

# Sheffield Flourish

England & Wales · Charity number 1147334

## Details

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**Other names** RECOVERY ENTERPRISES, Sheffield Flourish

**Status** Registered

**Legal form** Charitable company

**Company number** [07980332](#)

**Registered** 2012-05-18

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Upper Floor  
4 Windrush Way  
Sheffield  
S3 8JU

**Phone** 01142263489

**Email** [Info@sheffieldflourish.co.uk](mailto:Info@sheffieldflourish.co.uk)

**Website** [sheffieldflourish.co.uk](http://sheffieldflourish.co.uk)

## Activities

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**Objects:** 3.2 THE OBJECTS OF THE CHARITY ('THE OBJECTS') ARE THE RELIEF OF ILLNESS AND DISTRESS AND THE PROMOTION OF HEALTH AND SOCIAL INCLUSION OF ADULTS WITH MENTAL HEALTH CONDITIONS, WITH A VIEW TO ASSISTING THEM WITH FINDING EMPLOYMENT AND IMPROVING THEIR GENERAL CONDITIONS OF LIFE.

**Activities:** Sheffield Flourish aims to support the development of enterprising ideas, enabling them to flourish into businesses that benefit well-being and can provide both volunteering and employment opportunities for people with mental health conditions.

## Classification

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- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

## Geography

- Sheffield City

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£325,942	£333,740	-	-
2024-03-31	£387,039	£374,424	-	-
2023-03-31	£383,482	£339,486	-	-
2022-03-31	£330,769	£329,769	-	-
2021-03-31	£317,695	£292,354	-	-

## Trustees

Name	Role	Appointed
<b>Nicholas Bax - Co-Chair</b>	Chair	2013-10-01
Adelaide Chibanda - Co-Chair		2019-03-01
BRENDAN JARVIS STONE		2012-05-17
Ben Dorey		2024-01-22
Franz-von Shorter		2023-04-17
Katriona Mary Kendall		2024-08-12
PETER WALKER		2023-02-13
Shirin Teifouri		2017-06-05

**Sheffield Flourish**

England & Wales - Charity number 1147334

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# Accounts

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**Registered Charity Number: 1147334**  
**Company number: 07980332**

**Sheffield Flourish**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2025**

## Sheffield Flourish

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## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2025

#### Previously known as

Recovery Enterprises

#### Directors

Pam Stirling	Chair	Resigned 31/12/2024
Nick Bax	Co-Chair (Elected 16/12/2024)	
Adelaide Chibanda	Co-Chair (Elected 16/12/2024)	
Peter Walker	Treasurer	
Brendan Stone		
Shirin Teifouri		
Ben Dorey		
Franz-von Shorter		
Katriona Kendall		Appointed 19/08/2024

#### Key staff

Managing Director	Josie Soutar
Deputy Managing Director	Robyn Fletcher
Finance Officer	Greer Furniss-Coates

#### Charity number

1147334

#### Company number

07980332

#### Registered office address

Upper Floor  
4 Windrush Way  
Sheffield  
S3 8JU

#### Independent Examiner (and accountants)

Susan Cochrane, FCA, DChA  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

## **Sheffield Flourish**

### **Directors' report (incorporating the Trustees' annual report) for the year ended 31 March 2025**

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2025 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) issued in October 2019.

#### **Structure, governance and management**

Sheffield Flourish was incorporated on 17th March 2012 and gained charitable status on 18 May 2012. Its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee (Company number 07980332) and a registered charity (Charity number 1147334). The company changed its name from Recovery Enterprises on 11 October 2019.

It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the Trustee Directors who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is carried out by paid staff and volunteers.

Before any person is accepted onto the Sheffield Flourish Board, they will meet with the Chair and/or Co-chair to discuss what is involved. The prospective trustee should be asked to outline what skills and abilities they would bring to their work on the Board. The Chair or Co-chair will obtain information on the prospective Trustee's skills/experience and one or two references regarding their character. The prospective Trustees may be asked to attend a Board meeting before they commit to joining. The Board will discuss each candidate in their absence before formally inviting them to join. New Trustees are co-opted at any time, but (as per Sheffield Flourish's articles of association) must stand for re-election with the other trustees at the next annual general meeting. New Trustees, and those re-elected to the Board following an annual general meeting or extraordinary general meeting, sign a declaration form to confirm that they have not been disqualified from serving as Board members.

#### **Objectives, activities and public benefit**

Sheffield Flourish supports people living with or affected by mental ill health to use their skills, ideas and talents to build the lives they wish to lead, through creative, mental-health friendly activities, coproduction and digital tools. We run seven open-access, free community enterprises offering involvement in writing, horticulture, theatre, art, music and football. All our activities have been developed using coproduction, and participants are heavily involved in the design and delivery. On the digital side, we run four websites. The Sheffield Flourish hub enables peers to connect and publish stories of personal mental health experience, over 90% of the content is user generated. The Sheffield Mental Health Guide is an online directory featuring 300+ services that support mental health activities in the city. We oversee the Sheffield Suicide Support and Prevention resource, co-designed with people affected by suicide, and My Toolkit, a co-produced digital platform that helps people to plan and manage their mental health care online. We grew out of Sheffield Health and Social Care NHS Trust (SHSC) back in 2012 and continue to act as a critical friend, working closely with them around user involvement and engagement, particularly on the mental health wards. We also support the wider health system to ensure user voices are included in service redesign and act as a main conduit for mental health information to the public.

## Sheffield Flourish

### Directors' report (incorporating the Trustees' annual report) for the year ended 31 March 2025

#### Objectives, activities and public benefit (continued)

The objects of the charity are the relief of illness and distress and the promotion of health and social inclusion of adults with mental health conditions. All of our activities contribute to these objectives and one or more of the following outcomes:

- People will experience reduced social isolation and exclusion
- People will have improved emotional and mental wellbeing
- People will feel more supported and connected
- People will enhance their self-care
- People will enhance their skills and knowledge

In planning the objectives and activities the directors have considered the Charity Commission's guidance on public benefit.

