

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**

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for the Year Ended 5 April 2021**

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**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

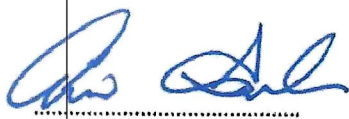
The notes form part of these financial statements

**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