Jo Altoft
Justine Fenton
Lorna Hanson
Rebecca Holt

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2025**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Shaneen Kirby
Toni Tyldsley

Placement Therapy Team:

Catherine Podmore
Emma Dixon
Emma Maston
Suzy Tuimavave
Bren Edmond
Verity Adams
Julie McEwan
Linzi Steven

Volunteers:

Nicola Welsh
Louise Hutchinson
Katie Carey
Vikki Aitken
Brooke Atkinson
Lucy Sykes
Maddie Andrews
Olivia Jackson
Becky Rawnsley

Our dedicated primary care therapy team are qualified in National Institute of Clinical Excellence (NICE) approved therapy interventions, including Interpersonal Therapy (IPT), Counselling for Depression (CfD), Couples Therapy for Depression (CTfD), High Intensity Cognitive Behavioural Therapy (HI CBT) and Eye Movement Desensitisation and Reprocessing (EMDR).

Our team are all individually registered and/or accredited with the BACP (British Association for Counselling and Psychotherapy), BABCP (British Association for Behavioural and Cognitive Psychotherapies), UKCP (UK Counselling for Psychotherapy) or NCS (National Counselling Society).

Induction and training of new trustees

New trustees are inducted by being invited to attend committee meetings in order that they may judge the level of commitment and responsibilities that are involved with being a trustee.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1121858

Principal address

51 Myton Street
Hull
HU1 2PU

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2025**

Trustees

S Fellows

A Davies

C Stokes (resigned 11.11.24)

K Athersuch

E Sugden (appointed 17.2.25)

V Quinn (appointed 17.2.25)

L Dale (appointed 11.11.24)

Independent Examiner

Harris Lacey and Swain

Suite 1

The Riverside Building

Hessle

East Yorkshire

HU13 0DZ

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2025**

SUPPORTERS

First and foremost, I would like to express my sincere gratitude to our exceptional team. Our Trustees, Administrators, Managers, Therapists, Trainees, and Volunteers work tirelessly to ensure that every family accessing House of Light receives the highest standard of care. Their dedication, compassion and professionalism remain the foundation of everything we achieve.

This year has also marked a significant milestone in our journey, progressing the long-held ambition of establishing our own dedicated facility. Allenby Commercial are leading the refurbishment of a former print works which, while currently a bricks-and-mortar shell, is being thoughtfully transformed through the expertise of their architectural design team. Together, we have developed a vision that will carry House of Light forward for generations to come.

The interior design is being created by RFD (Red Frog Design), whose reputation for quality and meticulous attention to detail gives us complete confidence that our new home is in the safest and most capable hands.

My sincere thanks also go to our Board of Trustees for their unwavering support and guidance. Their commitment, insight and encouragement have been invaluable in helping to drive our shared vision forward.

I must extend my sincere thanks to Richard Hayes of Hayes Consulting for empowering me to progress with this ambitious project. His belief in both the organisation and in my leadership has been instrumental in shaping our decision-making and driving this work forward.

In 2024, we were awarded funding from The Stadium Charitable Trust to undertake a major organisational review, encompassing stakeholder engagement, staff feedback and a comprehensive analysis of our services. This work, supported by Opportune Funding and Support, will inform the development of our next five-year strategic plan.

We are incredibly grateful to the individuals, funders and partner organisations who have championed House of Light and enabled us to extend our reach to families who need us most. Your commitment and generosity make our work possible, and we simply could not support as many people as we do without you.

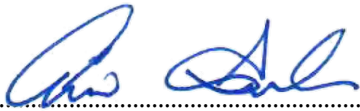
For 2024-2025 we extend our heartfelt thanks to:

- City Health Care Partnership (Hull Talking Therapy Service)
- Humber Teaching NHS Foundation Trust (East Riding Talking Therapy Service)
- J F Brignall Charitable Trust
- The Stadium Charitable Trust
- The Sir James Reckitt Charity
- Hull City Council
- Beverley Motor Works
- Richard Hayes
- Maternity and Neonatal Voices Partnership
- Hull and East Riding Mumbler
- Chasing Rainbows
- The Smile Foundation
- St Andrews Don Lodge
- Peter Sanderson
- Hudgells Solicitors
- Wilkin Chapman Solicitors
- Sainsburys Willerby
- Gosschalks Solicitors
- Andrew Barber OBE
- Joel Shorthand completed The London Marathon in April 2024
- Laura Mason completed The Great North Run in September 2024
- Allenby Commercial
- Red Frog Design
- Opportune Funding and Support

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2025**

Approved by order of the board of trustees on **19 January 2026**..... and signed on its behalf by:

A handwritten signature in blue ink, consisting of two distinct, stylized cursive marks, positioned above a dotted line.

K Athersuch - Trustee

**Independent Examiner's Report to the Trustees of
House of Light Postnatal Depression
Support Group**

Independent examiner's report to the trustees of House of Light Postnatal Depression Support Group

I report to the charity trustees on my examination of the accounts of House of Light Postnatal Depression Support Group (the Trust) for the year ended 5 April 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Laura J Drew BFP ACA FCCA
The Institute of Chartered Accountants in England and Wales

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

Date: 27/01/2026

**House of Light Postnatal Depression
Support Group**

**Statement of Financial Activities
for the Year Ended 5 April 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	727,679	105,000	832,679	695,496
Investment income	3	5,507	-	5,507	4,135
Total		<u>733,186</u>	<u>105,000</u>	<u>838,186</u>	<u>699,631</u>
EXPENDITURE ON					
Charitable activities	4				
Charitable		608,920	105,000	713,920	534,997
Other		4,574	-	4,574	3,227
Total		<u>613,494</u>	<u>105,000</u>	<u>718,494</u>	<u>538,224</u>
NET INCOME					
Transfers between funds	13	119,692	-	119,692	161,407
		<u>229,046</u>	<u>(229,046)</u>	<u>-</u>	<u>-</u>
Net movement in funds		348,738	(229,046)	119,692	161,407
RECONCILIATION OF FUNDS					
Total funds brought forward		240,000	229,046	469,046	307,639
TOTAL FUNDS CARRIED FORWARD		<u>588,738</u>	<u>-</u>	<u>588,738</u>	<u>469,046</u>

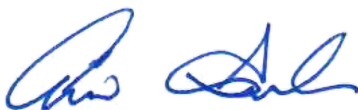
The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Balance Sheet
5 April 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Intangible assets	9	1,498	-	1,498	2,533
Tangible assets	10	6,575	-	6,575	8,071
		<u>8,073</u>	<u>-</u>	<u>8,073</u>	<u>10,604</u>
CURRENT ASSETS					
Debtors	11	31,896	-	31,896	19,889
Cash at bank and in hand		555,645	-	555,645	486,395
		<u>587,541</u>	<u>-</u>	<u>587,541</u>	<u>506,284</u>
CREDITORS					
Amounts falling due within one year	12	(6,876)	-	(6,876)	(47,842)
		<u>580,665</u>	<u>-</u>	<u>580,665</u>	<u>458,442</u>
NET CURRENT ASSETS					
		<u>588,738</u>	<u>-</u>	<u>588,738</u>	<u>469,046</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>588,738</u>	<u>-</u>	<u>588,738</u>	<u>469,046</u>
NET ASSETS		<u>588,738</u>	<u>-</u>	<u>588,738</u>	<u>469,046</u>
FUNDS	13				
Unrestricted funds				588,738	240,000
Restricted funds				-	229,046
TOTAL FUNDS				<u>588,738</u>	<u>469,046</u>

The financial statements were approved by the Board of Trustees and authorised for issue on
..... and were signed on its behalf by:
19 January 2026



.....
K Athersuch - Trustee



.....
A Davies - Trustee

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Cash Flow Statement
for the Year Ended 5 April 2025**

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	66,825	162,623
Net cash provided by operating activities		66,825	162,623
Cash flows from investing activities			
Purchase of intangible fixed assets		-	(420)
Purchase of tangible fixed assets		(3,082)	(7,688)
Interest received		5,507	4,135
Net cash provided by/(used in) investing activities		2,425	(3,973)
Change in cash and cash equivalents in the reporting period		69,250	158,650
Cash and cash equivalents at the beginning of the reporting period		486,395	327,745
Cash and cash equivalents at the end of the reporting period		555,645	486,395

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Notes to the Cash Flow Statement
for the Year Ended 5 April 2025**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025	2024
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	119,692	161,407
Adjustments for:		
Depreciation charges	5,608	4,230
Loss on disposal of fixed assets	4	-
Interest received	(5,507)	(4,135)
Increase in debtors	(12,007)	(4,773)
(Decrease)/increase in creditors	(40,965)	5,894
Net cash provided by operations	<u>66,825</u>	<u>162,623</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 6.4.24	Cash flow	At 5.4.25
	£	£	£
Net cash			
Cash at bank and in hand	486,395	69,250	555,645
	<u>486,395</u>	<u>69,250</u>	<u>555,645</u>
Total	<u>486,395</u>	<u>69,250</u>	<u>555,645</u>

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements
for the Year Ended 5 April 2025**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

Income received for services provided is accounted for on an accruals basis.

Cash donations, gifts and legacies are included in full in the income and expenditure account as they are received. Any significant non-cash donations are included in the income and expenditure account at the trustees' estimate of their market value when received. The value of voluntary help is not included in the accounts.

Grants and other funding of a revenue nature are deferred and released to the income and expenditure account over the period to which they relate.

Bank interest is included in the income and expenditure account on an accruals basis.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and fittings	- 25% on cost
Computer equipment	- Straight line over 3 years

Intangible Fixed Assets

Intangible assets are recognised when future economic benefits are probable and cost or value can be measured reliably.

Intangible assets are initially recognised at cost (fair value at acquisition date) and subsequently measured at cost less accumulated amortisation and accumulated impairment losses. Intangible assets are amortised to profit and loss on a straight-line basis over their useful lives as follows:

Computer software: 20%

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2025**

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Estimates and judgements

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. Although these estimates are based on the Directors' best knowledge of the amount, events or actions, actual results ultimately differ from these estimates. The Directors do not consider there to be any material estimates and judgements.

Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments, including trade and other debtors and creditors, are initially recognised at transaction value and subsequently measured at their settlement value.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	4,912	1,443
Grants and contract income	827,767	694,053
	<u>832,679</u>	<u>695,496</u>

Grants received, included in the above, are as follows:

	2025	2024
	£	£
Sir James Reckitt Trust	7,000	7,000
Stadium Charitable Trust	15,000	-
HEY Smile Foundation	15,000	-
J F Brignall Charitable Trust	35,000	35,000
	<u>72,000</u>	<u>42,000</u>

Contract income, included in the above are as follows:

	2025	2024
	£	£
East Riding Talking Therapies (formerly Emotional Wellbeing Service)	157,786	190,239
Hull Talking Therapies (formerly Let's Talk)	557,381	421,814
Hull City Council	40,000	40,000
HCML	600	-
	<u>755,767</u>	<u>652,053</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2025**

3. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	5,507	4,135
	<u>5,507</u>	<u>4,135</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Charitable	689,684	24,236	713,920
	<u>689,684</u>	<u>24,236</u>	<u>713,920</u>

5. SUPPORT COSTS

	Finance £	Governance costs £	Totals £
Charitable	337	23,899	24,236
	<u>337</u>	<u>23,899</u>	<u>24,236</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 5 April 2025 nor for the year ended 5 April 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 5 April 2025 nor for the year ended 5 April 2024.

7. STAFF COSTS

The staff costs for the year are as follows:

	2025	2024
Gross Wages	398,980	192,870
Employers NIC costs	39,264	18,894
Employers Pension costs	9,474	4,629
	<u>447,718</u>	<u>216,393</u>

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

	2025	2024
Core Staff	13	6
	<u>13</u>	<u>6</u>

No employees received emoluments in excess of £60,000.