#### Activities and achievements

##### Supporting the mental health community

- 575 people have been supported through our community group activity
- 335 people were regular attendees (3 sessions or more)
- 135 new members joined the community groups
- 613 face-to-face sessions were delivered
- 35 virtual sessions were delivered
- 70 volunteers have given their free time to support our community

##### Digital Activity

- Sheffield Flourish Hub – had an annual audience of 23900 website users with the aim of supporting people to build connections through the sharing of stories and experiences.
- Sheffield Mental Health Guide – directory of all mental health activities and events in Sheffield. It had an annual audience of 93000 users who benefitted from signposting and information that better enabled people to self-manage their mental health conditions. This year saw the digital version converted into a paper directory with both an adult and children/young person section.
- Sheffield Suicide Support and Prevention Resource – provides information resources for suicide prevention and people who have been affected by suicide. It had 1836 new visitors during the year. We worked with Public Health to launch a citywide suicide safety plan that individuals can download and complete to support them when they are experiencing suicidal thoughts.
- My Toolkit – provides space for individuals to set their own mental health care plan. During the year it had 1672 registered users.
- Social media – we continued to provide information and engage with the community through twitter, Instagram and Facebook. This year we reached 38747 people through social channels, particularly TikTok.
- 30 people received digital inclusion training sessions on the inpatient wards, 12 received digital devices were handed out and 21 sim cards with data.

*"I use it [the SMHG] all the time with my clients ... it's fantastic for coming across services you've never heard of."*

*"I would say that it [the SMHG] is a genuinely helpful resource, one that is quite necessary with the large amount of people who need help with their mental health...it is a brilliant resource."*

**Directors' report (incorporating the Trustees' annual report)  
for the year ended 31 March 2025**

**Activities and achievements (continued)**

**Community Enterprise Activity**

- Brunsmeor Awareness FC – includes mental health friendly football training sessions for both men and women, and a football league run in partnership with Sheffield and Hallam FA. We had 78 attendees over the year.

*"I have been playing on Wednesday nights for a few years now and while things have been tough for me, having that space to go to and having such lovely ladies to play footie with is a way keeps me going."*

- CAST – includes a weekly painting and drawing session; weekly creative writing session, a monthly artist gathering and an exhibition showcasing work. Group sessions had an annual attendance of 125 people. The exhibition was under the theme Better Connected and received over 30 submissions.

*"Some times have been harder than others due to personality/ mental health clashes, but 99% of the time, I have really enjoyed myself. I always say that Sheffield Flourish Art group has saved my life and my relationship. Life is enjoyable now."*

- Connected Worlds – provides storytelling and art-based courses to connect people and provide a creative space for them to tell their stories of everyday life. 15 people took part in a course focused on spirituality and mental health.

*"What a privilege it has been to be part of it. Incredible luxury... It has helped me process the stuff I've been growing through in terms of healing and general dealing with life. I've been so busy and hit burnout but our meetings gave me so much strength and nourishment."*

- Learning Space – provides educational sessions and learning opportunities using the values and tools of coproduction and codesign. A key focus is getting lived experience voices into the policies and activities of the mental health system. 181 people took part in sessions including codesign groups on storytelling using virtual reality, developing the Safe2Share inpatient feedback tool and financial inclusion workshops.

*"Co-production- wonderful group- supportive and educational."*

- Oasis – includes a weekly gardening for wellbeing session and a contract gardening service. 124 people attended the Oasis gardening wellbeing session. We made the sad decision to cease operating the contract gardening service as the model was not working in terms of resources spent versus the benefits delivered for the charity.

*"Coming gardening is like a holiday...or a day out."*

- Open Door Music – includes a weekly jamming session, music production group, improvisation group (aimed at beginners) and fortnightly singing group. We had an annual attendance of 122 participants.

*"My experience to start off with has been nervous, though after a few weeks, I have felt more comfortable and more positive in coming to the groups."*

**Supporting the Health System**

Working with partners, community organisations and under-represented groups, we were able to open conversations on the gaps, challenges and barriers of inclusive mental health support. This included:

- We were awarded a SHSC Shine Award in recognition of being a key partner in user voices in mental health care.
- Continuing to support the delivery and evaluation of the Patience and Carer Race Equity Framework (PCREF) alongside SHSC, SACMHA and the University of Sheffield.
- Supporting with coproduction in research in areas such as digital inclusion, storytelling and community recovery.
- Working with Public Health on developing peri-natal resources and suicide safety plans.
- Working with the ICB to run a campaign about keeping well in winter
- We have continued to work closely with VCS partners across the city, particularly in solidarity following the race riots that were witnessed across the country.

**Directors' report (incorporating the Trustees' annual report)  
for the year ended 31 March 2025**

**Annual Community Survey**

We conducted our annual community survey looking at our impact but with a particular focus on the use of digital and the development of a digital mental health passport. 76 people completed the survey.

- 70% have a mental health diagnosis
- 84% feel their mental health has improved because of their involvement with Flourish.
- 80% feel more connected to a community or that their social network had grown as a result of Flourish
- 67% feel they have developed new skills or knowledge through Flourish
- 86% feel more confident about making informed decisions about their mental health through their involvement with Flourish.
- The most popular activity according to our attendance figures is CAST art group with 34% of overall attendance.
- CAST was also the group that SHSC staff mostly referred into, alongside Open Door Music and Brunsmeor Awareness.
- The Sheffield Flourish website and Facebook page was the most popular digital space for community members to find information about Flourish.

**Future plans for 2025-2026:**

**Carer Peer Support Worker**

Through funding from the Synergy Alliance we will be hosting a new role: Carer Peer Support Worker. The role will be working with individuals who are carers for people who are receiving crisis and urgent mental health services or who have been admitted onto the inpatient wards. This is a brand-new post, providing an opportunity for someone to utilise their lived experience as a carer to influence and codesign a new way of supporting carers in collaboration with colleagues from both the NHS and voluntary sector.

**Mental Health Passports**

Through our coproduction work, we heard very strongly from people with lived experience of mental health, that they found it frustrating to continuously have to retell their mental health history to professionals. We will be working with partners from the NHS, VCS and a lived experience advisory group to codesign a solution to this frustration through a mental health passport tool.

**Volunteering Processes**

We will be aligning and coordinating volunteer processes between Sheffield Flourish and SHSC. This will include the new volunteering role developments, recruitment and induction processes, training and supervision.

