

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
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**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>

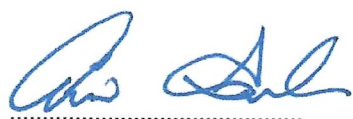
The notes form part of these financial statements

**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>240,000</u>	<u>229,046</u>	<u>469,046</u>	<u>307,639</u>
FUNDS	13				
Unrestricted funds				240,000	307,639
Restricted funds				229,046	-
TOTAL FUNDS				<u>469,046</u>	<u>307,639</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
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**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