



ANNUAL REPORT JANUARY 2022 to DECEMBER 2022

Contact Details:

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Samye Foundation Wales

Registered Charity 1122144

Registered Company Limited by Guarantee 05901855

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Mission Statement

"Samye Foundation Wales will endeavour to promote a greater sense of physical and mental well-being and empower individuals and communities through the provision of meditation, compassion-based mindfulness training, counselling and well-being activities."

Aims

- to improve the health and well-being of people in Wales
- to tackle health inequalities and social exclusion by making previously exclusive practices and treatments available to all
- to break new ground in the world-wide development of using mindfulness meditation to improve health and reduce the risk of ill-health
- to provide opportunities for personal development via education and training
- to promote tolerance, compassion and respect of cultural diversity

Principles/Values

We believe in the largely untapped potential of every individual and will do all we can to help people realise this based on five core values:

We will recognise that all people, regardless of circumstance, are essentially good

We recognise that genuine peace, compassion and happiness are inherent qualities of this inherent goodness

We believe that all people are deserving of tolerance, respect and compassion

We respect the value and contribution of all cultures and religions

We believe that positive change can be brought about through the provision of the appropriate environment and opportunities

REPORT FROM THE DIRECTORS

We emerged out of the coronavirus pandemic in April 2022. Our charity managed to continue to further its aims by helping people with their mental health and wellbeing by continuing to provide free online mindfulness classes 3 days a week and have continued to date. As the centre started to open again people were tentative about coming back to classes at the centre. We advertised extensively on Facebook, Instagram, Eventbrite and Meetup for our online classes free classes, as well as centre classes run by Anthony and Lorraine a few evenings per week.

It was good to see some corporate mindfulness courses were run throughout the year as we were all coming out of the pandemic, although numbers of corporate courses have started to decline during 2023.

Anthony Harris (director) has been consistent in donating his valuable time and effort in delivering courses and Ann Davies (director) has donated her valuable time preparing the accounts throughout the year and ready for audit in 2023. We are also grateful for the valuable support from Ioan (director) and his team who provided support for the Samye Foundation Wales website.

We also rely on fantastic support from our volunteers whose numbers increased this year by another 30 due to us employing a part-time Volunteer Co-ordinator. We would particularly like to thank Good Gym, who are quite remarkable in the help they have given us throughout the year and in previous years.

We have received tremendous help from our financial volunteers, and we would like to say a very big thank you to Karen who has been loyal and supportive over many years, training other volunteers, invoicing, overseeing the cash book and preparing the accounts each month to send to our finance director. We are also grateful to our marketing, DIY, and gardening volunteers throughout the year and we now have a healthy number of 60 volunteers including the trustees.

Anna Polya and Anthony Harris continue to interview prospective therapists who wish to use our centre, and we thank them both for maintaining rigorous and high standards.

All in all, considering we were coming out of a pandemic, we managed to keep going.

Liev Wint

On behalf of Lama Yeshe Rinpoche, Liev Wint (Gelong Thubten), Anthony Harris, Ann Davies, Ioan Evans, Rashpal Singh and Minu Mandora, Directors.

TREASURER'S REPORT 2022

Turnover increased favourably in 2022 at £k with the previous year's turnover of £32k if income from grants are excluded. Income from all courses was £15k compared with only £8k in 2021. Donations increased slightly from just under £18k to almost £19k due to the kind and generous contributions of our supporters. Included in donations is £392 from the sale of Louis Harris' book.

Room Hire income increased by £7k from £5k in 2021 to £12k in 2022 as therapists were able to return to normal occupancy levels and some new users were introduced.

We applied for Lottery Funding to cover a year's salary for a Volunteer Co-ordinator and received £9,960 in June. £3,875 was taken into 2022 accounts and the balance of £6,085 will be included in the 2023 accounts. This person's role is invaluable and has already increased the number of volunteers at the centre and has allowed Lorraine to focus on other areas.