**Reserves policy**

Free reserves at 31 March 2025 were £97,071 (2024: £101,616)

The directors have set a reserves target of £93,580 for closure costs of 3 months to ensure the sustainability of our partnership organisations and the proper and orderly closure of the organisation including staff redundancy provision.

Excess reserves will be used for the completion of existing projects and supporting the core service of Sheffield Flourish in 2025-26.

**Directors' report (incorporating the Trustees' annual report)  
for the year ended 31 March 2025**

**Trustees' responsibilities in relation to the financial statements**

The charity trustees (who are also the directors of the charity for the purposes of company law) are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

**Small company provisions**

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

The directors declare that they have approved the directors' annual report above on and signed on behalf of the directors:

P Walker  
Director

## **Independent Examiner's report to the trustees of Sheffield Flourish ("the Company")**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

### **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**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I 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 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 (FRS 102).

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.

Signed:

*Susan Cochrane, FCA, DChA*  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

Date:

## Sheffield Flourish

### Statement of Financial Activities (incorporating the income and expenditure account) for the year ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
<b>Income from:</b>					
Donations and grants	2	23,426	6,433	29,859	46,969
Charitable activities	3	240,551	52,383	292,934	333,673
Other		3,149	-	3,149	6,397
<b>Total income</b>		<b>267,126</b>	<b>58,816</b>	<b>325,942</b>	<b>387,039</b>
<b>Expenditure on:</b>					
Fundraising and promotion		1,075	-	1,075	1,511
Charitable activities	4	282,943	49,722	332,665	372,913
<b>Total expenditure</b>		<b>284,018</b>	<b>49,722</b>	<b>333,740</b>	<b>374,424</b>
<b>Net income/(expenditure)</b>		<b>(16,892)</b>	<b>9,094</b>	<b>(7,798)</b>	12,615
Transfers between funds	11&12	(2,505)	2,505	-	-
<b>Net movement in funds</b>		<b>(19,397)</b>	<b>11,599</b>	<b>(7,798)</b>	12,615
Total funds brought forward		147,241	41,336	188,577	175,962
<b>Total funds carried forward</b>		<b>127,844</b>	<b>52,935</b>	<b>180,779</b>	<b>188,577</b>

## Sheffield Flourish

### Balance sheet As at 31 March 2025

	Notes	2025 £	2024 £
<b>Fixed Assets</b>			
Tangible Assets	8	<u>1,999</u>	<u>3,369</u>
<b>Current assets</b>			
Debtors	9	85,699	38,612
Cash at bank and in hand		<u>101,300</u>	<u>159,792</u>
<b>Total current assets</b>		<u>186,999</u>	<u>198,404</u>
Creditors: amounts falling due within one year	10	(8,219)	(13,196)
<b>Net current assets</b>		<u>178,780</u>	<u>185,208</u>
<b>Total assets less current liabilities</b>		<b>180,779</b>	<b>188,577</b>
Creditors: amounts falling due after more than one year		-	-
<b>Total net assets</b>		<u><b>180,779</b></u>	<u><b>188,577</b></u>
<b>Funds of the charity</b>			
General funds		99,070	104,985
Designated funds	12	<u>28,774</u>	<u>42,256</u>
Unrestricted funds		127,844	147,241
Restricted income funds	12	52,935	41,336
<b>Total funds</b>	13	<u><b>180,779</b></u>	<u><b>188,577</b></u>

For the year ending 31 March 2025 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 director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the directors on

and signed on behalf of the directors by:

P Walker  
Director

## Sheffield Flourish

### Notes to the Accounts for the year ended 31 March 2025

#### 1 Accounting Policies

##### (a) General

Sheffield Flourish is a charitable company in the United Kingdom limited by guarantee and has no share capital. In the event that the charity is wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

Sheffield Flourish meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

##### (b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income from services provided is included in the year in which the service took place.

Bank interest is recognised as income when it is credited to the bank statement. All bank interest is treated as unrestricted income to the General Fund.

##### (c) Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

##### (d) Donated goods and services

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

##### (e) Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided on all tangible assets at the following annual rates calculated to write off the cost less estimated residual value, on a straight line basis over their useful economic lives:

Vehicles 5 years

All items of capital expenditure below £500 are written off as incurred.

##### (e) Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of receivables.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2025

#### 1 Accounting Policies - continued

##### (f) Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

##### (g) 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.

##### (h) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

##### (i) Defined contribution pension scheme

The charity contributes to a defined contribution pension scheme for the benefit of the employees. The pension costs charged against net incoming resources are the contributions payable to the scheme in respect of the accounting period in accordance with FRS102.

##### (j) Leases

Rental payable and receivable under operation leases are charged to the SOFA on a straight line basis over the period of the lease.

##### (k) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

##### (l) Funds

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.

Restricted funds are to be used for specific purposes as laid down by the funder.

Designated funds are funds set aside at the discretion of the trustees for a specific project.

##### (m) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that the charity will continue to operate for 12 months from authorising these financial statements. Not all funding streams are secure this far in advance however the trustees will develop a plan of action to be taken to reduce costs, should the required income not be secured.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2025

#### 2 Income from donations and grants

	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
Donations	21,426	-	21,426	27,713	1,005	28,718
Social Investment Business	-	-	-	-	15,256	15,256
Terminus Initiative	-	-	-	-	500	500
First Give	-	-	-	-	1,000	1,000
Healthwatch Sheffield	-	-	-	-	495	495
South Yorkshire Community Foundation	-	6,433	6,433	-	-	-
Sheffield & Hallamshire County FA	2,000	-	2,000	1,000	-	1,000
	<b>23,426</b>	<b>6,433</b>	<b>29,859</b>	<b>28,713</b>	<b>18,256</b>	<b>46,969</b>

#### 3 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
<b>Contracts and projects</b>						
Sheffield City Council	97,336	2,499	99,835	107,599	-	107,599
Sheffield Health and Social Care Trust	126,000	30,154	156,154	169,650	-	169,650
University of Sheffield	5,096	-	5,096	5,096	-	5,096
South Yorkshire Integrated Care Board	-	19,730	19,730	3,300	14,000	17,300
Innovate UK	822	-	822	-	-	-
<b>Other services</b>	<b>11,297</b>	<b>-</b>	<b>11,297</b>	<b>830</b>	<b>33,198</b>	<b>34,028</b>
	<b>240,551</b>	<b>52,383</b>	<b>292,934</b>	<b>286,475</b>	<b>47,198</b>	<b>333,673</b>