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2025**

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	695,496	-	695,496
Investment income	4,135	-	4,135
Total	<u>699,631</u>	<u>-</u>	<u>699,631</u>
EXPENDITURE ON			
Charitable activities			
Charitable	534,997	-	534,997
Other	3,227	-	3,227
Total	<u>538,224</u>	<u>-</u>	<u>538,224</u>
NET INCOME	161,407	-	161,407
Transfers between funds	<u>(229,046)</u>	<u>229,046</u>	<u>-</u>
Net movement in funds	(67,639)	229,046	161,407
RECONCILIATION OF FUNDS			
Total funds brought forward	307,639	-	307,639
TOTAL FUNDS CARRIED FORWARD	<u><u>240,000</u></u>	<u><u>229,046</u></u>	<u><u>469,046</u></u>

9. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 6 April 2024 and 5 April 2025	<u>5,172</u>
AMORTISATION	
At 6 April 2024	2,639
Charge for year	<u>1,035</u>
At 5 April 2025	<u>3,674</u>
NET BOOK VALUE	
At 5 April 2025	<u><u>1,498</u></u>
At 5 April 2024	<u><u>2,533</u></u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2025**

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 6 April 2024	3,890	16,768	20,658
Additions	-	3,082	3,082
Disposals	-	(7,186)	(7,186)
	<u>3,890</u>	<u>12,664</u>	<u>16,554</u>
At 5 April 2025	<u>3,890</u>	<u>12,664</u>	<u>16,554</u>
DEPRECIATION			
At 6 April 2024	2,934	9,653	12,587
Charge for year	471	4,103	4,574
Eliminated on disposal	-	(7,182)	(7,182)
	<u>3,405</u>	<u>6,574</u>	<u>9,979</u>
At 5 April 2025	<u>3,405</u>	<u>6,574</u>	<u>9,979</u>
NET BOOK VALUE			
At 5 April 2025	<u>485</u>	<u>6,090</u>	<u>6,575</u>
At 5 April 2024	<u>956</u>	<u>7,115</u>	<u>8,071</u>

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	15,174	16,253
Other debtors	12,878	-
Prepayments	3,844	3,636
	<u>31,896</u>	<u>19,889</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade creditors	2,647	4,658
Taxation and social security	2,129	1,264
Other creditors	2,100	41,920
	<u>6,876</u>	<u>47,842</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2025**

13. MOVEMENT IN FUNDS

	At 6.4.24 £	Net movement in funds £	Transfers between funds £	At 5.4.25 £
Unrestricted funds				
General fund	240,000	119,692	229,046	588,738
Restricted funds				
Restricted funds for purchase of premises	229,046	-	(229,046)	-
TOTAL FUNDS	<u>469,046</u>	<u>119,692</u>	<u>-</u>	<u>588,738</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	733,186	(613,494)	119,692
Restricted funds			
Group Support	40,000	(40,000)	-
J F Brignall Charitable Trust - Salary of High Intensity CBT worker	35,000	(35,000)	-
Stadium Charitable Trust - Funding support and business planning	15,000	(15,000)	-
Smile Foundation - Support in Bridlington	15,000	(15,000)	-
	<u>105,000</u>	<u>(105,000)</u>	<u>-</u>
TOTAL FUNDS	<u>838,186</u>	<u>(718,494)</u>	<u>119,692</u>

Comparatives for movement in funds

	At 6.4.23 £	Net movement in funds £	Transfers between funds £	At 5.4.24 £
Unrestricted funds				
General fund	307,639	161,407	(229,046)	240,000
Restricted funds				
Restricted funds for purchase of premises	-	-	229,046	229,046
TOTAL FUNDS	<u>307,639</u>	<u>161,407</u>	<u>-</u>	<u>469,046</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2025**

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	699,631	(538,224)	161,407
TOTAL FUNDS	<u>699,631</u>	<u>(538,224)</u>	<u>161,407</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 6.4.23 £	Net movement in funds £	Transfers between funds £	At 5.4.25 £
Unrestricted funds				
General fund	307,639	281,099	-	588,738
TOTAL FUNDS	<u>307,639</u>	<u>281,099</u>	<u>-</u>	<u>588,738</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,432,817	(1,151,718)	281,099
Restricted funds			
Group Support	40,000	(40,000)	-
J F Brignall Charitable Trust - Salary of High Intensity CBT worker	35,000	(35,000)	-
Stadium Charitable Trust - Funding support and business planning	15,000	(15,000)	-
Smile Foundation - Support in Bridlington	15,000	(15,000)	-
	<u>105,000</u>	<u>(105,000)</u>	<u>-</u>
TOTAL FUNDS	<u>1,537,817</u>	<u>(1,256,718)</u>	<u>281,099</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2025**

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 5 April 2025.

15. KEY MANAGEMENT REMUNERATION

During the period under review, key management personal were paid a total of £36,933 (2024 - £34,595).

**House of Light Postnatal Depression
Support Group**

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2025**

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	4,912	1,443
Grants and contract income	827,767	694,053
	<u>832,679</u>	<u>695,496</u>
Investment income		
Deposit account interest	5,507	4,135
	<u>5,507</u>	<u>4,135</u>
Total incoming resources	<u>838,186</u>	<u>699,631</u>
EXPENDITURE		
Charitable activities		
Salaries and pensions	439,911	211,393
Rent and rates	53,128	44,525
Insurance	2,534	1,752
Telephone	8,367	4,773
Printing, Stationery and Postage	5,582	5,127
Advertising	26,217	3,775
Contract expenses and services	6,851	11,197
Counsellors	98,855	204,979
HR consultancy	3,600	1,800
Computer expenses	3,733	11,795
Repairs	5,255	-
Sundry expenses	8,928	7,800
Training	18,017	14,500
Motor and travel	7,667	6,687
Amortisation of intangible fixed assets	1,035	1,000
Loss on sale of tangible fixed assets	4	-
	<u>689,684</u>	<u>531,103</u>
Other		
Fixtures and fittings	471	447
Computer equipment	4,103	2,780
	<u>4,574</u>	<u>3,227</u>
Support costs		
Finance		
Bank charges	337	260

This page does not form part of the statutory financial statements

**House of Light Postnatal Depression
Support Group**

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2025**

	2025 £	2024 £
Finance		
Governance costs		
Accountancy and legal fees	23,899	3,634
Total resources expended	718,494	538,224
Net income	119,692	161,407

This page does not form part of the statutory financial statements

HOUSE OF LIGHT

England & Wales - Charity number 1121858

Accounts

REGISTERED CHARITY NUMBER: 1121858

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 5 April 2024
for
House of Light Postnatal Depression
Support Group**

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

**House of Light Postnatal Depression
Support Group**

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for the Year Ended 5 April 2024**

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**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2024**

The trustees present their report with the financial statements of the charity for the year ended 5 April 2024. The trustees have adopted the provisions of 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).

Who We Are

We are House of Light, a perinatal mental health charity offering support and counselling to parents' pre-conception to post birth who are struggling with mental health difficulties following pregnancy, birth and in the cases of loss, miscarriage, termination and stillbirth.

Founded in 2007 and driven forward by women of lived experience of perinatal illness, we are just as passionate about helping people and raising awareness today, as we were the day we started.

Our goal is to provide wrap around care for each family, nurturing the parent and infant relationship, improving the mental health of the parents which naturally enhances the lives of the children. This improves social, emotional, and cognitive development long term. The social environment our groups provide promote healthy relationships and good social interaction.

We support parents to build their confidence around being a parent, looking after and connecting with their baby, ensuring they have a support network and access to all available services which would help each individual family. Such as employment support, financial support, housing support, foodbanks, the primary care networks, the specialist perinatal team (if step up required) or any other identified need.

Each service user can access our range of interventions bespoke to their individual need.

Why?

In the very beginning it was to provide care and raise awareness of postnatal depression. Over the years since House of Light was founded it has become so much more. We offer care and are constantly evolving to meet the needs of our local community. Offering help to families who are struggling through pregnancy, post birth, with trauma, miscarriage, baby loss, bonding, and development. We are a part of a much wider system of support available.

Antenatal and Postnatal Depression are at the core of everything we do due to the severity of the illness and how early intervention can often prevent a much more serious illness.

Unfortunately, maternal suicides continue to be the leading cause of direct deaths occurring between six weeks and one year after the end of pregnancy. Deaths from psychiatric causes as a whole account for 39% of maternal deaths during this period (MBRRACE Report 2023).

By global standards, giving birth in the UK is safe, but the data reported this year should be taken as a warning signal concerning the state of maternity services and the consequences of increasing inequalities and social complexities.

The Government's ambition in England was to reduce maternal mortality by 50% between 2010-2025. This target is unlikely to be met. Since 2009-11, maternal mortality has increased by 15%.

Crucially, the figures detailed in the MBRRACE Report are from before the cost-of-living crisis of 2022-23.

Women and their families should continue to speak up for themselves and each other; charities and support groups should maintain their vital work in raising awareness and driving improvement, and healthcare professionals their crucial actions to address equity. But these figures are bleak, and there is an urgent need for sustained action on these findings. Any work must take full account of the challenges that lie in the pressurised health system and the impact of wider social, economic and health influences on women's lives. (MBRRACE Report 2023).

At House of Light, we want to create a safe environment for parents to seek support and interventions which not only enhance the life of the individual but for the wider family.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2024**

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our Vision

To be the leading provider of primary care perinatal mental health therapies helping families believe in themselves through pregnancy and beyond.

Our Values

Honesty and Integrity

Trust

Respect

Passion

Kindness

Excellence in care

Our Mission

House of Light is a not-for-profit charitable organisation. House of Light's main aim is to offer support, advice and information regarding mental health and wellbeing during the perinatal period.

Our aims are:

- To provide a range of services for those affected by mental health issues during the perinatal period including one to one telephone, online and face to face support and counselling, email support (locally and nationally), and group sessions.
- To ensure that the service is available to all affected by antenatal and postnatal illness regardless of gender, age, race, sexual orientation, ethnicity, socio-economic status, physical abilities, and religious beliefs.
- To place service users at the centre of planning and delivery of services.
- To use our resources effectively to give service users best value and experience.
- To work closely and in conjunction with other agencies including health and social care professionals.
- To reduce the stigma attached to mental health by taking part in any positive education and media.

House of Light will take part and deliver training programmes which aim to educate and raise awareness of perinatal mental health.

Overview and Aims

Over the course of the year, we have supported over 1000 families, and it is safe to say that it has been our most successful and busy year to date. We are excited by what we have achieved this year and look forward to the year ahead.

During 2024/25 we have some key aims alongside continuing to deliver already embedded services:

1. To develop more support services with 'family' at the heart reaching more beneficiaries.
2. To expand on our placement programme enabling more people to access low level counselling.
3. To invest in our team ensuring they have the expertise and capacity to continue to deliver high quality services.
4. To work in collaboration with other health professionals delivering support and counselling locally.
5. To create a long-term plan ensuring House of Light is a sustainable charity.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2024**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

House of Light's Director of Service works closely with the long-standing Board of Trustees on building a sustainable future for the Charity. This year has been a successful year growing and developing what the charity has to offer our local community, and we are excited about the year ahead as we develop our new strategy.

Demand for our service remains high in every part of the organisation. We continue to listen to the voices of our local community and the health professionals working within it, when planning what vital services we can offer.

Our Services

First 1001 Days Peer Support

In April 2023 we launched the First 1001 Days peer support project, in partnership with Hull City Council's Family Hubs. We provide peer support groups in the East Hull area and offer a direct access into counselling with our final year student placements. This has been incredibly successful and the demand for this has been so high, at times, we have had to hold a small waiting list.

From July 2023 when we began delivering counselling through the direct access up to the end of March 2024, we had already received 126 referrals.

Peer Support

As well as delivering support groups in the Family Hubs in Hull, we also deliver our oldest established group which was at Crafty Cat Café in Anlaby but since the café's closure has moved to Crumbs Café in Anlaby.

Our families come together, forge new friendships, gain the support they need and their children can socialise supporting their emotional and cognitive development.

We also have our freephone helpline and offer support via email.

We have helped 170 families in our support groups this year.