Most expenses in 2022 were comparable with the previous year with the exception of a few areas. Repairs and Maintenance increased by £5k with £3k being spent on replacing central heating radiators and £1k on electrical repairs. Salaries increased by £6k, mostly due to the new post of Volunteer Co-ordinator which was covered by the Lottery Grant. Course expenses increased from under £400 in 2021 to £3.2k in 2022 as Mindfulness courses returned to good levels and we were able to run a residential course in Fareham. Insurance Costs reduced slightly again from £1.7k to £1.1k.

The trustees decided to set the mortgage rate at 3.25% over a fixed term of 5 years from March 2022 which increased our payments to Triodos bank by almost £2k over the year. The trustees felt this decision gave the charity more stability with interest rates set to rise over the coming months and years.

Although 2022 was a positive year with good growth in centre users we are committed to make increases in Mindfulness courses offered and Room Hire taken up in 2023. With increased revenue and well-controlled expenses, we hope to turn this year's loss of £16.8k to a profit in 2023.

As always, we are grateful to Lorraine and Anthony for maintaining the Zoom sessions as well as centre-based mindfulness courses. We also benefit greatly from our many volunteers and supporters without whom we could not operate so smoothly.

COMPANY SECRETARY REPORT

This year has been quite a struggle due to coming out of the pandemic and a lot of resistance from people coming out to attend courses. Also, with electricity and gas prices rising we can only assume people are spending less on courses. The free mindfulness morning sessions on zoom with Lorraine have continued all through the year and well into 2023. Also the evening zoom sessions with Anthony are attracting between 15 to 19 people.

We are still using Eventbrite for reservation fees for our courses.

Volunteer numbers are on the increase due to us employing a volunteer co-ordinator.

In-house mindfulness classes are only attracting small numbers which has affected our revenue. We can only assume this is either, because the Mindfulness market has become saturated, coupled with a resistance to come in person to courses at the centre as a lot of people come to the free classes online now instead.

Support from Directors/Trustees

Lama Yeshe Rinpoche provides clear direction to Lorraine (Company Secretary/CEO) about how to move forward with issues that may arise from time-to-time, both practical and financial.

Gelong Thubten (Liev Wint) delivers the Corporate Mindfulness talks to raise money for SFW. He liaises regularly with Lorraine Harris (CEO and Mindfulness Trainer), working together to see how they can bring in more income from courses.

Anthony Harris leads the Therapists' Committee and interviews potential therapists before they hire space at the centre. Also, background checks are made on the potential therapists. This involves investigating the particular therapy, their insurance, their certificates and their professional bodies. Dr Anna Polya (volunteer) sits on the interview panel with Anthony. Also, Anthony volunteers his time weekly to deliver mindfulness courses, involving both one-to-one sessions and group sessions, thus raising income for SFW. He is also a great support when we sometimes have vulnerable adults at the centre and he maintains the high standards of Samye Foundation Wales.

Ann Davies (accountant) keeps the accounts up-to-date on a monthly basis and prepares the charity accounts ready for the auditor. She is also a regular support to Karen, our volunteer financial administrator.

Ioan Evans provides invaluable guidance and training to the Board on infrastructure, moving forward with our products and advising which products give the best turnaround. He also is designing and supporting the new Samye Foundation Wales website which in 2023 will have a more corporate look.

Rashpal Singh has said he can contact therapists to see if they are interested in hiring rooms from the centre.

MINDFULNESS COURSES JANUARY 2022 to DECEMBER 2022

Corporate Mindfulness Talks and Courses

- 4 Courses
- 6 Corporate Talks

General Mindfulness Talks, Courses and Retreats

- 5 mindfulness courses given.
- 8 one-to-one courses given.
- 1 Residential weekend course
- 8 Mindfulness Retreat Days
- 12 Supervision sessions with Anthony
- 2 Workshops
- 2 Visiting Teacher courses
- 2 General talks

USERS OF THE CENTRE IN 2022 : 2,956

VOLUNTEER COORDINATOR REPORT

The Volunteer Coordinator role started 15th August 2022.