#### 4 Expenditure on charitable activities

Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
Activities and events	30,960	8,536	39,496	53,773	21,915	75,688
Staff costs	205,062	28,137	233,199	194,516	24,915	219,431
Website development	1,998	7,940	9,938	22,618	-	22,618
Office, IT and equipment	38,593	5,016	43,609	44,638	2,137	46,775
Vehicle costs (including depreciation)	3,770	93	3,863	1,686	3,965	5,651
Bad debts	865	-	865	-	890	890
Independent examination fee	1,695	-	1,695	1,860	-	1,860
	<b>282,943</b>	<b>49,722</b>	<b>332,665</b>	<b>319,091</b>	<b>53,822</b>	<b>372,913</b>

#### 5 Staff Costs

	2025 £	2024 £
Salaries	207,973	198,008
Employer's national insurance	15,989	14,633
Employer's allowance	(5,000)	(5,000)
Employer pension contributions	11,143	9,385
	<b>230,105</b>	<b>217,026</b>
Staff expenses and other costs including payroll provision	3,094	2,405
	<b>233,199</b>	<b>219,431</b>

No employee received emoluments of more than £60,000. The average number of employees during the period was 12 (2024: 11).

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2025

#### 6 Fees paid to the independent examiner's organisation

	2025 £	2024 £
Independent examination fee	<u>1,695</u>	<u>1,860</u>
Other fees were payable to the independent examiner's organisation were: Licences	<u>324</u>	<u>270</u>

#### 7 Trustees and key management remuneration, benefits and expenses

The charity trustees were not paid or received any other benefits from employment with the Charity in the year (2024: £nil) neither were they reimbursed expenses during the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

The key management personnel of the charity, comprise the trustees, the managing director and the deputy managing director. The total employee benefits of the key management personnel of the charity were £61,278 (2024: £68,613).

#### 8 Tangible fixed assets

	Motor Vehicles £	Total £
<b>Cost</b>		
As at 1 April 2024	8,235	8,235
Additions	-	-
Disposals	(3,240)	(3,240)
As at 31 March 2025	<u>4,995</u>	<u>4,995</u>
<b>Depreciation</b>		
As at 1 April 2024	4,866	4,866
Charge this period	999	999
Disposals	(2,869)	(2,869)
As at 31 March 2025	<u>2,996</u>	<u>2,996</u>
<b>Net book value</b>		
As at 31 March 2025	<u>1,999</u>	<u>1,999</u>
As at 31 March 2024	<u>3,369</u>	<u>3,369</u>

All fixed assets are considered to be for direct charitable purposes.

#### 9 Debtors

	2025 £	2024 £
Trade debtors	72,804	27,631
Prepayments	6,835	7,792
Other debtors	6,060	3,189
	<u>85,699</u>	<u>38,612</u>

#### 10 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	4,802	7,428
Accruals	1,846	3,397
Taxes & social security	-	1,214
Other creditors	1,571	1,157
	<u>8,219</u>	<u>13,196</u>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2025

#### 11 Designated funds

	Balance at 01-Apr-24 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-25 £
Brunsmeer Awareness FC	2,442	3,280	(2,195)	(343)	3,184
CAST	482	224	(357)	-	349
Connected Worlds	178	1,975	(443)	-	1,710
MH Guide	10,684	97,336	(100,023)	-	7,997
Open Door Music Group	405	-	(618)	2,000	1,787
Race Equity	25,983	-	(4,736)	(7,500)	13,747
Cancer Alliance Project	2,082	-	(2,082)	-	-
	<u>42,256</u>	<u>102,815</u>	<u>(110,454)</u>	<u>(5,843)</u>	<u>28,774</u>

The above funds have been designated at the discretion of the trustees in order to ensure that the requirements of the funder and the objectives of the project are met in full.

#### **Brunsmeer Awareness FC**

Funding designated to support Brunsmeer Awareness Football Club and Sheffield and Hallamshire County FA Flourish league.

#### **CAST**

Funding designated to support the work of CAST a creative arts enterprise.

#### **Connected Worlds**

Funding designated to support creative courses using story telling, poetry, creative writing and art.

#### **MH Guide**

Funding designated to support the development of a guide for local services, activities and support around mental health.

#### **Open Door Music Group**

Grants given to support the Open Door Music Project.

#### **Race Equity**

This funding is for work conducted in partnership with Sheffield Health and Social Care Trust, focused on delivering outcomes under the Patient and Carer Race Equity Framework (PCREF).

#### **Cancer Alliance Project**

This project is in partnership with SHSC and SACMHA and aims to understand and improve access to cancer screenings for people with mental health needs.

<i>Prior year</i>	<i>Balance at 01-Apr-23 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31-Mar-24 £</i>
<i>Brunsmeer Awareness FC</i>	875	2,441	(874)	-	2,442
<i>CAST</i>	607	55	(180)	-	482
<i>Connected Worlds</i>	65	115	(2)	-	178
<i>MH Guide</i>	5,539	107,599	(102,454)	-	10,684
<i>Open Door Music Group</i>	525	-	(120)	-	405
<i>Race Equity</i>	70,388	35,250	(79,655)	-	25,983
<i>Cancer Alliance Project</i>	-	22,400	(20,318)	-	2,082
	<u>77,999</u>	<u>167,860</u>	<u>(203,603)</u>	<u>-</u>	<u>42,256</u>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2025