Bereavement Care

We have been working collaboratively with the bereavement team at Hull Women's and Children's hospital supporting their patients by offering a direct access into counselling for parents who had experienced a loss, such as, miscarriage, medical termination and still birth. Since the launch of this offer in July 2023 to the end of March 2024 we had received 50 referrals.

In partnership with the bereavement team, our clinical lead for the Charity set up a support group called 'Forget me not' which runs bi-weekly. This group brings parents together who have had similar experiences. It is by invitation only and runs on a 10-week rolling programme.

The support we deliver to bereaved parents has been described as a lifeline and although we receive no funding for this, will continue to strive to support this patient demographic.

House of Light's own Stepped Care Model

Our vision of early intervention through a stepped care model is well underway:

Step 1 Access to support - support groups, calls and emails.

Step 2 Direct access into counselling via the placement programme.

Step 3 High Intensity interventions with the contracts team.

If at this point our client was at greater need, they would be stepped up into the secondary care system. This system is proving to be beneficial to our service users and helps them navigate the different areas of support available locally.

High Intensity Counselling (Principal Funding Source)

We are contracted to deliver NICE approved High Intensity Therapies on the Hull Talking Therapy network and the East Riding Talking Therapy Network. During 2023-2024 we were able to offer talking therapies to 914 individuals.

High Intensity Cognitive Behavioural Therapy (HI CBT)

Thank you to the J F Brignall Charitable Trust. During 2023 we were able to employ our very first HI CBT therapist (Toni Tyldsley). The J F Brignall Charitable Trust have offered funding for two years which is a huge leap forward for the Charity and what are able to offer.

With many years of experience Toni has been able to deliver specialist perinatal HI CBT to 32 individuals during her first 10 months with House of Light.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2024**

Toni also applied for a scholarship for training in 'Matrescence'.

"Matrescence is a term that describes the physical, emotional, and psychological transition a woman goes through when she becomes a mother. Much like adolescence marks the transition from childhood to adulthood, matrescence marks the transition to motherhood. This period is filled with growth, challenges, and a complete restructuring of your sense of self." https://www.thematrescence.com/free_resources/matrescence-definition/

This scholarship along with her extensive experience, has enabled Toni to write a CBT based course for new mums which is due to be launched next year.

Neonatal Support

Twice weekly House of Light attend the Neonatal Intensive Care Unit to provide support and signposting to the parents on the ward.

Training

Our clinical lead has written and delivered training in:

How to talk to bereaved parents; and
Perinatal Mental Health

FINANCIAL REVIEW

Reserves policy

We have assessed risk around our reliance on relatively short-term contracts. This could expose us to potential reductions in the level of services available. However, we hope our long-term relationships with our contractors and, our consistent ability to meet set performance indicators stands House of Light in a good position.

In view of the risk posed by short term funding.

It is deemed:

- The Charity must maintain sufficient reserves to enable it to respond to short term fluctuations in funding levels.

- The Charity must hold a minimum of 6 months running costs which equates to £240,000.

The Treasurer and Director of Service meet quarterly to review our financial position reporting in full to the Board of Trustees at each Trustee Meeting.

It would be normal for the charity, in addition to the 6-month reserve policy, to hold restricted funds, achieved by successfully applying for business grants and specific fundraising aimed at supporting the medium and long term strategy of securing permanent premises.

The charity currently holds unrestricted funds of £240,000(2023: £307,639) and restricted funds of £229,046 (2023: Nil). The value of Total funds held is £469,046(2023: £307,639)

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is governed by a constitution adopted 29 January 2007 and amended November 2007.

The trustees are supported in their governance of the Charity's affairs by the employees.

House of Light is a registered charity (charity number 1121858) we are governed by the constitution of House of Light registered with the Charity Commission for England and Wales. We currently serve Kingston upon Hull and the East Riding of Yorkshire.

Recruitment and appointment of new trustees

Appointment of trustees is governed by the constitution of the Charity and the Board of Trustees is authorised to appoint new trustees to fill vacancies arising through resignation or death of an existing trustee.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2024**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Charity has Trustee Board of 4 members, the Chairperson, Treasurer, Secretary and elected Trustee. The Trustees meet at least 2 times a year.

The strategic and day to day management of the Charity is delegated to a Director of Service responsible to the Board of Trustees.

The Director of Service leads and is supported by a Clinical Lead and Deputy Clinical Lead.

The Director of Service is responsible for implementing the policy and strategy adopted by the Board of Trustees in line with approved budgets and advising on such policies and strategies.

The Director of Service must report regularly to the Trustees on activities undertaken and provide regular management accounts to explain the financial position of the Charity.

In 2023/24 the board of Trustees is as follows:-

Board of Trustees:

Chairwoman: Alison Davies

Treasurer: Kevin Athersuch

Secretary: Susan Fellows

Trustees: Clare Stokes

Staff:

Director: Sarah Straker

Clinical Lead: Caroline Bell

Deputy Clinical Lead: Clare Stokes

Deputy Clinical Lead: Anja Davison

High Intensity Lead: Toni Tyldsley

Senior Administrator: Lynette Matkin

Admin Assistant: Laura Hildred

Our dedicated team of trustees and staff bring a wide range of capabilities to the service including, human resources, accountancy, counselling, psychotherapy, training, administration, business management, youth services, childcare and safeguarding.

At House of Light, we have a wonderful primary care therapy team, a team of placement counsellors and a team of volunteers who all contribute to our service offer:

Primary Care Therapy Team:

Anja Davison

Caroline Bell

Coleen Johnson

Clare Stokes

Elaine White

Elizabeth Harrison

Emily Reseigh

Jo Altoft

Justine Fenton

Lisa Sparkes

Lorna Hanson

Rebecca Elliott

Rebecca Holt

Sarah Stevenson

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2024**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Shaneen Kirby
Toni Tyldsley

Placement Therapy Team:

Catherine Podmore
Emma Dixon
Emma Maston
Suzy Tuimavave
Bren Edmond
Verity Adams
Julie McEwan
Linzi Steven

Volunteers:

Nicola Welsh
Louise Hutchinson
Katie Carey
Vikki Aitken
Brooke Atkinson
Lucy Sykes
Maddie Andrews
Olivia Jackson
Becky Rawnsley

Our dedicated primary care therapy team are qualified in National Institute of Clinical Excellence (NICE) approved therapy interventions, including Interpersonal Therapy (IPT), Counselling for Depression (CfD), Couples Therapy for Depression (CTfD), High Intensity Cognitive Behavioural Therapy (HI CBT) and Eye Movement Desensitisation and Reprocessing (EMDR).

Our team are all individually registered and/or accredited with the BACP (British Association for Counselling and Psychotherapy), BABCP (British Association for Behavioural and Cognitive Psychotherapies), UKCP (UK Counselling for Psychotherapy) or NCS (National Counselling Society).

Induction and training of new trustees

New trustees are inducted by being invited to attend committee meetings in order that they may judge the level of commitment and responsibilities that are involved with being a trustee.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1121858

Principal address

Third Floor
K2 Tower
60 Bond Street
Hull
East Yorkshire
HU1 3EN

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2024**

Trustees

S Fellows
A Davies
C Stokes
K Athersuch

Independent Examiner

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

THANKS

We have so many individuals, funders and services to be thankful to for supporting House of Light in its endeavours to reach our beneficiaries. We could not help as many people as we do without your valuable support. For 2023-2024 we offer huge thanks to:

- City Health Care Partnership (Hull Talking Therapy Service)
- Humber Teaching NHS Foundation Trust (East Riding Talking Therapy Service)
- J F Brignall Charitable Trust who we must specially mention has taken time to visit our service, meet with us and learn about who we are and what we can offer.
- The Sir James Reckitt Charity
- Hull City Council.
- Maternity and Neonatal Voices Partnership
- Hull and East Riding Mumbler
- Chasing Rainbows
- The Smile Foundation
- St Andrews Don Lodge
- Charles and Elsie Sykes Trust
- Peter Sanderson

A special mention must go to Joel Shortland who ran the London Marathon raising over £1,000 for House of Light, thank you.

We also would like to offer thanks to Bill Shaw who creates a great space for families at the Acorns Family Hub. Bill strives to provide the best possible services and outcomes for his local community and has welcomed the House of Light team creating room and provision for us to deliver support.

Thank you to Andy Barber OBE who has supported House of Light since it became KCFM Smile Foundation's Charity of the Year back in 2009. Andy continues to look out for opportunities for House of Light and we are so grateful.

Thank you to House of Light's wonderful team of staff, trustees, consultants and volunteers who ALL go above and beyond for our service users. You are what makes our service so special.

Approved by order of the board of trustees on 19 December 2024 and signed on its behalf by:



K Athersuch - Trustee

**Independent Examiner's Report to the Trustees of
House of Light Postnatal Depression
Support Group**

Independent examiner's report to the trustees of House of Light Postnatal Depression Support Group

I report to the charity trustees on my examination of the accounts of House of Light Postnatal Depression Support Group (the Trust) for the year ended 5 April 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Laura J Drew FCCA
The Institute of Chartered Accountants in England and Wales

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

Date: 3rd January 2025

**House of Light Postnatal Depression
Support Group**

**Statement of Financial Activities
for the Year Ended 5 April 2024**

		Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM	Notes				
Donations and legacies	2	695,496	-	695,496	364,140
Investment income	3	4,135	-	4,135	876
Total		<u>699,631</u>	<u>-</u>	<u>699,631</u>	<u>365,016</u>
EXPENDITURE ON					
Charitable activities	4				
Charitable		534,997	-	534,997	310,927
Other		3,227	-	3,227	2,352
Total		<u>538,224</u>	<u>-</u>	<u>538,224</u>	<u>313,279</u>
NET INCOME					
Transfers between funds	13	161,407 (229,046)	- 229,046	161,407 -	51,737 -
Net movement in funds		<u>(67,639)</u>	<u>229,046</u>	<u>161,407</u>	<u>51,737</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		307,639	-	307,639	255,902
TOTAL FUNDS CARRIED FORWARD		<u>240,000</u>	<u>229,046</u>	<u>469,046</u>	<u>307,639</u>

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Balance Sheet
5 April 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Intangible assets	9	2,533	-	2,533	3,113
Tangible assets	10	8,071	-	8,071	3,610
		<u>10,604</u>	<u>-</u>	<u>10,604</u>	<u>6,723</u>
CURRENT ASSETS					
Debtors	11	19,889	-	19,889	17,983
Cash at bank and in hand		217,349	269,046	486,395	327,745
		<u>237,238</u>	<u>269,046</u>	<u>506,284</u>	<u>345,728</u>
CREDITORS					
Amounts falling due within one year	12	(7,842)	(40,000)	(47,842)	(44,812)
NET CURRENT ASSETS		<u>229,396</u>	<u>229,046</u>	<u>458,442</u>	<u>300,916</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>240,000</u>	<u>229,046</u>	<u>469,046</u>	<u>307,639</u>
NET ASSETS		<u><u>240,000</u></u>	<u><u>229,046</u></u>	<u><u>469,046</u></u>	<u><u>307,639</u></u>
FUNDS	13				
Unrestricted funds				240,000	307,639
Restricted funds				229,046	-
TOTAL FUNDS				<u><u>469,046</u></u>	<u><u>307,639</u></u>

The financial statements were approved by the Board of Trustees and authorised for issue on **19 December 2024** and were signed on its behalf by:



K Athersuch - Trustee



Alison Davies (Dec 20, 2024 18:13 GMT)

A Davies - Trustee

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Cash Flow Statement
for the Year Ended 5 April 2024**

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	162,623	79,458
Interest paid		-	221
Net cash provided by operating activities		<u>162,623</u>	<u>79,679</u>
Cash flows from investing activities			
Purchase of intangible fixed assets		(420)	-
Purchase of tangible fixed assets		(7,688)	(4,102)
Interest received		4,135	876
Net cash used in investing activities		<u>(3,973)</u>	<u>(3,226)</u>
Change in cash and cash equivalents in the reporting period			
		<u>158,650</u>	<u>76,453</u>
Cash and cash equivalents at the beginning of the reporting period		<u>327,745</u>	<u>251,292</u>
Cash and cash equivalents at the end of the reporting period		<u><u>486,395</u></u>	<u><u>327,745</u></u>

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Notes to the Cash Flow Statement
for the Year Ended 5 April 2024**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024	2023
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	161,407	51,737
Adjustments for:		
Depreciation charges	4,230	3,303
Interest received	(4,135)	(876)
Interest paid	-	(221)
Increase in debtors	(4,773)	(15,697)
Increase in creditors	5,894	41,212
Net cash provided by operations	<u>162,623</u>	<u>79,458</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 6.4.23	Cash flow	At 5.4.24
	£	£	£
Net cash			
Cash at bank and in hand	327,745	158,650	486,395
	<u>327,745</u>	<u>158,650</u>	<u>486,395</u>
Total	<u>327,745</u>	<u>158,650</u>	<u>486,395</u>

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements
for the Year Ended 5 April 2024**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

Income received for services provided is accounted for on an accruals basis.

