

**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**

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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>

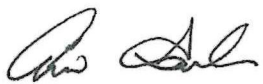
The notes form part of these financial statements

**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	352,804	3,105	355,909
EXPENDITURE ON			
Charitable activities			
Charitable	232,127	605	232,732
Other	959	-	959
Total	233,086	605	233,691
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	229,436	3,988	233,424

7. INTANGIBLE FIXED ASSETS

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

**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