#### 12 Restricted funds

	Balance at 01-Apr-24 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-25 £
<b>Brunsmeer Project</b>					
Proud To Pitch In Round 8, via Action Funder	142	-	(142)	-	-
<b>Connected Worlds Project</b>					
NHS ICB	5,000	-	(500)	-	4,500
Harry Bottom Charitable Trust	-	30,154	(10,515)	-	19,639
Sheffield Towns Trust	792	-	(792)	-	-
<b>This is Me Project</b>					
May Hearnshaw Charitable Trust	1,010	-	(553)	-	457
<b>Flippen Mental Theatre Project</b>					
The Talbot Trusts	1,282	-	(100)	-	1,182
The Cutlers Company Charitable Trust	750	-	-	-	750
NLCF - Drama for the Mind 2	-	14,730	(11,868)	-	2,862
<b>Hub Core Project</b>					
SCC device Loan Scheme	4,879	-	(2,415)	-	2,464
Other	1,495	-	(26)	-	1,469
<b>Suicide Support &amp; Prevention</b>					
Sheffield Suicide Support	2,095	-	(797)	-	1,298
SY ICB Sheffield Suicide Support	9,000	-	(850)	-	8,150
NHS ICB	286	-	(286)	-	-
<b>Oasis</b>					
Oasis Garden Wellbeing Project	-	6,433	(6,433)	-	-
Enterprise Development Programme	4,995	-	-	(4,995)	-
Oasis Project	9,445	-	(9,445)	-	-
<b>Open Door Music</b>					
Open Door Music Project	165	-	-	-	165
<b>Wellbeing campaigns</b>					
ICB Keeping well in winter campaign	-	5,000	(5,000)	7,500	7,500
Men's Mental Wellbeing Campaign	-	2,499	-	-	2,499
	<b>41,336</b>	<b>58,816</b>	<b>(49,722)</b>	<b>2,505</b>	<b>52,935</b>

#### **Brunsmeer Project**

Grant funding received to assist in setting up and running new football teams including a women's team.

#### **Connected Worlds Project**

Connected worlds is a course of creative workshops through which participants discover and develop their talents in art and writing.

#### **This is Me Project**

We run a yearly art exhibition to showcase art from people who have lived experience of mental health, or who work in health care settings.

#### **Flippen Mental Theatre Project**

Funding received to support the work done by the Flippen Mental Theatre community enterprise.

#### **Hub Core Project**

Funding was received to enable the organisation to contribute and add value to the delivery of Sheffield Health and Social Care Trust's service user engagement strategy.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2025

#### 12 Restricted funds - continued

##### Suicide Support & Prevention

Funding received to develop a suicide prevention signposting website.

##### Oasis

Funding provided to support the Oasis wellbeing gardening project and also funding by the Enterprise Development Programme to support the organisation to become more enterprising. The transfer represents the purchase of a van, as the use of the van is not restricted beyond the general charitable aims, a transfer has been made to unrestricted funds.

##### Open Door Music

Grant given by The Talbot Trusts and the Austin and Hope Pilkington Trust to support the Open Door Music Project.

##### Wellbeing campaigns

Funding to support people through winter to stay warm, connected and well and also to develop a men's mental wellbeing campaign.

<i>Prior year comparison</i>	<i>Balance b/fwd</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers</i>	<i>Balance c/fwd</i>
	£	£	£	£	£
<b>Brunsmeer Project</b>					
<i>Proud To Pitch In Round 8, via Action Funder</i>	2,786	-	(2,644)	-	142
<i>Connected Worlds Project</i>					-
<i>NHS ICB</i>	-	5,000	-	-	5,000
<i>Harry Bottom Charitable Trust</i>	867	-	(867)	-	-
<b>Sheffield Towns Trust</b>	1,800	-	(1,008)	-	792
<i>This is Me Project</i>					-
<i>JG Graves Charitable Trust</i>	897	-	(897)	-	-
<i>May Hearnshaw Charitable Trust</i>	2,000	-	(990)	-	1,010
<b>Flippen Mental Theatre Project</b>					
<i>The Talbot Trusts</i>	2,500	-	(1,218)	-	1,282
<i>The Cutlers Company Charitable Trust</i>	750	-	-	-	750
<i>NLCF - Drama for the Mind 2</i>	520	-	(520)	-	-
<b>Hub Core Project</b>					
<i>SCC device Loan Scheme</i>	4,934	-	(55)	-	4,879
<i>Other</i>	-	1,495	-	-	1,495
<b>Suicide Support &amp; Prevention</b>					
<i>Sheffield Suicide Support</i>	2,892	-	(797)	-	2,095
<i>SY ICB Sheffield Suicide Support</i>	-	9,000	-	-	9,000
<i>NHS ICB</i>	1,436	-	(1,150)	-	286
<b>Oasis</b>					
<i>Oasis Garden Wellbeing Project</i>	-	34,703	(37,726)	3,023	-
<i>Enterprise Development Programme</i>	4,995	-	-	-	4,995
<i>Oasis Project</i>	-	15,256	(5,811)	-	9,445
<b>Open Door Music</b>					
<i>Open Door Music Project</i>	165	-	-	-	165
<i>Austin Pike Grant</i>	139	-	(139)	-	-
<i>The Talbot Trusts</i>	39	-	(39)	-	-
	<b>26,720</b>	<b>65,454</b>	<b>(53,861)</b>	<b>3,023</b>	<b>41,336</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2025

#### 13 Net assets by fund

	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2024
Tangible fixed assets	1,999	-	-	1,999	3,369	-	-	3,369
Net current assets	97,071	28,774	52,935	178,780	101,616	42,256	41,336	185,208
	<u>99,070</u>	<u>28,774</u>	<u>52,935</u>	<u>180,779</u>	<u>104,985</u>	<u>42,256</u>	<u>41,336</u>	<u>188,577</u>

#### 14 Related party transactions

During the year B Stone, a trustee, was a non-executive director of Sheffield Health and Social Care Trust (SHSC). The charity received funding of £156,154 in the year. B Stone has no voting rights with SHSC was not party to the decision to provide this money.

There were no further related party transactions during the year.