Cash donations, gifts and legacies are included in full in the income and expenditure account as they are received. Any significant non-cash donations are included in the income and expenditure account at the trustees' estimate of their market value when received. The value of voluntary help is not included in the accounts.

Grants and other funding of a revenue nature are deferred and released to the income and expenditure account over the period to which they relate.

Bank interest is included in the income and expenditure account on an accruals basis.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and fittings	- 25% on cost
Computer equipment	- Straight line over 3 years

Intangible Fixed Assets

Intangible assets are recognised when future economic benefits are probable and cost or value can be measured reliably.

Intangible assets are initially recognised at cost (fair value at acquisition date) and subsequently measured at cost less accumulated amortisation and accumulated impairment losses. Intangible assets are amortised to profit and loss on a straight-line basis over their useful lives as follows:

Computer software: 20%

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2024**

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Estimates and judgements

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. Although these estimates are based on the Directors' best knowledge of the amount, events or actions, actual results ultimately differ from these estimates. The Directors do not consider there to be any material estimates and judgements.

Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments, including trade and other debtors and creditors, are initially recognised at transaction value and subsequently measured at their settlement value.

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	1,443	3,329
Grants and contract income	694,053	360,811
	<u>695,496</u>	<u>364,140</u>

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Sir James Reckitt Trust	7,000	7,000
The Charles and Elsie Sykes Trust	-	3,000
J F Brignall Charitable Trust	35,000	-
	<u>42,000</u>	<u>10,000</u>

Contract income, included in the above are as follows:

	2024	2023
	£	£
East Riding Talking Therapies (formerly Emotional Wellbeing Service)	190,239	111,363
Hull Talking Therapies (formerly Let's Talk)	421,814	239,448
Hull City Council	40,000	-
	<u>652,053</u>	<u>350,811</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2024**

3. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	4,135	876
	<u>4,135</u>	<u>876</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Charitable	531,103	3,894	534,997
	<u>531,103</u>	<u>3,894</u>	<u>534,997</u>

5. SUPPORT COSTS

	Finance £	Governance costs £	Totals £
Charitable	260	3,634	3,894
	<u>260</u>	<u>3,634</u>	<u>3,894</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 5 April 2024 nor for the year ended 5 April 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 5 April 2024 nor for the year ended 5 April 2023.

7. STAFF COSTS

The staff costs for the year are as follows:

	2024	2023
Gross Wages	192,870	112,001
Employers NIC costs	18,894	6,389
Employers Pension costs	4,629	2,674
	<u>216,393</u>	<u>121,064</u>

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

	2024	2023
Core Staff	6	4
	<u>6</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2024**

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	364,140	-	364,140
Investment income	876	-	876
Total	<u>365,016</u>	<u>-</u>	<u>365,016</u>
EXPENDITURE ON			
Charitable activities			
Charitable	310,927	-	310,927
Other	2,352	-	2,352
Total	<u>313,279</u>	<u>-</u>	<u>313,279</u>
NET INCOME	51,737	-	51,737
RECONCILIATION OF FUNDS			
Total funds brought forward	255,902	-	255,902
TOTAL FUNDS CARRIED FORWARD	<u>307,639</u>	<u>-</u>	<u>307,639</u>

9. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 6 April 2023	4,752
Additions	420
At 5 April 2024	<u>5,172</u>
AMORTISATION	
At 6 April 2023	1,639
Charge for year	1,000
At 5 April 2024	<u>2,639</u>
NET BOOK VALUE	
At 5 April 2024	<u>2,533</u>
At 5 April 2023	<u>3,113</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2024**

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 6 April 2023	3,772	9,198	12,970
Additions	118	7,570	7,688
	<u>3,890</u>	<u>16,768</u>	<u>20,658</u>
DEPRECIATION			
At 6 April 2023	2,487	6,873	9,360
Charge for year	447	2,780	3,227
	<u>2,934</u>	<u>9,653</u>	<u>12,587</u>
NET BOOK VALUE			
At 5 April 2024	<u>956</u>	<u>7,115</u>	<u>8,071</u>
At 5 April 2023	<u>1,285</u>	<u>2,325</u>	<u>3,610</u>

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade debtors	16,253	13,389
Prepayments	3,636	4,594
	<u>19,889</u>	<u>17,983</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade creditors	4,658	1,794
Taxation and social security	1,264	6,518
Other creditors	41,920	36,500
	<u>47,842</u>	<u>44,812</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2024**

13. MOVEMENT IN FUNDS

	At 6.4.23 £	Net movement in funds £	Transfers between funds £	At 5.4.24 £
Unrestricted funds				
General fund	307,639	161,407	(229,046)	240,000
Restricted funds				
Restricted funds for purchase of premises	-	-	229,046	229,046
TOTAL FUNDS	<u>307,639</u>	<u>161,407</u>	<u>-</u>	<u>469,046</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	699,631	(538,224)	161,407
TOTAL FUNDS	<u>699,631</u>	<u>(538,224)</u>	<u>161,407</u>

Comparatives for movement in funds

	At 6.4.22 £	Net movement in funds £	At 5.4.23 £
Unrestricted funds			
General fund	255,902	51,737	307,639
TOTAL FUNDS	<u>255,902</u>	<u>51,737</u>	<u>307,639</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	365,016	(313,279)	51,737
TOTAL FUNDS	<u>365,016</u>	<u>(313,279)</u>	<u>51,737</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2024**

13. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 6.4.22 £	Net movement in funds £	Transfers between funds £	At 5.4.24 £
Unrestricted funds				
General fund	255,902	213,144	(229,046)	240,000
Restricted funds				
Restricted funds for purchase of premises	-	-	229,046	229,046
TOTAL FUNDS	<u>255,902</u>	<u>213,144</u>	<u>-</u>	<u>469,046</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,064,647	(851,503)	213,144
TOTAL FUNDS	<u>1,064,647</u>	<u>(851,503)</u>	<u>213,144</u>

14. RELATED PARTY DISCLOSURES

Clare Stokes (Trustee) invoiced the charity on an arms length basis for freelance counselling. The amount invoiced in the year ending 05 April 2024 was Nil (2023 - £7,033).

15. KEY MANAGEMENT REMUNERATION

During the period under review, key management personal were paid a total of £34,595 (2023 - £28,231).

**House of Light Postnatal Depression
Support Group**

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2024**

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	1,443	3,329
Grants and contract income	694,053	360,811
	<u>695,496</u>	<u>364,140</u>
Investment income		
Deposit account interest	4,135	876
Total incoming resources	<u>699,631</u>	<u>365,016</u>
EXPENDITURE		
Charitable activities		
Salaries and pensions	211,393	120,872
Rent and rates	44,525	25,847
Insurance	1,752	1,535
Telephone	4,773	5,212
Printing, Stationery and Postage	5,127	3,928
Advertising	3,775	463
Contract expenses and services	11,197	5,089
Counsellors	204,979	126,785
HR consultancy	1,800	1,500
Computer expenses	11,795	2,647
Sundry expenses	7,800	3,695
Training	14,500	7,532
Motor and travel	6,687	-
Amortisation of intangible fixed assets	1,000	951
	<u>531,103</u>	<u>306,056</u>
Other		
Fixtures and fittings	447	1,797
Computer equipment	2,780	555
	<u>3,227</u>	<u>2,352</u>
Support costs		
Finance		
Bank charges	260	221
Governance costs		
Accountancy and legal fees	3,634	4,650

This page does not form part of the statutory financial statements

**House of Light Postnatal Depression
Support Group**

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2024**

	2024 £	2023 £
Total resources expended	538,224	313,279
Net income	<u>161,407</u>	<u>51,737</u>

This page does not form part of the statutory financial statements

HOUSE OF LIGHT

England & Wales - Charity number 1121858

Accounts

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 5 April 2023
for
House of Light Postnatal Depression
Support Group**

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

**House of Light Postnatal Depression
Support Group**

**Contents of the Financial Statements
for the Year Ended 5 April 2023**

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House of Light Postnatal Depression Support Group

Report of the Trustees for the Year Ended 5 April 2023

The trustees present their report with the financial statements of the charity for the year ended 5 April 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our Vision

To be the leading provider of primary care perinatal mental health therapies helping families believe in themselves through pregnancy and beyond.

Our Values

Honesty and Integrity

Trust

Respect

Passion

Kindness

Excellence in care

Our Mission

House of Light is a not-for-profit charitable organisation. House of Light's main aim is to offer support, advice and information regarding mental health and wellbeing during the perinatal period.

Our aims are:

- To provide a range of services for those affected by mental health issues during the perinatal period including one to one telephone, online and face to face support and counselling, email support (locally and nationally), and group sessions.
- To ensure that the service is available to all affected by antenatal and postnatal illness regardless of gender, age, race, sexual orientation, ethnicity, socio-economic status, physical abilities, and religious beliefs.
- To place service users at the centre of planning and delivery of services.
- To use our resources effectively to give service users best value and experience.
- To work closely and in conjunction with other agencies including health and social care professionals.
- To reduce the stigma attached to mental health by taking part in any positive education and media.

House of Light will take part and deliver training programmes which aim to educate and raise awareness of perinatal mental health.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2023**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

House of Light continues to be successfully led by its long-standing Trustee Board and Service Director. In April 2022 Caroline Bell took over as Clinical Lead and Clare Stokes took the role of Deputy Clinical Lead. This has led to a positive year for House of Light seeing a period of growth of over 75% increase in service delivery. We have been awarded a significant grant to begin delivering High Intensity Cognitive Behavioural Therapy in the next financial year. We have also been awarded a contract with Hull City Council to deliver parenting peer support in their East Hull Family Hubs. Again, this project is due to mobilise in the next financial year.

It has been a challenging year due to the speed in which the service has grown, it has meant fast responses to demand, increasing capacity and space. Our infrastructure has also been improved and we have invested in IT and telephony to bring efficiencies in speed and cost.

We continue to work hard on the NHS Talking Therapy networks in Hull and East Riding, delivering evidence-based talking therapies and developing our team to enable us to deliver more. This core work is integral to the continued growth and development of our service.

The J F Brignall Charitable Trust

We were introduced to The J F Brignall Charitable Trust by HEY Smile who believed our passions aligned. After meeting with the Trust and presenting our service, they generously awarded House of Light a two-year grant to bring to our service a much-needed High Intensity Cognitive Behavioural Therapist (HI CBT).

HI CBT is an evidenced based intervention which supports recovery from trauma and anxiety. CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts. You are shown how to change these negative patterns to improve the way you feel. CBT deals with your current problems rather than focusing on issues from your past. It looks for practical ways to improve your state of mind daily moving forward.

New Contract and the First 1001 Days Vision

We were awarded a contract by Hull City Council to offer parenting peer support as part of the First 1001 Days Family Hubs Start for Life programme.