Under this role all the policies and procedures were updated and new, necessary, policies which did not exist previously were also created. A new Volunteer Handbook with a Volunteer Agreement was also created. We now have 13 policies and an updated Volunteer Handbook. We continued to build on our relationship with C3SC by regularly attending Volunteer Coordinator Networking events and getting used to the different advertising platforms to recruit volunteers. We advertised on numerous platforms both online and in person, such as Reach Volunteering, Volunteering Wales, Indeed and Career Hub Central, and advertising via posters in local shops and cafes. This culminated in the recruitment of 14 new volunteers and the signposting of 7 current volunteers to more suitable roles within the organisation. WhatsApp groups were created to allow volunteers to network, and regular meetings and events are now conducted and scheduled. This includes the event, Samye's Café Chat, run on an average every 2 months, where volunteers are able to meet at our café for an informal chat and partake in small activities focused on mental health.

Volunteer count (including Trustees) for January 2022 to December 2022 = 57

Volunteer Recruitment

We are recruiting new volunteers through the WCVA, indeed, Reach and Volunteering Wales and other social media platforms.

We are currently advertising the following positions:

1. Data Protection Project Manager
2. Events Co-ordinator
4. Funding and Grants Administrators
5. Financial Support Administrator
6. Social Media Assistant
7. Mindfulness Office Administrators

We are hoping to attract more gardeners and general volunteers that can help with refreshments, etc.

Website & Social Media Platforms

Our IT Director, Ioan Evans, continued to host and support the SFW website and was always there to resolve any problems or needs we had during the year. Ioan has provided a graphic designer to give a more corporate look to the SFW website. We are also using a web volunteer to assist with updating the website.

Events 2022

We held a summer fayre in 2022 and raised £500 on our plant sales, talks and refreshments. The next Annual Summer Fayre is planned for July 2023.

Workshops & Partnerships

Some of the organisations such as Siemens, Taff Housing we have been working with over the years continued to book Gelong Thubten to deliver talks to their staff.

Special Events, Guest Speakers and Retreats

Lorraine and Anthony have continued to deliver monthly on-line retreats which are reasonably well attended.

Other Users of the Centre

During 2022 we had an holistic massage therapist, a shiatsu therapist, a craniosacral therapist, yoga teacher, t'ai chi teacher and a number of counsellors operating from the centre. We hope this will increase in 2023.

Marketing of Courses in 2022

Courses were marketed mainly on-line:

- Email marketing via Mailchimp newsletters once a month. The newsletter also contained videos of Lorraine introducing that month's newsletter.
- Facebook Page & Events
- Facebook Advertising
- Meetup
- Instagram

We are hoping to recruit university students from Business School at Cardiff University in 2023.

Conclusion

When reviewing our objectives, the trustees have considered the guidance issued by the Charity Commission on public benefit and the activities described below illustrate how the charity has furthered its purposes for the public benefit.

It is evident from all of the above, we are fulfilling our Mission Statement and our Aims & Objectives in promoting a greater sense of physical and mental well-being, by empowering individuals and communities through the provision of meditation, compassion-based mindfulness training, counselling and well-being activities.

Volunteers are helped to feel empowered to find work and gain more confidence with us and are provided with free 8 week Mindfulness courses and other training courses on with C3SC, when available.

It is clear that we need to continue marketing our rooms and courses in 2023 and be prepared to offer hybrid courses so people can attend on-line and at our venue.

FUTURE PLANS FOR 2023

Room hire will be marketed by new volunteers from Cardiff Business School at local universities in the Spring of 2023. Our intention is to increase room hire costs when the gas and electricity payments are more stable – hopefully by Autumn 2023.

A new course called the MEG (Mother Earth Group) project has been designed by Lorraine Harris and we hope to start this course in Autumn 2023, once the marketing has been done. This course will work with young people aged 15 to 25 years old and through mindfulness will restore hope in the minds of young people regarding our climate. We are hoping to attract funds from different organisations to be able to run these courses for free.

We will probably continue with hybrid Mindfulness courses both online and in the centre as the new way of working seems to be leaning towards online.