#### 15 Operating lease commitments

As at 31 March 2025 the charity was committed to making the following minimum payments under operating leases as follows:

	2025 £	2024 £
Payable within 1 year	13,800	13,800
Payable between 1-5 years	5,750	19,550
	<u>19,550</u>	<u>33,350</u>

#### 16 Statement of Financial Activities - prior year comparison

	General funds £	Designated funds £	Restricted funds £	Total 2025 £	General funds £	Designated funds £	Restricted funds £	Total 2024 £
<b>Income from:</b>								
Donations and grants	22,022	1,404	6,433	29,859	28,049	664	18,256	46,969
Charitable activities	139,140	101,411	52,383	292,934	120,109	166,366	47,198	333,673
Other income	3,149	-	-	3,149	5,567	830	-	6,397
<b>Total income</b>	<u>164,311</u>	<u>102,815</u>	<u>58,816</u>	<u>325,942</u>	<u>153,725</u>	<u>167,860</u>	<u>65,454</u>	<u>387,039</u>
<b>Expenditure on:</b>								
Fundraising and promotion	1,075	-	-	1,075	1,008	464	39	1,511
Charitable activities	172,489	110,454	49,722	332,665	115,952	203,139	53,822	372,913
<b>Total expenditure</b>	<u>173,564</u>	<u>110,454</u>	<u>49,722</u>	<u>333,740</u>	<u>116,960</u>	<u>203,603</u>	<u>53,861</u>	<u>374,424</u>
<b>Net income/(expenditure)</b>	<u>(9,253)</u>	<u>(7,639)</u>	<u>9,094</u>	<u>(7,798)</u>	<u>36,765</u>	<u>(35,743)</u>	<u>11,593</u>	<u>12,615</u>
Transfers between funds	3,338	(5,843)	2,505	-	(3,023)	-	3,023	-
<b>Net movement in funds</b>	<u>(5,915)</u>	<u>(13,482)</u>	<u>11,599</u>	<u>(7,798)</u>	<u>33,742</u>	<u>(35,743)</u>	<u>14,616</u>	<u>12,615</u>
Total funds brought forward	104,985	42,256	41,336	188,577	71,243	77,999	26,720	175,962
<b>Total funds carried forward</b>	<u>99,070</u>	<u>28,774</u>	<u>52,935</u>	<u>180,779</u>	<u>104,985</u>	<u>42,256</u>	<u>41,336</u>	<u>188,577</u>

**Sheffield Flourish**

England & Wales - Charity number 1147334

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# Accounts

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**Registered Charity Number: 1147334**  
**Company number: 07980332**

**Sheffield Flourish**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2024**

## Sheffield Flourish

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## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2024

#### Previously known as

Recovery Enterprises

#### Directors

Pam Stirling	Chair
Brendan Stone	
Nick Bax	
Jane Ferretti	(Resigned 27/11/2023)
Shirin Teifouri	
Adelaide Chibanda	
Peter Walker	Treasurer
Ben Dorey	(Appointed 17/04/2023)
Franz-von Shorter	(Appointed 17/04/2023)
Katriona Kendall	(Appointed 19/08/2024)

#### Key staff

Managing Director	Josie Soutar
Deputy Managing Director	Robyn Fletcher
Finance Officer	Greer Furniss-Coates

#### Charity number

1147334

#### Company number

07980332

#### Registered office address

Upper Floor  
4 Windrush Way  
Sheffield  
S3 8JU

#### Independent Examiner (and accountants)

Susan Cochrane, FCA, DChA  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

## **Sheffield Flourish**

### **Legal and administrative information for the year ended 31 March 2024**

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) issued in October 2019.

### **Structure, governance and management**

Sheffield Flourish was incorporated on 17th March 2012 and gained charitable status on 18 May 2012. Its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee (Company number 07980332) and a registered charity (Charity number 1147334). The company changed its name from Recovery Enterprises on 11 October 2019.

It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the Trustee Directors who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is carried out by paid staff and volunteers.

Before any person is accepted onto the Sheffield Flourish Board, they will meet with the Chair and/or Vice-chair to discuss what is involved. The prospective trustee should be asked to outline what skills and abilities they would bring to their work on the Board. The Chair or Vice-chair will obtain information on the prospective Trustee's skills/experience and one or two references regarding their character. The prospective Trustees may be asked to attend a Board meeting before they commit to joining. The Board will discuss each candidate in their absence before formally inviting them to join. New Trustees are co-opted at any time, but (as per Sheffield Flourish's articles of association) must stand for re-election with the other trustees at the next annual general meeting. New Trustees, and those re-elected to the Board following an annual general meeting or extraordinary general meeting, sign a declaration form to confirm that they have not been disqualified from serving as Board members.

### **Objectives, activities and public benefit**

Sheffield Flourish supports people living with or effected by mental ill health to use their skills, ideas and talents to build the lives they wish to lead, through creative, mental-health friendly activities, coproduction and digital tools. We run seven open-access, free community enterprises offering involvement in writing, horticulture, theatre, art, music and football. All our activities have been developed using coproduction, and participants are heavily involved in the design and delivery. On the digital side, we run four websites. The Sheffield Flourish hub enables peers to connect and publish stories of personal mental health experience, over 90% of the content is user generated. The Sheffield Mental Health Guide is an online directory featuring over 300 services that support mental health activities in the city. We oversee the Sheffield Suicide Support and Prevention resource, co-designed with people affected by suicide, and My Toolkit, a co-produced digital platform that helps people to plan and manage their mental health care online. We grew out of Sheffield Health and Social Care (SHSC) back in 2012 and continue to act as a critical friend, working closely with them around user involvement and engagement, particularly on the mental health wards. This work includes hosting SHSC's Head of Engagement, who oversees the Trust's User Involvement and Engagement Strategy and manages the strategy's delivery team. We also support the wider health system to ensure user voices are included in service redesign and act as a main conduit for mental health information to the public.

**Legal and administrative information  
for the year ended 31 March 2024**

**Objectives, activities and public benefit (continued)**

The objects of the charity are the relief of illness and distress and the promotion of health and social inclusion of adults with mental health conditions. All of our activities contribute to these objectives and one or more of the following outcomes:

- People feel less isolated and have more social connections
- People feel more equipped to self-care
- People have increased confidence and self-esteem
- People have more skills and knowledge
- People are better informed about mental health and related activities and services
- People have an increased understanding of mental health and reduced stigma

In planning the objectives and activities the directors have considered the Charity Commission's guidance on public benefit.