The First 1001 Days Best Start for Life vision has been led by Rt Hon Andrea Leadsom MP who states, 'what happens to an infant in the 1001 critical days is all about prevention, and a strong, supportive policy framework in this area can truly change our society for the better. We spend billions on challenges in society from lack of school readiness to bullying to poor mental health to addictions and criminality; and further billions on conditions such as obesity, diabetes, and congenital heart disease. Yet, the building blocks for lifelong emotional and physical health are laid down in the period from conception to the age of two and we don't give this critical period the focus it deserves. Prevention isn't only kinder, but it's also much cheaper than cure.

Every family deserves support to help them make sure their baby grows up to be physically healthy and emotionally capable. Securely attached infants are much more likely to go on to become adults who cope well with life's ups and downs, build strong relationships at work and at home, and are better equipped to raise their own children. This becomes a 'virtuous' cycle where instinctive good parenting is passed down from one generation to the next.

The human brain is itself only partially formed at birth and becomes hardwired by the baby's earliest experiences, having a lifelong impact on their physical and emotional health. For every new parent, having a baby should be a thrilling and joyful experience that brings families closer together. The truth is, even for those living in relative comfort and surrounded by a loving family, the arrival of a new baby is usually exhausting and can be overwhelming. In too many families, specific problems such as a traumatic birth experience, mental health issues, a disability, conflict with a partner, deprivation or substance misuse can dramatically hinder the capacity to be a 'good' parent.'

House of Light was founded to help mum's who are struggling in pregnancy and post birth and continues to work hard for parents and the wider family.

House of Light Postnatal Depression Support Group

Report of the Trustees for the Year Ended 5 April 2023

The project begins in the next financial year and our contract is to deliver a peer support model across the East Hull Family Hubs concentrating on parent and infant mental health. We are proposing expanding our already established support groups with the help of volunteers and putting in place a final year student placement programme to offer one to one therapy and support. It is in the early stages of development but again could be an opportunity for considerable growth and investing in people, enabling us to grow the early intervention work and to invest in new counsellors entering the profession.

This vision for our Charity is that we can offer early intervention by way of support in a group setting and on a one-to-one basis all the way up to but not including secondary care need. We can offer low level counselling via the placement programme. If a higher intensity intervention is required, we can offer therapies on the NHS Talking Therapy primary care networks. This work covers all primary care level interventions. We work closely with the Specialist Perinatal Mental Health Team who offer a higher level of intervention for people with severe and enduring mental health issues.

Home-Start Hull were awarded the West Hull contract, and we work closely with Home-Start to deliver equitable support across the city.

We currently have in place 3 support groups: Crafty Cat Café in Anlaby, Acorns Children's Centre (East Hull) and Fenchurch Children's Centre (West Hull). All are extremely well attended, providing support to parents who do not want to access our counselling services. Feedback has been very positive and we are utilising our volunteer network to support these groups.

Collaborative Working

The service director and clinical lead were invited to the Baby Lifeline Conference in November by Hudgell Solicitors who generously donated the cost of the tickets. An event which highlighted the issues raised in the Ockenden Report and the challenges facing the NHS in maternity care across the country. As a service and part of our local Maternity and Neonatal Voices Partnerships we see that a great deal of positive work is taking place within our local hospital to further improve the standard of care delivered to our local families. Our service is there to help promote the emotional wellbeing of the families and to work collaboratively with local maternity care to improve patient outcomes.

Last year saw the launch of the Maternal Mental Health Service in Hull. A much-needed secondary care service available to those women who have had a miscarriage or stillbirth and women who have experienced having a baby removed at birth. Unfortunately, this service has been suspended and we are seeing an increasing number of referrals into primary care to help those families who have experienced loss. This will be another aspect of the service we work to develop moving forward.

House of Light were privileged to be invited to support parents on the Neonatal Intensive Care Unit within Hull Women's and Children's hospital. We have been successfully delivering support twice a week to those families and continue to do so.

FINANCIAL REVIEW

Reserves policy

We currently hold 6-7 months average expenditure in reserve to ensure continuity of care should there be any significant changes in our income streams.

The Trustees meet quarterly to review our financial situation ensuring funds are adequate to fulfil our continuing obligations.

We are continually trying to secure funding for specific projects and the service costs in order to maintain the charity's sustainable position.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2023**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is governed by a constitution adopted 29 January 2007 and amended November 2007.

The trustees are supported in their governance of the Charity's affairs by the employees.

Recruitment and appointment of new trustees

Appointment of trustees is governed by the constitution of the Charity and the Board of Trustees is authorised to appoint new trustees to fill vacancies arising through resignation or death of an existing trustee.

Organisational structure

In 2022/23 the board of Trustees is as follows:-

Board of Trustees:

Chairwoman: Alison Davies

Treasurer: Kevin Athersuch

Secretary: Susan Fellows

Trustees: Clare Stokes

Staff:

Director: Sarah Straker

Clinical Lead: Caroline Bell

Deputy Clinical Lead: Clare Stokes

Administrator: Lynette Matkin

Our dedicated team of trustees and staff bring a wide range of capabilities to the service including, human resources, accountancy, counselling, psychotherapy, training, administration, business management, youth services, childcare and safeguarding.

Therapy Team:

Caroline Bell

Clare Stokes

Elizabeth Harrison

Emma Towers

Jo Altoft

Rebecca Holt

Sarah Stevenson

Shaneen Kirby

Justine Fenton

Elaine White

Emily Reseigh

Rebecca Elliott

Keith Willson

Jenna Greenough

Our dedicated primary care therapy team are all qualified counsellors and have undertaken or are undertaking additional National Institute of Clinical Excellence (NICE) approved therapy interventions, including Interpersonal Therapy (IPT), Counselling for Depression (CfD), Couples Therapy for Depression (CTfD) and Eye Movement Desensitisation and Reprocessing (EMDR).

Our team are all individually registered and/or accredited with the BACP (British Association for Counselling and Psychotherapy), UKCP (UK Counselling for Psychotherapy) or NCS (National Counselling Society).

House of Light is a registered organisation with the BACP.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2023**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

New trustees are inducted by being invited to attend committee meetings in order that they may judge the level of commitment and responsibilities that are involved with being a trustee.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1121858

Principal address

Third Floor
K2 Tower
60 Bond Street
Hull
East Yorkshire
HU1 3EN

Trustees

S Fellows
A Davies
C Stokes
K Athersuch

Independent Examiner

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2023**

THANKS

We would like to thank the following organisations who have continued to support our Charity prior to and throughout 2022/2023:

- The Sir James Reckitt Charity
- City Health Care Partnership Hull - Let's Talk Service
- Humber Teaching NHS Foundation Trust - Emotional Wellbeing Service
- Hull City Council
- J F Brignall Charitable Trust
- Charles and Elsie Sykes Trust
- Hudgell Solicitors
- St Andrews Don Lodge
- Peter Sanderson
- Richard Matthews in remembrance of Patricia Higgins nee Daw
- Richard Brown (aka Shaneen's Dad)
- Turner Price

We give thanks to Asda Bilton and all their customers for their generous donations of baby clothes, toys, books, and toiletries. We have been able to provide items to families who are struggling and offer Christmas gifts to the children at our groups.

To all those individuals who kindly donate via PayPal, Virgin Money Giving, Just Giving and Amazon Smile, you are amazing.

Without the generosity of charitable organisations and members of the public we would not be able to continue our great work.

Thank you all.

23 January 2024

Approved by order of the board of trustees on and signed on its behalf by:



.....
K Athersuch - Trustee

**Independent Examiner's Report to the Trustees of
House of Light Postnatal Depression
Support Group**

Independent examiner's report to the trustees of House of Light Postnatal Depression Support Group

I report to the charity trustees on my examination of the accounts of House of Light Postnatal Depression Support Group (the Trust) for the year ended 5 April 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

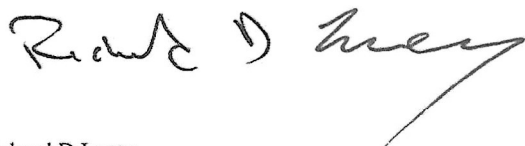
Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Richard D Lacey
The Institute of Chartered Accountants in England and Wales

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

Date: 29/1/24

**House of Light Postnatal Depression
Support Group**

**Statement of Financial Activities
for the Year Ended 5 April 2023**

	Notes	Unrestricted funds £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	364,140	-	364,140	274,601
Investment income	3	876	-	876	17
Total		<u>365,016</u>	<u>-</u>	<u>365,016</u>	<u>274,618</u>
EXPENDITURE ON					
Charitable activities					
Charitable		310,927	-	310,927	251,061
Other		2,352	-	2,352	1,079
Total		<u>313,279</u>	<u>-</u>	<u>313,279</u>	<u>252,140</u>
NET INCOME		51,737	-	51,737	22,478
RECONCILIATION OF FUNDS					
Total funds brought forward		255,902	-	255,902	233,424
TOTAL FUNDS CARRIED FORWARD		<u>307,639</u>	<u>-</u>	<u>307,639</u>	<u>255,902</u>

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Balance Sheet
5 April 2023**

	Notes	Unrestricted funds £	Restricted fund £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Intangible assets	7	3,113	-	3,113	4,064
Tangible assets	8	3,610	-	3,610	1,860
		<u>6,723</u>	<u>-</u>	<u>6,723</u>	<u>5,924</u>
CURRENT ASSETS					
Debtors	9	17,983	-	17,983	2,286
Cash at bank and in hand		292,745	35,000	327,745	251,292
		<u>310,728</u>	<u>35,000</u>	<u>345,728</u>	<u>253,578</u>
CREDITORS					
Amounts falling due within one year	10	(9,812)	(35,000)	(44,812)	(3,600)
		<u>300,916</u>	<u>-</u>	<u>300,916</u>	<u>249,978</u>
NET CURRENT ASSETS					
		<u>307,639</u>	<u>-</u>	<u>307,639</u>	<u>255,902</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>307,639</u>	<u>-</u>	<u>307,639</u>	<u>255,902</u>
NET ASSETS					
		<u>307,639</u>	<u>-</u>	<u>307,639</u>	<u>255,902</u>
FUNDS	11				
Unrestricted funds				307,639	255,902
TOTAL FUNDS				<u>307,639</u>	<u>255,902</u>

The financial statements were approved by the Board of Trustees and authorised for issue on ~~23 January 2024~~..... and were signed on its behalf by: **Kevin Athersuch and Alison Davies**

 AD
.....
Trustee

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements
for the Year Ended 5 April 2023**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

Income received for services provided is accounted for on an accruals basis.

Cash donations, gifts and legacies are included in full in the income and expenditure account as they are received. Any significant non-cash donations are included in the income and expenditure account at the trustees' estimate of their market value when received. The value of voluntary help is not included in the accounts.

Grants and other funding of a revenue nature are deferred and released to the income and expenditure account over the period to which they relate.

Bank interest is included in the income and expenditure account on an accruals basis.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and fittings	- 25% on cost
Computer equipment	- Straight line over 3 years

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2023**

1. ACCOUNTING POLICIES - continued

Estimates and judgements

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. Although these estimates are based on the Directors' best knowledge of the amount, events or actions, actual results ultimately differ from these estimates. The Directors do not consider there to be any material estimates and judgements.

Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments, including trade and other debtors and creditors, are initially recognised at transaction value and subsequently measured at their settlement value.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	3,329	604
Grants and contract income	360,811	273,997
	<u>364,140</u>	<u>274,601</u>

Grants received, included in the above, are as follows:

	2023	2022
	£	£
James Reckitt Trust	7,000	7,000
The Charles + Elsie Sykes Trust	3,000	-
Emotional Wellbeing Service	111,363	161,925
Let's Talk	239,448	104,512
Abbies Fund	-	560
	<u>360,811</u>	<u>273,997</u>

3. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	<u>876</u>	<u>17</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2023**

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 5 April 2023 nor for the year ended 5 April 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 5 April 2023 nor for the year ended 5 April 2022.

