

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

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

**House of Light Postnatal Depression
Support Group**

**Contents of the Financial Statements
for the Year Ended 5 April 2025**

	Page
Report of the Trustees	1 to 10
Independent Examiner's Report	11
Statement of Financial Activities	12
Balance Sheet	13
Cash Flow Statement	14
Notes to the Cash Flow Statement	15
Notes to the Financial Statements	16 to 23
Detailed Statement of Financial Activities	24 to 25

**House of Light Postnatal Depression
Support Group**

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

The trustees present their report with the financial statements of the charity for the year ended 5 April 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Who We Are

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

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

Our purpose

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

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

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

Why our work matters?

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

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

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

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

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

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

How we grow

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

**House of Light Postnatal Depression
Support Group**

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

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

**House of Light Postnatal Depression
Support Group**

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

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our Values

Honesty and Integrity:

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

Trust:

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

Respect:

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

Passion:

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

Kindness:

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

Excellence in care:

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

Our Vision

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

Our Mission

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

Our aims are:

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

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

Overview and Aims

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

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

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

**House of Light Postnatal Depression
Support Group**

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

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

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

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

Our Services

Peer Support

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

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

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

Bereavement Care

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

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

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

Direct Access

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

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

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

High Intensity Cognitive Behavioural Therapy (HI CBT)

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

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

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

Neonatal Support

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

**House of Light Postnatal Depression
Support Group**

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

FINANCIAL REVIEW

Reserves policy

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

It is deemed:

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

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

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

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

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

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

Recruitment and appointment of new trustees

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

**House of Light Postnatal Depression
Support Group**

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

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

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

The CEO leads and is supported by Clinical Leads.

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

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

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

Board of Trustees:

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

Staff:

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

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

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

Primary Care Therapy Team:

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

**House of Light Postnatal Depression
Support Group**

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Shaneen Kirby
Toni Tyldsley

Placement Therapy Team:

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

Volunteers:

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

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

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

Induction and training of new trustees

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

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1121858

Principal address

51 Myton Street
Hull
HU1 2PU

**House of Light Postnatal Depression
Support Group**

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

Trustees

S Fellows

A Davies

C Stokes (resigned 11.11.24)

K Athersuch

E Sugden (appointed 17.2.25)

V Quinn (appointed 17.2.25)

L Dale (appointed 11.11.24)

Independent Examiner

Harris Lacey and Swain

Suite 1

The Riverside Building

Hessle

East Yorkshire

HU13 0DZ

**House of Light Postnatal Depression
Support Group**

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

SUPPORTERS

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

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

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

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

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

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

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

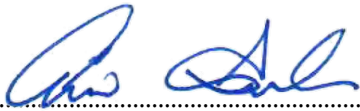
For 2024-2025 we extend our heartfelt thanks to:

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

**House of Light Postnatal Depression
Support Group**

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

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

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

K Athersuch - Trustee

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

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

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



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

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

Date: 27/01/2026

**House of Light Postnatal Depression
Support Group**

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

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

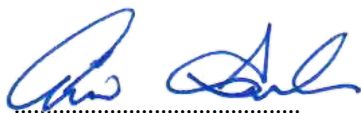
The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

**Balance Sheet
5 April 2025**

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

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



.....
K Athersuch - Trustee



.....
A Davies - Trustee

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

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

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

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

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

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

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

2. ANALYSIS OF CHANGES IN NET FUNDS

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

The notes form part of these financial statements

**House of Light Postnatal Depression
Support Group**

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

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

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

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

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

Expenditure

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

Tangible fixed assets

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

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

Intangible Fixed Assets

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

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

Computer software: 20%

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

**House of Light Postnatal Depression
Support Group**

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

1. ACCOUNTING POLICIES - continued

Fund accounting

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

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

Estimates and judgements

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

Financial instruments

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

2. DONATIONS AND LEGACIES

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

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

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

Contract income, included in the above are as follows:

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

**House of Light Postnatal Depression
Support Group**

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

3. INVESTMENT INCOME

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

4. CHARITABLE ACTIVITIES COSTS

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

5. SUPPORT COSTS

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

6. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

7. STAFF COSTS

The staff costs for the year are as follows:

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

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

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

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

**House of Light Postnatal Depression
Support Group**

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

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

9. INTANGIBLE FIXED ASSETS

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

**House of Light Postnatal Depression
Support Group**

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

10. TANGIBLE FIXED ASSETS

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

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

**House of Light Postnatal Depression
Support Group**

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

13. MOVEMENT IN FUNDS

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

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

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

Comparatives for movement in funds

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

**House of Light Postnatal Depression
Support Group**

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

13. MOVEMENT IN FUNDS - continued

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

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

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

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

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

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

**House of Light Postnatal Depression
Support Group**

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

14. RELATED PARTY DISCLOSURES

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

15. KEY MANAGEMENT REMUNERATION

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

**House of Light Postnatal Depression
Support Group**

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

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

This page does not form part of the statutory financial statements

**House of Light Postnatal Depression
Support Group**

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

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

This page does not form part of the statutory financial statements