**Activities and achievements**

**Supporting the mental health community**

- 585 people have been supported through our community enterprise activity
- 375 people were regular attendees (3 sessions or more)
- 80 new members joined the community enterprise groups
- 395 face-to-face sessions were delivered
- 37 virtual sessions were delivered
- 59 volunteers have given their free time to support our community

**Digital Activity**

- Sheffield Flourish Hub – had an annual audience of 22900 website users with the aim of supporting people to build connections through the sharing of stories and experiences. This year we particularly focused on the theme of the cost-of-living crisis. 21 people with lived experience shared their story.
- Sheffield Mental Health Guide – directory of all mental health activities and events in Sheffield. It had an annual audience of 105089 users who benefitted from signposting and information that better enabled people to self-manage their mental health conditions. This year saw the launch of the Guide as a resource for all ages and subsequent activities focused on engaging with children and young people through social media and the commissioning of an Associate young content creator.
- Sheffield Suicide Support and Prevention Resource – provides information resources for suicide prevention and people who have been affected by suicide. It had 4600 new visitors during the year. We supported Public Health Sheffield to launch a new suicide prevention campaign and specifically focused on developing resources for perinatal support.
- My Toolkit – provides space for individuals to set their own mental health care plan. During the year it had 1261 registered users.
- Social media – we continued to provide information and engage with the community through twitter, Instagram and Facebook. This year we focused on engagement through TikTok, reaching 28846 users.
- 106 people and 14 organisations received digital inclusion training sessions.

*“The Mental Health Guide works well, it’s not patronising but still suitable for lots of different people of all ages and literacy, and it doesn’t look cold and clinical.”*

**Legal and administrative information  
for the year ended 31 March 2024**

**Activities and achievements (continued)**

**Community Enterprise Activity**

- Brunsmeor Awareness FC – includes mental health friendly football training sessions for both men and women, and a football league run in partnership with Sheffield and Hallam FA. We had 78 attendees over the year and have been focusing on the development of a Women’s League.

*“Thank you for creating such an important, safe and friendly environment for so many women to play the game.”*

- CAST – includes a weekly painting and drawing session; weekly creative writing session, a monthly artist gathering and an exhibition showcasing work. Group sessions had an annual attendance of 120 people. The exhibition was under the theme Hearts and Minds.

*“The art group pretty much saved my life. I’ve been a lot less paranoid and depressed and had less delusions. I always look forward to coming.”*

- Connected Worlds – provides storytelling and art-based courses to connect people and provide a creative space for them to tell their stories of everyday life. 26 people took part in courses over the year with a focus on suicide prevention, as well as exploring spirituality and mental health. This year also saw the launch of an anthology of poems: Tunes of Enchantment.

*“The staff were very welcoming and understanding. They showed kindness and compassion. The groups were great as you could create ‘works’ which feel productive and therapeutic. It was great interacting with other service users over our mental health issues, which were also therapeutic.”*

- Learning Space – provides educational sessions and learning opportunities using the values and tools of coproduction and codesign. A key focus is getting lived experience voices into the policies and activities of the mental health system. 126 people took part in sessions including codesign of Places of Safety, supporting SHSC’s Community Mental Health Transformation Programme and leadership sessions with Sheffield University.

*“It’s a brilliant way to increase your confidence, meet new friends and improve your mental health.”*

- Oasis – includes a weekly gardening for wellbeing session and a contract gardening service. 95 people attended the Oasis gardening wellbeing session. This year we introduced a new group in partnership with the Terminus project in Lowedges.

*“I have made progress on my gardening at Oasis by learning new stuff.”*

- Open Door Music – includes a weekly jamming session, music production group, drumming session, improvisation group (aimed at beginners) and fortnightly singing group. We had an annual attendance of 156 participants. A particular highlight was performances from young people attending from local charity Tracks.

*“Through coming to Open Door I have achieved a lifelong dream of being in a band. Thank you.”*

**Supporting the Health System**

Working with partners, community organisations and under-represented groups, we were able to open conversations on the gaps, challenges and barriers of inclusive mental health support. This included:

- Supporting the delivery and evaluation of the Patience and Carer Race Equity Framework (PCREF) alongside SHSC, SACMHA and the University of Sheffield.
- Helping SHSC with the recruitment of their new Chief Executive.
- Supporting the ICB to facilitate a mental health session for the Health and Wellbeing Board.
- Reciprocal mentoring with the CEO of Primary Care Sheffield.
- Facilitating a White Fragility workshop as part of SHSC’s ‘Let’s Talk about Race’ conference.
- A key stop on the Baton of Hope UK tour raising awareness of suicide.
- Working with SHSC and the Cancer Alliance to codesign resources encouraging people with mental ill-health to attend cancer screenings.

## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2024

#### Annual Community Survey

We conducted two different survey's this year, looking at our impact but with a particular focus on reviewing our community groups and looking at any gaps in what people might want.

50 people completed our annual community survey and 18 staff from SHSC completed our activity feedback survey.

- The most likely route into Flourish continues to be through SHSC's mental health team (40%) or friends/family (32%)
- 60% have a mental health diagnosis
- 72% feel their mental health has improved because of their involvement with Flourish.
- 85% feel more connected to a community or that their social network had grown as a result of Flourish
- 60% feel they have developed new skills or knowledge through Flourish
- 88% feel more confident about making informed decisions about their mental health through their involvement with Flourish.
- The most popular activity according to our attendance figures is CAST art group with 30% of overall attendance.
- CAST was also the group that SHSC staff mostly referred into, alongside Open Door Music and Brunsmeor Awareness.
- The Sheffield Flourish website and Facebook page was the most popular digital space for community members to find information about Flourish.
- For SHSC staff, the Sheffield Mental Health Guide was the most utilised of our digital tools – 78% confirmed they used it.

#### Future plans

For 2024-2025:

##### Sheffield Mental Health Guide Paper Version

We will be launching a new paper version of the Mental Health Guide during 2024/25 featuring both adult and children/young people information. This will be a condensed version of the website, with QR codes for people to scan that take them to the page with in-depth information of each service. There will be 10k copies of the paper version printed initially, with a plan to distribute to partners and key points across the city.

##### Review of our Groups and Enterprises

We will be using the findings from the surveys to do a full review of the groups we offer, identifying any gaps and developing new groups where appropriate. We will also be working alongside SHSC to reinforce referral pathways, communication of our offer and opportunities for collaborating.

##### New Technologies

We will continue to be at the forefront of how digital tools can enhance and support our work, not only in mental health but also as a charity. This will include working in partnership with Sheffield University and Human Digital on a virtual reality project, and developing our own AI strategy that identifies the risks and rewards of AI.