5. STAFF COSTS

The staff costs for the year are as follows:

	2023	2022
Gross Wages	112,001	95,062
Employers NIC costs	6,389	5,156
Employers Pension costs	2,674	2,205
	<u>121,064</u>	<u>102,423</u>

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

	2023	2022
Core Staff	<u>4</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	274,601	-	274,601
Investment income	17	-	17
Total	<u>274,618</u>	<u>-</u>	<u>274,618</u>
EXPENDITURE ON			
Charitable activities			
Charitable	251,061	-	251,061
Other	1,079	-	1,079
Total	<u>252,140</u>	<u>-</u>	<u>252,140</u>
NET INCOME	22,478	-	22,478
Transfers between funds	3,988	(3,988)	-
Net movement in funds	26,466	(3,988)	22,478

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2023**

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted fund £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	229,436	3,988	233,424
TOTAL FUNDS CARRIED FORWARD	<u>255,902</u>	<u>-</u>	<u>255,902</u>

7. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 6 April 2022 and 5 April 2023	<u>4,752</u>
AMORTISATION	
At 6 April 2022	688
Charge for year	<u>951</u>
At 5 April 2023	<u>1,639</u>
NET BOOK VALUE	
At 5 April 2023	<u>3,113</u>
At 5 April 2022	<u>4,064</u>

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 6 April 2022	2,178	6,690	8,868
Additions	<u>1,594</u>	<u>2,508</u>	<u>4,102</u>
At 5 April 2023	<u>3,772</u>	<u>9,198</u>	<u>12,970</u>
DEPRECIATION			
At 6 April 2022	1,912	5,096	7,008
Charge for year	<u>575</u>	<u>1,777</u>	<u>2,352</u>
At 5 April 2023	<u>2,487</u>	<u>6,873</u>	<u>9,360</u>
NET BOOK VALUE			
At 5 April 2023	<u>1,285</u>	<u>2,325</u>	<u>3,610</u>
At 5 April 2022	<u>266</u>	<u>1,594</u>	<u>1,860</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2023**

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	13,389	-
Prepayments	4,594	2,286
	<u>17,983</u>	<u>2,286</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	1,794	1,450
Taxation and social security	6,518	690
Other creditors	36,500	1,460
	<u>44,812</u>	<u>3,600</u>

11. MOVEMENT IN FUNDS

	At 6.4.22	Net movement in funds	At
	£	£	5.4.23 £
Unrestricted funds			
General fund	255,902	51,737	307,639
	<u>255,902</u>	<u>51,737</u>	<u>307,639</u>
TOTAL FUNDS			

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	365,016	(313,279)	51,737
	<u>365,016</u>	<u>(313,279)</u>	<u>51,737</u>
TOTAL FUNDS			

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2023**

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 6.4.21 £	Net movement in funds £	Transfers between funds £	At 5.4.22 £
Unrestricted funds				
General fund	229,436	22,478	3,988	255,902
Restricted funds				
Group Support	3,988	-	(3,988)	-
TOTAL FUNDS	<u>233,424</u>	<u>22,478</u>	<u>-</u>	<u>255,902</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	274,618	(252,140)	22,478
TOTAL FUNDS	<u>274,618</u>	<u>(252,140)</u>	<u>22,478</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 6.4.21 £	Net movement in funds £	Transfers between funds £	At 5.4.23 £
Unrestricted funds				
General fund	229,436	74,215	3,988	307,639
Restricted funds				
Group Support	3,988	-	(3,988)	-
TOTAL FUNDS	<u>233,424</u>	<u>74,215</u>	<u>-</u>	<u>307,639</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2023**

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	639,634	(565,419)	74,215
TOTAL FUNDS	<u>639,634</u>	<u>(565,419)</u>	<u>74,215</u>

12. RELATED PARTY DISCLOSURES

Clare Stokes (Trustee) invoiced the charity on an arms length basis for freelance counselling. The amount invoiced in the year ending 05 April 2023 was £7,033 (2022 - £17,821).

13. KEY MANAGEMENT REMUNERATION

During the period under review, key management personal were paid a total of £28,231 (2022 - £27,080).

**House of Light Postnatal Depression
Support Group**

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2023**

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,329	604
Grants and contract income	360,811	273,997
	<u>364,140</u>	<u>274,601</u>
Investment income		
Deposit account interest	876	17
Total incoming resources	<u>365,016</u>	<u>274,618</u>
EXPENDITURE		
Charitable activities		
Salaries and pensions	120,872	102,423
Rent and rates	25,847	26,077
Insurance	1,535	1,535
Telephone	5,212	5,933
Printing, Stationery and Postage	3,928	1,574
Advertising	463	193
Contract expenses and services	5,089	2,540
Counsellors	126,785	99,603
HR consultancy	1,500	1,800
Computer expenses	2,647	1,152
Sundry expenses	3,695	765
Training	7,532	4,438
Amortisation of intangible fixed assets	951	615
	<u>306,056</u>	<u>248,648</u>
Other		
Fixtures and fittings	1,797	177
Computer equipment	555	902
	<u>2,352</u>	<u>1,079</u>
Support costs		
Finance		
Bank charges	221	15
Governance costs		
Accountancy and legal fees	4,650	2,398
Total resources expended	<u>313,279</u>	<u>252,140</u>
Net income	<u><u>51,737</u></u>	<u><u>22,478</u></u>

This page does not form part of the statutory financial statements

HOUSE OF LIGHT

England & Wales - Charity number 1121858

Accounts

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 5 April 2022
for
House of Light Postnatal Depression
Support Group**

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

**House of Light Postnatal Depression
Support Group**

**Contents of the Financial Statements
for the Year Ended 5 April 2022**

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**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2022**

The trustees present their report with the financial statements of the charity for the year ended 5 April 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Charity's principle objective continues to be the promotion of any charitable purpose directed to alleviating those who suffer from mental health difficulties pre-conception to post birth and, in particular, the relief of sickness and protection and promotion of good health (both physical and mental) by the provision of support and counselling and the advancement in education in matters relating to antenatal and postnatal depression and anxiety and its effects in particular, by the provision of advice, counselling and support.

Public benefit

House of Light is a not-for-profit charitable organisation. House of Light's main aim is to offer support, advice and information regarding mental health and wellbeing during the perinatal period.

Our aims are:

- To provide a range of services for those affected by mental health issues during the perinatal period including one to one telephone, online and face to face support and counselling, email support (locally and nationally), and group sessions.
- To ensure that the service is available to all affected by antenatal and postnatal illness regardless of gender, age, race, sexual orientation, ethnicity, socio-economic status, physical abilities, and religious beliefs.
- To place service users at the centre of planning and delivery of services.
- To use our resources effectively to give service users best value and experience.
- To work closely and in conjunction with other agencies including health and social care professionals.
- To reduce the stigma attached to mental health by taking part in any positive education and media.

House of Light will take part and deliver training programmes which aim to educate and raise awareness of perinatal mental health.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2022**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

2021/2022 has been the transition between the height of the pandemic and getting back to some level of normality. There have been some challenges along the way. However, House of Light has ended the year stronger than ever with a great management team, who are representative of our policy to invest in people and promote internally to move the service forward into our next chapter.

We have continually offered a highly quality service with no significant interruptions (barring the first few weeks of the pandemic) and are very proud to have emerged stronger, bigger, and offering wider services. We now have an inhouse team, a remote team and some who work a blend of both. This has enabled us to offer telephone, online and face to face therapies, depending on the need of the patient.

We commenced the transition from virtual back to face-to-face support groups this year and have exciting plans for growth next year after forging strong partnerships with other parent and children services in the local community. We are excited to see this grow throughout the next year.

During our time working remotely, we managed to redesign and relaunch a new website, including our new website address of www.houseoflight.org.uk this ensures our name is synonymous with parental mental health support. It also enables us to reach a wider audience and methods in which to gather patient feedback confidentially. We continue to maintain 100% positive feedback from our service users.

We have received 620 referrals this year which has been challenging for our team who also have needed to self-care. We have been offering around 100-120 hours per week of therapy which is quite low for our organisation, however, to enable us to deliver the best possible care for our patients we must also look after our team. We have undertaken an evaluation of our employee offering and have been keen to incorporate learning and development and wellbeing practices within the total reward package. We also contribute to supervision costs for our freelance counselling team. We believe that this has put our offering within the top quartile to other counselling therapy services within Hull and East Riding and we are seeing the benefits of attracting qualified therapists into our service in a tight labour market.

We received a staggering 2079 calls to our freephone helpline last year, averaging 173 per month.

We continue to make huge strides to improving access to support in our local area.

FINANCIAL REVIEW

Reserves policy

We currently hold 6-7 months average expenditure in reserve to ensure continuity of care should there be any significant changes in our income streams.

The Trustees meet quarterly to review our financial situation ensuring funds are adequate to fulfil our continuing obligations.

We are continually trying to secure funding for specific projects and the service costs in order to maintain the charity's sustainable position.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is governed by a constitution adopted 29 January 2007 and amended November 2007.

The trustees are supported in their governance of the Charity's affairs by the employees.

Recruitment and appointment of new trustees

Appointment of trustees is governed by the constitution of the Charity and the Board of Trustees is authorised to appoint new trustees to fill vacancies arising through resignation or death of an existing trustee.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2022**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

In 2020/21 the board of Trustees is as follows:-

Chairwoman: Alison Davies
Treasurer: Kevin Athersuch
Secretary: Susan Fellows
Trustees: Paula Cullen (Resigned: Feb 2022)
Clare Stokes

Staff:

Director: Sarah Straker
Clinical Lead: Joanne Irvin/Caroline Bell
Deputy Clinical Lead: Caroline Bell/Clare Stokes
Administrator: Lynette Matkin

Our dedicated team of trustees and staff bring a wide range of capabilities to the service including, human resources, accountancy, counselling, psychotherapy, training, administration, business management, youth services, childcare and safeguarding.

Therapy Team:

Joanne Irvin
Caroline Bell
Rebecca Holt
Sarah Stevenson
Clare Stokes
Elizabeth Harrison
Jo Altoft
Helen Brady
Shaneen Kirby
Emma Towers
Emily Reseigh
Emma Kennedy
Suzy Bunton

Our dedicated primary care therapy team are all qualified counsellors and have undertaken or are undertaking additional National Institute of Clinical Excellence (NICE) approved therapy interventions, including Interpersonal Therapy (IPT), Counselling for Depression (CfD), Couples Counselling for Depression (CCfD) and Eye Movement Desensitisation and Reprocessing (EMDR).

Our team are all individually registered and/or accredited with the BACP (British Association for Counselling and Psychotherapy), UKCP (UK Counselling for Psychotherapy) or NCS (National Counselling Society).

House of Light is a registered organisation with the BACP.

Induction and training of new trustees

New trustees are inducted by being invited to attend committee meetings in order that they may judge the level of commitment and responsibilities that are involved with being a trustee.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2022**

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1121858

Principal address

Third Floor
K2 Tower
60 Bond Street
Hull
East Yorkshire
HU1 3EN

Trustees

S Fellows
A Davies
C Stokes
K Athersuch
Ms P Cullen (appointed 10.5.21) (resigned 28.2.22)

Independent Examiner

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

THANKS

We would like to thank the following organisations who have continued to support our Charity prior to, throughout 2021/2022 and beyond:

The Sir James Reckitt Charity
City Health Care Partnership Hull - Let's Talk Service
Humber Teaching NHS Foundation Trust - Emotional Wellbeing Service
Garfield Weston Foundation
Charles and Elsie Sykes Trust
Hull and East Riding Charitable Trust
Hudgells Solicitors
SJP Law

Asda Foundation - Bilton Store

To all those individuals who kindly donate via PayPal, Virgin Money Giving, Just Giving and Amazon Smile, you are amazing.

Without the generosity of charitable organisations and members of the public we would not be able to continue our great work.

