

**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**

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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.

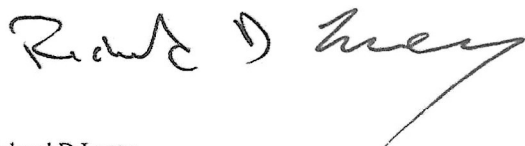
Independent examiner's statement

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>

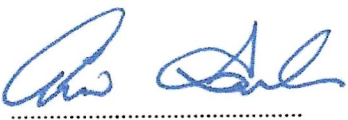
The notes form part of these financial statements

**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
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**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
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**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