Gelong Thubten is booked to do 3 online courses with a major corporate client and 3 onsite visits in 2023. Lorraine and Thubten hope to offer more talks throughout 2023.

Structure, Governance and Management

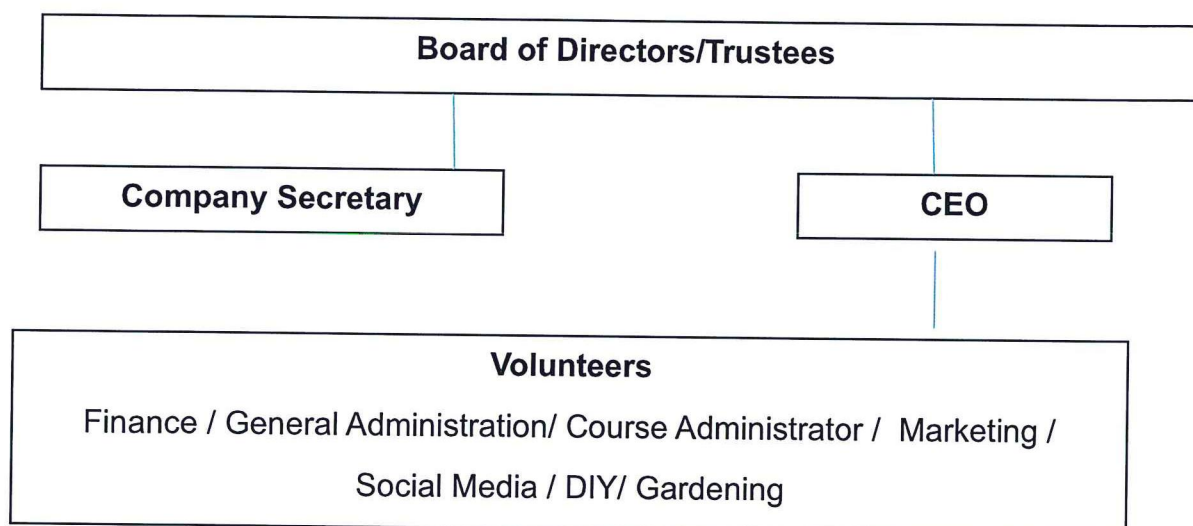
Governing document

The charity is a company limited by guarantee and a registered charity and is governed by its Memorandum and Articles of Association.

Recruitment and appointment of new trustees

No-one new has come forward to apply for a trustee post this year. All trustees are voted in at the AGM each year both by a proposer and a seconder. So the eight trustees remain in post.

Organisational structure



Induction and training of trustees

Each year the Company Secretary, Lorraine Harris, informs all the trustees of Cardiff 3rd Sector Council (C3SC) and Wales Council for Voluntary Associations (WCVA) workshops and all trustees are offered training on these courses if they feel they need to gain more knowledge.

Reference and administrative details

General office Address:
250 Cowbridge Road East,
Cardiff
CF5 1GZ.
Tel: 02920 228040
Web: www.sfwales.org
email: admin@sfwales.org

Registered Company number

05901855 (England and Wales)

Registered Charity number

1122144

Registered office

252 Cowbridge Road East
Canton
Cardiff
CF5 1GZ

Trustees

Lama Yeshe Rinpoche
Liev Wint
Anthony Harris
Ann Davies
Ioan Evans
Rashpal Singh
Minu Mandora

Company Secretary

Lorraine Harris

Independent examiner

MHA
Elfed House
Oak Tree Court
Mulberry Drive
Cardiff Gate Business Park
Cardiff
CF23 8RS

Approved by order of the Board of Trustees on 11 September 2023 and signed on its behalf by:


.....
Lorraine Harris,
Company Secretary

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SAMYE FOUNDATION WALES**

Independent examiner's report to the trustees of Samye Foundation Wales ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

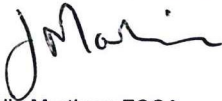
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland)

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.