Approved by order of the board of trustees on 11 JANUARY 2023 and signed on its behalf by:



.....
A Davies - Trustee

**Independent Examiner's Report to the Trustees of
House of Light Postnatal Depression
Support Group**

Independent examiner's report to the trustees of House of Light Postnatal Depression Support Group

I report to the charity trustees on my examination of the accounts of House of Light Postnatal Depression Support Group (the Trust) for the year ended 5 April 2022.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Richard D Lacey
ICAEW
Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

Date: 12/1/2023

**House of Light Postnatal Depression
Support Group**

**Statement of Financial Activities
for the Year Ended 5 April 2022**

	Notes	Unrestricted funds £	Restricted fund £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	274,601	-	274,601	355,853
Investment income	3	17	-	17	56
Total		<u>274,618</u>	<u>-</u>	<u>274,618</u>	<u>355,909</u>
EXPENDITURE ON					
Charitable activities					
Charitable		251,061	-	251,061	232,732
Other		1,079	-	1,079	959
Total		<u>252,140</u>	<u>-</u>	<u>252,140</u>	<u>233,691</u>
NET INCOME					
Transfers between funds	11	22,478 3,988	- (3,988)	22,478 -	122,218 -
Net movement in funds		<u>26,466</u>	<u>(3,988)</u>	<u>22,478</u>	<u>122,218</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		229,436	3,988	233,424	111,206
TOTAL FUNDS CARRIED FORWARD		<u><u>255,902</u></u>	<u><u>-</u></u>	<u><u>255,902</u></u>	<u><u>233,424</u></u>

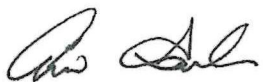
The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Balance Sheet
5 April 2022**

	Notes	Unrestricted funds £	Restricted fund £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Intangible assets	7	4,064	-	4,064	2,845
Tangible assets	8	1,860	-	1,860	1,900
		<u>5,924</u>	<u>-</u>	<u>5,924</u>	<u>4,745</u>
CURRENT ASSETS					
Debtors	9	2,286	-	2,286	26,626
Cash at bank and in hand		251,292	-	251,292	207,497
		<u>253,578</u>	<u>-</u>	<u>253,578</u>	<u>234,123</u>
CREDITORS					
Amounts falling due within one year	10	(3,600)	-	(3,600)	(5,444)
NET CURRENT ASSETS		<u>249,978</u>	<u>-</u>	<u>249,978</u>	<u>228,679</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>255,902</u>	<u>-</u>	<u>255,902</u>	<u>233,424</u>
NET ASSETS		<u>255,902</u>	<u>-</u>	<u>255,902</u>	<u>233,424</u>
FUNDS	11				
Unrestricted funds				255,902	229,436
Restricted funds				-	3,988
TOTAL FUNDS				<u>255,902</u>	<u>233,424</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 11 JANUARY 2023 and were signed on its behalf by:



Trustee

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements
for the Year Ended 5 April 2022**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and fittings	- 25% on cost
Computer equipment	- Straight line over 3 years

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2022**

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	604	1,777
Grants and Contract Income	273,997	354,076
	<u>274,601</u>	<u>355,853</u>

Grants received, included in the above, are as follows:

	2022	2021
	£	£
James Reckitt Trust	7,000	5,000
City Health Care	-	3,232
Emotional Wellbeing Service	161,925	97,270
Let's Talk	104,512	238,274
COVID	-	10,000
Mumbler	-	300
Abbies Fund	560	-
	<u>273,997</u>	<u>354,076</u>

3. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	17	56
	<u>17</u>	<u>56</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 5 April 2022 nor for the year ended 5 April 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 5 April 2022 nor for the year ended 5 April 2021.

5. STAFF COSTS

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

	2022	2021
Core Staff	4	3
	<u>4</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2022**

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	352,748	3,105	355,853
Investment income	56	-	56
Total	<u>352,804</u>	<u>3,105</u>	<u>355,909</u>
EXPENDITURE ON			
Charitable activities			
Charitable	232,127	605	232,732
Other	959	-	959
Total	<u>233,086</u>	<u>605</u>	<u>233,691</u>
NET INCOME	119,718	2,500	122,218
RECONCILIATION OF FUNDS			
Total funds brought forward	109,718	1,488	111,206
TOTAL FUNDS CARRIED FORWARD	<u>229,436</u>	<u>3,988</u>	<u>233,424</u>

7. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 6 April 2021	2,918
Additions	1,834
At 5 April 2022	<u>4,752</u>
AMORTISATION	
At 6 April 2021	73
Charge for year	615
At 5 April 2022	<u>688</u>
NET BOOK VALUE	
At 5 April 2022	<u>4,064</u>
At 5 April 2021	<u>2,845</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2022**

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 6 April 2021	2,004	5,825	7,829
Additions	174	865	1,039
	<u>2,178</u>	<u>6,690</u>	<u>8,868</u>
At 5 April 2022	2,178	6,690	8,868
DEPRECIATION			
At 6 April 2021	1,735	4,194	5,929
Charge for year	177	902	1,079
	<u>1,912</u>	<u>5,096</u>	<u>7,008</u>
At 5 April 2022	1,912	5,096	7,008
NET BOOK VALUE			
At 5 April 2022	266	1,594	1,860
At 5 April 2021	<u>269</u>	<u>1,631</u>	<u>1,900</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	-	24,288
Prepayments	2,286	2,338
	<u>2,286</u>	<u>26,626</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	1,450	3,441
Taxation and social security	690	593
Other creditors	1,460	1,410
	<u>3,600</u>	<u>5,444</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2022**

11. MOVEMENT IN FUNDS

	At 6.4.21 £	Net movement in funds £	Transfers between funds £	At 5.4.22 £
Unrestricted funds				
General fund	229,436	22,478	3,988	255,902
Restricted funds				
Group Support	3,988	-	(3,988)	-
TOTAL FUNDS	<u>233,424</u>	<u>22,478</u>	<u>-</u>	<u>255,902</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	274,618	(252,140)	22,478
TOTAL FUNDS	<u>274,618</u>	<u>(252,140)</u>	<u>22,478</u>

Comparatives for movement in funds

	At 6.4.20 £	Net movement in funds £	At 5.4.21 £
Unrestricted funds			
General fund	109,718	119,718	229,436
Restricted funds			
Group Support	1,488	2,500	3,988
TOTAL FUNDS	<u>111,206</u>	<u>122,218</u>	<u>233,424</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2022**

11. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	352,804	(233,086)	119,718
Restricted funds			
Group Support	3,105	(605)	2,500
TOTAL FUNDS	<u>355,909</u>	<u>(233,691)</u>	<u>122,218</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 6.4.20 £	Net movement in funds £	Transfers between funds £	At 5.4.22 £
Unrestricted funds				
General fund	109,718	142,196	3,988	255,902
Restricted funds				
Group Support	1,488	2,500	(3,988)	-
TOTAL FUNDS	<u>111,206</u>	<u>144,696</u>	<u>-</u>	<u>255,902</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	627,422	(485,226)	142,196
Restricted funds			
Group Support	3,105	(605)	2,500
TOTAL FUNDS	<u>630,527</u>	<u>(485,831)</u>	<u>144,696</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2022**

12. RELATED PARTY DISCLOSURES

Clare Stokes (Trustee) invoiced the charity on an arms length basis for freelance counselling. The amount invoiced in the year ending 05/04/2022 was £17,821.00

**House of Light Postnatal Depression
Support Group**

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2022**

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	604	1,777
Grants and Contract Income	273,997	354,076
	<u>274,601</u>	<u>355,853</u>
Investment income		
Deposit account interest	17	56
	<u>274,618</u>	<u>355,909</u>
EXPENDITURE		
Charitable activities		
Salaries and Pensions	102,423	90,586
Rent and rates	26,077	25,011
Insurance	1,535	652
Telephone	5,933	6,444
Printing, Stationery and Postage	1,574	1,129
Advertising	193	384
Contract expenses and services	2,540	1,311
Counsellors	99,603	97,760
HR consultancy	1,800	1,800
Computer expenses	1,152	2,940
Repairs	-	1,601
Sundry expenses	765	693
Training	4,438	543
Amortisation of intangible fixed assets	615	-
	<u>248,648</u>	<u>230,854</u>
Other		
Computer software	-	73
Fixtures and fittings	1,079	503
Computer equipment	-	383
	<u>1,079</u>	<u>959</u>
Support costs		
Finance		
Bank charges	15	-
Governance costs		
Accountancy and legal fees	2,398	1,878

This page does not form part of the statutory financial statements

**House of Light Postnatal Depression
Support Group**

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2022**

	2022 £	2021 £
Total resources expended	252,140	233,691
Net income	22,478	122,218

This page does not form part of the statutory financial statements

HOUSE OF LIGHT

England & Wales - Charity number 1121858

Accounts

REGISTERED CHARITY NUMBER: 1121858

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 5 April 2021
for
House of Light Postnatal Depression
Support Group**

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

**House of Light Postnatal Depression
Support Group**

**Contents of the Financial Statements
for the Year Ended 5 April 2021**

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Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 to 15
Detailed Statement of Financial Activities	16

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2021**

The trustees present their report with the financial statements of the charity for the year ended 5 April 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Charity's principle objective continues to be the promotion of any charitable purpose directed to alleviating those who suffer from mental health difficulties pre-conception to post birth and, in particular, the relief of sickness and protection and promotion of good health (both physical and mental) by the provision of support and counselling and the advancement in education in matters relating to antenatal and postnatal depression and anxiety and its effects in particular, by the provision of advice, counselling and support.

Public benefit

House of Light is a not-for-profit charitable organisation. House of Light's main aim is to offer support, advice and information regarding mental health and wellbeing during the perinatal period.

Our aims are:

- To provide a range of services for those affected by mental health issues during the perinatal period including one to one telephone, online and face to face support and counselling, email support (locally and nationally), and group sessions.
- To ensure that the service is available to all affected by antenatal and postnatal illness regardless of gender, age, race, sexual orientation, ethnicity, socio-economic status, physical abilities, and religious beliefs.
- To place service users at the centre of planning and delivery of services.
- To use our resources effectively to give service users best value and experience.
- To work closely and in conjunction with other agencies including health and social care professionals.
- To reduce the stigma attached to mental health by taking part in any positive education and media.

House of Light will take part and deliver training programmes which aim to educate and raise awareness of perinatal mental health.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2021**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

2020/2021 one of our most challenging years to date.

In March 2020 the UK locked down, an unprecedented and unimaginable event in our service history and in our lifetime. The pandemic and the rules we were to live by for the next year were rapidly changing. We needed to ensure our team and service users were kept safe and their care continued with the least possible interruption.

In March 2020, we took the decision to start mobilising remote working, by the time the Government announced lockdown our team were at home and set up to deliver online and telephone therapies instead of our face-to-face therapy and group support. We are extremely proud of the rapid response the management team offered and the professionalism and perseverance the team displayed in ensuring our patients continued to receive the best possible care and support in such adverse circumstances.

We could never have imagined how successful this would be and were able to successfully deliver support and therapy to more individuals than ever before. The rate of non-attendance was the lowest it has ever been, our patients were extremely grateful that our therapy team were on the end of a phone or in a virtual meeting room providing support in the most challenging of times.

In August of 2020 and as the easing of restrictions started, we employed our new Administrator, Lynette Matkin. Lynette has transformed our administrative practices and enabled us to concentrate on service delivery and our service goals.

We had our offices deep cleaned, made 'covid safe' and drafted a whole raft of covid response policies in the hope that we were on the road to 'normality'. In September 2020 we began offering face to face therapies once again.

However, this was short lived, and we were again locked down. However, all this work has not gone to waste as we were able to implement these policies and procedures on our return to the office in March 2021.

This has ultimately changed the way in which we work at House of Light and offered a real-time insight into the viability of remote working. We now offer support and counselling face-to-face, over the telephone and online dependent on the patient's circumstances and wishes. Our team are also able to work between home and the office. We find this is making our service more accessible for parents with no childcare options or little money to spend on travel. We can tailor our care and service to meet the individual needs of the patient and are able to be fluid in our delivery dependent on the patient's current need.

Financially, the initial hit was tough in the first months as referrals slowed to a virtual stop. Once people realised this was an ongoing situation and wouldn't just be a matter of weeks referrals then began to pick up once again.

We have completed care with 619 patients this year and received 827 calls to our freephone helpline. Our friends and family feedback remains consistent with 100% of the people who completed the feedback would recommend us to family and friends.

FINANCIAL REVIEW

Reserves policy

We currently hold 6-7 months average expenditure in reserve to ensure continuity of care should there be any significant changes in our income streams.

The Trustees meet quarterly to review our financial situation ensuring funds are adequate to fulfil our continuing obligations.

We are continually trying to secure funding for specific projects and the service costs in order to maintain the charity's sustainable position.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2021**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is governed by a constitution adopted 29 January 2007 and amended November 2007.

The trustees are supported in their governance of the Charity's affairs by the employees.

Recruitment and appointment of new trustees

Appointment of trustees is governed by the constitution of the Charity and the Board of Trustees is authorised to appoint new trustees to fill vacancies arising through resignation or death of an existing trustee.

Organisational structure

In 2020/21 the board of Trustees is as follows:-

Chairwoman: Alison Davies

Treasurer: Kevin Athersuch

Secretary: Susan Fellows

Trustees:

- Paula Cullen

- Clare Stokes

Staff:

Director: Sarah Straker

Clinical Lead: Joanne Irvin

Administrator: Lynette Matkin

Our dedicated team of trustees and staff bring a wide range of capabilities to the service including, human resources, accountancy, counselling, psychotherapy, training, administration, business management, youth services, childcare and safeguarding.

Therapy Team:

Joanne Irvin

Rebecca Holt

Caroline Bell

Sarah Stevenson

Melissa Munro Ali

Justine Fenton

Clare Stokes

Elizabeth Harrison

Jo Altoft

Helen Brady

Shaneen Kirby

Our dedicated primary care therapy team are all qualified counsellors and have undertaken or are undertaking additional National Institute of Clinical Excellence (NICE) approved therapy interventions, including Interpersonal Therapy (IPT), Counselling for Depression (CfD), Couples Counselling for Depression (CCfD) and Eye Movement Desensitisation and Reprocessing (EMDR).

Our team are all individually registered and/or accredited with the BACP (British Association for Counselling and Psychotherapy), UKCP (UK Counselling for Psychotherapy) or NCS (National Counselling Society).

House of Light is a registered organisation with the BACP.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2021**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

New trustees are inducted by being invited to attend committee meetings in order that they may judge the level of commitment and responsibilities that are involved with being a trustee.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1121858

Principal address

Third Floor
K2 Tower
60 Bond Street
Hull
East Yorkshire
HU1 3EN

Trustees

S Fellows
A Davies
C Stokes
K Athersuch
Ms P Cullen (appointed 10.5.21)

Independent Examiner

Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

THANKS

We would like to thank the following organisations who have continued to support our Charity prior to, throughout 2020/2021 and beyond:

The Sir James Reckitt Charity
City Health Care Partnership Hull - Let's Talk Service
Humber Teaching NHS Foundation Trust - Emotional Wellbeing Service
Garfield Weston Foundation
Charles and Elsie Sykes Trust
Hull and East Riding Charitable Trust
SJP Law
Asda Foundation - Bilton Store

To all those individuals who kindly donate via PayPal, Virgin Money Giving, Just Giving and Amazon Smile, you are amazing.

Without the generosity of charitable organisations and members of the public we would not be able to continue our great work.

Thank you all.

**House of Light Postnatal Depression
Support Group**

**Report of the Trustees
for the Year Ended 5 April 2021**

Approved by order of the board of trustees on *17th January 2021* and signed on its behalf by:


.....
Trustee

**Independent Examiner's Report to the Trustees of
House of Light Postnatal Depression
Support Group**

Independent examiner's report to the trustees of House of Light Postnatal Depression Support Group

I report to the charity trustees on my examination of the accounts of House of Light Postnatal Depression Support Group (the Trust) for the year ended 5 April 2021.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Richard D Lacey
ICAEW
Harris Lacey and Swain
Suite 1
The Riverside Building
Hessle
East Yorkshire
HU13 0DZ

Date: 10/1/22

**House of Light Postnatal Depression
Support Group**

**Statement of Financial Activities
for the Year Ended 5 April 2021**

	Notes	Unrestricted funds £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	352,748	3,105	355,853	231,561
Investment income	3	56	-	56	86
Total		352,804	3,105	355,909	231,647
EXPENDITURE ON					
Charitable activities					
Charitable		232,127	605	232,732	202,118
Other		959	-	959	1,513
Total		233,086	605	233,691	203,631
NET INCOME		119,718	2,500	122,218	28,016
RECONCILIATION OF FUNDS					
Total funds brought forward		109,718	1,488	111,206	83,190
TOTAL FUNDS CARRIED FORWARD		229,436	3,988	233,424	111,206

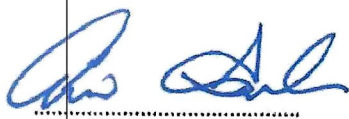
The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Balance Sheet
5 April 2021**

	Notes	Unrestricted funds £	Restricted fund £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Intangible assets	7	2,845	-	2,845	-
Tangible assets	8	1,900	-	1,900	772
		<u>4,745</u>	<u>-</u>	<u>4,745</u>	<u>772</u>
CURRENT ASSETS					
Debtors	9	26,626	-	26,626	22,787
Cash at bank and in hand		203,509	3,988	207,497	90,947
		<u>230,135</u>	<u>3,988</u>	<u>234,123</u>	<u>113,734</u>
CREDITORS					
Amounts falling due within one year	10	(5,444)	-	(5,444)	(3,300)
NET CURRENT ASSETS		<u>224,691</u>	<u>3,988</u>	<u>228,679</u>	<u>110,434</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>229,436</u>	<u>3,988</u>	<u>233,424</u>	<u>111,206</u>
NET ASSETS		<u>229,436</u>	<u>3,988</u>	<u>233,424</u>	<u>111,206</u>
FUNDS	11				
Unrestricted funds				229,436	109,718
Restricted funds				3,988	1,488
TOTAL FUNDS				<u>233,424</u>	<u>111,206</u>

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:



.....
Trustee

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements
for the Year Ended 5 April 2021**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and fittings	- 25% on cost
Computer equipment	- Straight line over 3 years

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2021**

2. DONATIONS AND LEGACIES

	2021	2020
	£	£
Donations	1,777	1,504
Grants and Contract Income	354,076	230,057
	<u>355,853</u>	<u>231,561</u>

Grants received, included in the above, are as follows:

	2021	2020
	£	£
James Reckitt Trust	5,000	5,043
City Health Care	3,232	201,498
Humber NHS Foundation	-	8,016
Hull + East Riding Charitable Trust	-	3,000
Garfield Weston	-	10,000
The Charles + Elsie Sykes Trust	-	2,500
Emotional Wellbeing Service	97,270	-
Let's Talk	238,274	-
COVID	10,000	-
Mumbler	300	-
	<u>354,076</u>	<u>230,057</u>

3. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	56	86
	<u>56</u>	<u>86</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 5 April 2021 nor for the year ended 5 April 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 5 April 2021 nor for the year ended 5 April 2020.

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2021**

5. STAFF COSTS

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

	2021	2020
Core Staff	<u>3</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	229,061	2,500	231,561
Investment income	<u>86</u>	<u>-</u>	<u>86</u>
Total	229,147	2,500	231,647
 EXPENDITURE ON			
Charitable activities			
Charitable	201,106	1,012	202,118
Other	<u>1,513</u>	<u>-</u>	<u>1,513</u>
Total	202,619	1,012	203,631
 NET INCOME	 26,528	 1,488	 28,016
 RECONCILIATION OF FUNDS			
Total funds brought forward	83,190	-	83,190
 TOTAL FUNDS CARRIED FORWARD	 <u>109,718</u>	 <u>1,488</u>	 <u>111,206</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2021**

7. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
Additions	2,918
AMORTISATION	
Charge for year	73
NET BOOK VALUE	
At 5 April 2021	2,845
At 5 April 2020	-

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 6 April 2020	2,004	3,811	5,815
Additions	-	2,014	2,014
At 5 April 2021	2,004	5,825	7,829
DEPRECIATION			
At 6 April 2020	1,232	3,811	5,043
Charge for year	503	383	886
At 5 April 2021	1,735	4,194	5,929
NET BOOK VALUE			
At 5 April 2021	269	1,631	1,900
At 5 April 2020	772	-	772

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	24,288	21,056
Prepayments	2,338	1,731
	26,626	22,787

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2021**

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade creditors	3,441	1,377
Taxation and social security	593	563
Other creditors	1,410	1,360
	<u>5,444</u>	<u>3,300</u>

11. MOVEMENT IN FUNDS

	At 6.4.20 £	Net movement in funds £	At 5.4.21 £
Unrestricted funds			
General fund	109,718	119,718	229,436
Restricted funds			
Group Support	1,488	2,500	3,988
TOTAL FUNDS	<u>111,206</u>	<u>122,218</u>	<u>233,424</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	352,804	(233,086)	119,718
Restricted funds			
Group Support	3,105	(605)	2,500
TOTAL FUNDS	<u>355,909</u>	<u>(233,691)</u>	<u>122,218</u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2021**

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 6.4.19 £	Net movement in funds £	At 5.4.20 £
Unrestricted funds			
General fund	82,930	26,528	109,458
Fixed Assets	260	-	260
	<u>83,190</u>	<u>26,528</u>	<u>109,718</u>
Restricted funds			
Group Support	-	1,488	1,488
	<u>-</u>	<u>1,488</u>	<u>1,488</u>
TOTAL FUNDS	<u><u>83,190</u></u>	<u><u>28,016</u></u>	<u><u>111,206</u></u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	229,147	(202,619)	26,528
Restricted funds			
Group Support	2,500	(1,012)	1,488
	<u>2,500</u>	<u>(1,012)</u>	<u>1,488</u>
TOTAL FUNDS	<u><u>231,647</u></u>	<u><u>(203,631)</u></u>	<u><u>28,016</u></u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 6.4.19 £	Net movement in funds £	At 5.4.21 £
Unrestricted funds			
General fund	82,930	146,246	229,176
Fixed Assets	260	-	260
	<u>83,190</u>	<u>146,246</u>	<u>229,436</u>
Restricted funds			
Group Support	-	3,988	3,988
	<u>-</u>	<u>3,988</u>	<u>3,988</u>
TOTAL FUNDS	<u><u>83,190</u></u>	<u><u>150,234</u></u>	<u><u>233,424</u></u>

**House of Light Postnatal Depression
Support Group**

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2021**

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	581,951	(435,705)	146,246
Restricted funds			
Group Support	5,605	(1,617)	3,988
TOTAL FUNDS	<u>587,556</u>	<u>(437,322)</u>	<u>150,234</u>

12. RELATED PARTY DISCLOSURES

Clare Stokes (Trustee) invoiced the charity on an arms length basis for freelance counselling. The amount invoiced in the year ending 31/03/2021 was £14,065.50.

**House of Light Postnatal Depression
Support Group**

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2021**

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	1,777	1,504
Grants and Contract Income	354,076	230,057
	<u>355,853</u>	<u>231,561</u>
Investment income		
Deposit account interest	56	86
Total incoming resources	<u>355,909</u>	<u>231,647</u>
EXPENDITURE		
Charitable activities		
Salaries and Pensions	90,586	70,255
Rent and rates	25,011	25,833
Insurance	652	630
Telephone	6,444	6,535
Printing, Stationery and Postage	1,129	2,142
Advertising	384	423
Contract expenses and services	1,311	1,687
Counsellors	97,760	84,078
HR consultancy	1,800	1,500
Computer expenses	2,940	170
Repairs	1,601	-
Sundry expenses	693	1,048
Training	543	4,201
	<u>230,854</u>	<u>198,502</u>
Other		
Computer software	73	-
Fixtures and fittings	503	502
Computer equipment	383	1,011
	<u>959</u>	<u>1,513</u>
Support costs		
Governance costs		
Accountancy and legal fees	1,878	3,616
Total resources expended	<u>233,691</u>	<u>203,631</u>
Net income	<u><u>122,218</u></u>	<u><u>28,016</u></u>

This page does not form part of the statutory financial statements