Julia Mortimer FCCA
for and on behalf of MHA
Elfed House
Oak Tree Court
Mulberry Drive
Cardiff Gate Business Park
Cardiff
CF23 8RS

MHA is the trading name of MacIntyre Hudson LLP, a limited liability partnership in England and Wales (registered number OC312313)

14 September 2023

Samye Foundation Wales

Financial Statements for the year ended 31.12.22

Profit & Loss Summary

	Unrestricted funds	Y/e 31.12.22 Restricted funds	Total funds	Y/e 31.12.21 Total funds
<u>Income</u>				
Donations	18,896	-	18,896	17,675
Course Donations	15,163	-	15,163	8,164
Room Hire Income	12,212	-	12,212	5,423
Other Income	-	3,875	3,875	24,676
Total Income	46,271	3,875	50,146	55,938
<u>Expenses</u>				
Salaries	31,857	3,875	35,732	29,771
Office Expenses	2,515	-	2,515	1,970
Course Expenses	3,185	-	3,185	382
Heat Light & Power	764	-	764	831
Business rates	1,540	-	1,540	504
Repairs & Maintenance	6,483	-	6,483	1,407
Insurance	1,091	-	1,091	1,673
Telephone	1,034	-	1,034	839
Advertising & Marketing costs	981	-	981	1,051
Legal & Professional fees	420	-	420	420
Subscriptions & Donations	540	-	540	360
Training	336	-	336	-
Interest Paid	7,671	-	7,671	5,755
Depreciation	4,621	-	4,621	4,621
Total Expenses	63,038	3,875	66,913	49,584
Surplus / (Deficit)	(16,767)	-	(16,767)	6,354
<u>Reconciliation of funds</u>				
Total funds brought forward	75,983	-	75,983	69,629
Total funds carried forward	59,216	-	59,216	75,983

Financial Statements for the year ended 31.12.22Balance Sheet

	<u>31.12.22</u>			<u>31.12.21</u>
	Unrestricted funds	Restricted funds	Total funds	Total funds
<u>Fixed Assets</u>				
Building Costs	212,661	-	212,661	217,282
<u>Current Assets</u>				
Bank Account	4,359	6,085	10,444	23,844
Cash on Hand	71	-	71	67
Debtors	93	-	93	-
	<u>4,523</u>	<u>6,085</u>	<u>10,608</u>	<u>23,911</u>
<u>Current Liabilities</u>				
Creditors	1,600	6,085	7,685	3,663
Triodos Loan (balance due within one year)	<u>5,309</u>	<u>-</u>	<u>5,309</u>	<u>5,952</u>
	6,909	6,085	12,994	9,615
<u>Long term Liabilities</u>				
Triodos Loan	151,060	-	151,060	155,596
Net Assets (Liabilities)	<u>59,215</u>	<u>-</u>	<u>59,215</u>	<u>75,982</u>
<u>Funds</u>				
Unrestricted funds			59,216	75,983
Restricted funds			-	-
Total funds			<u>59,216</u>	<u>75,983</u>

For the year ended 31 December 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 11 September 2023 and were signed on its behalf by:

A R Davies



A S A Harris



Samye Foundation Wales
Notes to the Financial Statements
for the year ended 31.12.22

1 STATUTORY INFORMATION

Samye Foundation Wales is a company limited by guarantee incorporated in Wales within the United Kingdom. The liability of each member is limited to £1. The registered office is 252 Cowbridge Road East, Cardiff, CF5 1GZ.

The principal activity and nature of the charities operations is to provide mindfulness training to people to help alleviate stress and anxiety and improve mental health and well-being.

The financial statements are presented in Sterling (£), the company's functional currency, and rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2 ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity has taken advantage of the exemptions available to smaller charities.

There have been no material departures from Financial Reporting Standard 102.

Samye Foundation Wales meets the definition of a public benefit entity as demonstrated within the Report of the Trustees.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Donations and legacies income

Donations and legacies are accounted as incoming resources upon receipt or when the receipt is probable, and the amount receivable can be estimated reliably. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Charitable activities

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific performance conditions. This income is recognised where there is entitlement, when the receipt is probable, and the amount can be measured reliably. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

2 ACCOUNTING POLICIES - continued

6 September Investment income

Investment income is recognised on a receivable 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.

Expenditure includes VAT as the charity is not VAT registered.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Debtors

Trade debtors and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

Tangible fixed assets

Fixed assets are initially recorded at cost.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Buildings - 2% on cost

Pensions

The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Contributions payable for the year are charged in the Statement of Financial Activities.

Fund accounting

Unrestricted funds are available for use at the trustees' discretion for any purpose within the objects of the charity.

Restricted funds have been received with stipulation from the donor as to the purpose for which they may be used.

Designated funds are unrestricted funds earmarked by the board for particular purposes in the future.

Transfers from unrestricted to restricted funds are made when required to support under funded activities.

Samye Foundation Wales
Notes to the Financial Statements
for the year ended 31.12.22

3 OTHER INCOME

	2022	2021
	£	£
Grants	3,875	-
Grants received, included in the above, are as follows:		
National Lottery Funding	3,875	-

4 NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation	4,621	4,621
Independent examiners' fees	420	420

5 TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 or for the year ended 31 December 2021.

Trustees' expenses

There were no trustees' expenses for the year ended 31 December 2022 or for the year ended 31 December 2021.

6 STAFF COSTS

	2022	2021
	£	£
Wages and salaries	34,511	28,750
Social security costs	-	-
Other pension costs	1,220	1,021
	35,731	29,771

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

2022	2021
1	1

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

7 TANGIBLE FIXED ASSETS

	Land & Buildings £
COST	
At 1 January 2022	231,053
At 31 December 2022	231,053
DEPRECIATION	
At 1 January 2022	13,771
Charge for the year	4,621
At 31 December 2022	18,392
NET BOOK VALUE	
As at 31 December 2021	217,282
As at 31 December 2022	212,661

Samye Foundation Wales
Notes to the Financial Statements
for the year ended 31.12.22

8 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Social security and other taxes	728	880
Other creditors	452	2,363
Accruals and deferred income	6,505	420
	<u>7,685</u>	<u>3,663</u>

Included within accruals and deferred income above is the following deferred income:

	2022	2021
	£	£
Deferred income brought forward	-	-
Additional income deferred in the year	6,085	-
	<u>6,085</u>	<u>-</u>

The deferred income relates to funding received in advance of service delivery.

9 LOANS

	2022	2021
	£	£
Loans	<u>156,369</u>	<u>161,548</u>
Of which amounts are repayable by instalments:		
Due < 1 year	5,309	5,952
Due 2- 5 year	24,137	26,001
Due > 5 years	126,922	129,595
	<u>156,369</u>	<u>161,548</u>

The loan is secured by a first legal charge on the property.

10 MOVEMENT IN FUNDS

	At 1/1/22	Net movement in funds	Transfers between funds	At 31/12/22
Unrestricted funds				
General funds	75,983	(16,767)	-	59,216
Restricted funds	-	-	-	-
Total Funds	<u>75,983</u>	<u>(16,767)</u>	<u>-</u>	<u>59,216</u>

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

	Incoming resources	Resources expended	Movement in funds
Unrestricted funds			
General funds	46,271	(63,038)	(16,767)
Restricted funds			
National Lottery funding	3,875	3,875	-
Total funds	<u>50,146</u>	<u>-</u>	<u>(16,767)</u>

Restricted funds

National Lottery funding

Grant income was received to fund the Volunteer Co-ordinator salary and any related admin costs.

11 PENSION COMMITMENTS

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in independently administered funds. Pension costs are apportioned to both activities and between unrestricted and restricted funds in proportion to the related staffing costs incurred. The pension cost charge represents contributions paid by the charity to the fund and amounted to £1,220 (2021: £1,021). Contributions outstanding at the year end amounted to £224 (2021: £251).

12 RELATED PARTY DISCLOSURES

The total key management personnel remuneration benefits paid during the year was £31,870 (2021: £29,771).

The total unconditional donations made to the charity by its trustees amounted to £1,200 (2021: £1,200).

Payments of £136 were made to close family members of trustees during the year (2021: £62).