#### Reserves policy

Free reserves at 31 March 2024 were £101,616 (2023: £66,189)

The directors have set a reserves target of £48,292 for closure costs of 3 months to ensure the sustainability of our partnership organisations and the proper and orderly closure of the organisation including staff redundancy provision.

Excess reserves will be used for the completion of existing projects and supporting the core service of Sheffield Flourish in 2024-25.

**Sheffield Flourish**

**Legal and administrative information  
for the year ended 31 March 2024**

**Trustees' responsibilities in relation to the financial statements**

The charity trustees (who are also the directors of the charity for the purposes of company law) are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

**Small company provisions**

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

The directors declare that they have approved the directors' annual report above on 18. Nov. 24 and signed on behalf of the directors:

*Pam Stirling*

Print name: PAM STIRLING  
Director

## **Independent Examiner's report to the trustees of Sheffield Flourish ("the Company")**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

### **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**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I 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 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 (FRS 102).

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.

*S Cochrane*

Signed: \_\_\_\_\_

*Susan Cochrane, FCA, DChA*  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

Date: 06/12/2024

## Sheffield Flourish

### Statement of Financial Activities (incorporating the income and expenditure account) for the year ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
<b>Income from:</b>					
Donations and grants	2	28,713	18,256	46,969	19,584
Charitable activities	3	286,475	47,198	333,673	355,424
Fundraising events		-	-	-	4,262
Other		6,397	-	6,397	4,212
<b>Total income</b>		<b>321,585</b>	<b>65,454</b>	<b>387,039</b>	<b>383,482</b>
<b>Expenditure on:</b>					
Fundraising and promotion		1,472	39	1,511	2,067
Charitable activities	4	319,091	53,822	372,913	337,419
<b>Total expenditure</b>		<b>320,563</b>	<b>53,861</b>	<b>374,424</b>	<b>339,486</b>
<b>Net income/(expenditure)</b>		<b>1,022</b>	<b>11,593</b>	<b>12,615</b>	43,996
Transfers between funds	12&13	(3,023)	3,023	-	-
<b>Net movement in funds</b>		<b>(2,001)</b>	<b>14,616</b>	<b>12,615</b>	43,996
Total funds brought forward		149,242	26,720	175,962	131,966
<b>Total funds carried forward</b>		<b>147,241</b>	<b>41,336</b>	<b>188,577</b>	<b>175,962</b>

## Sheffield Flourish

### Balance sheet As at 31 March 2024

	Notes	2024 £	2023 £
<b>Fixed Assets</b>			
Tangible Assets	8	<u>3,369</u>	<u>5,054</u>
<b>Current assets</b>			
Debtors	9	38,612	47,347
Cash at bank and in hand		<u>159,792</u>	<u>130,311</u>
<b>Total current assets</b>		<u>198,404</u>	<u>177,658</u>
Creditors: amounts falling due within one year	10	(13,196)	(6,750)
<b>Net current assets</b>		<u>185,208</u>	<u>170,908</u>
<b>Total assets less current liabilities</b>		<u>188,577</u>	<u>175,962</u>
Creditors: amounts falling due after more than one year		-	-
<b>Total net assets</b>		<u>188,577</u>	<u>175,962</u>
<b>Funds of the charity</b>			
General funds		104,985	71,243
Designated funds	12	<u>42,256</u>	<u>77,999</u>
Unrestricted funds		<u>147,241</u>	<u>149,242</u>
Restricted income funds	13	41,336	26,720
<b>Total funds</b>	14	<u>188,577</u>	<u>175,962</u>

For the year ending 31 March 2024 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 director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the directors on 18 Nov 24 and signed on behalf of the directors by:

*Pam Stirling*

Name:

PAM STIRLING  
Director

## Sheffield Flourish

### Notes to the Accounts for the year ended 31 March 2024

#### 1 Accounting Policies

##### (a) General

Sheffield Flourish is a charitable company in the United Kingdom limited by guarantee and has no share capital. In the event that the charity is wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

Sheffield Flourish meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

##### (b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income from services provided is included in the year in which the service took place.

Bank interest is recognised as income when it is credited to the bank statement. All bank interest is treated as unrestricted income to the General Fund.

##### (c) Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

##### (d) Donated goods and services

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

##### (e) Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided on all tangible assets at the following annual rates calculated to write off the cost less estimated residual value, on a straight line basis over their useful economic lives:

Vehicles	5 years
----------	---------

All items of capital expenditure below £500 are written off as incurred.

##### (e) Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of receivables.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2024

#### 1 Accounting Policies - continued

##### (f) Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

##### (g) 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.

##### (h) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

##### (i) Defined contribution pension scheme

The charity contributes to a defined contribution pension scheme for the benefit of the employees. The pension costs charged against net incoming resources are the contributions payable to the scheme in respect of the accounting period in accordance with FRS102.

##### (j) Leases

Rental payable and receivable under operation leases are charged to the SOFA on a straight line basis over the period of the lease.

##### (k) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

##### (l) Funds

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.

Restricted funds are to be used for specific purposes as laid down by the funder.

##### (m) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that the charity will continue to operate for 12 months from authorising these financial statements. Not all funding streams are secure this far in advance however the trustees will develop a plan of action to be taken to reduce costs, should the required income not be secured.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2024

#### 2 Income from donations and grants

	Unrestricted funds £	Restricted funds £	Total 2024 £	Unrestricted funds £	Restricted funds £	Total 2023 £
Donations	27,713	1,005	28,718	7,201	133	7,334
Social Investment Business	-	15,256	15,256	-	-	-
Terminus Initiative	-	500	500	-	-	-
First Give	-	1,000	1,000	-	-	-
Sport England WEURO Legacy Fund	-	-	-	-	1,000	1,000
Healthwatch Sheffield	-	495	495	-	-	-
Talbot Trust	-	-	-	-	2,500	2,500
Proud To Pitch In Round 8, via Action Funder	-	-	-	-	3,000	3,000
Cutlers Company Charitable Trust	-	-	-	-	750	750
May Hearnshaw	-	-	-	-	2,000	2,000
Sheffield & Hallamshire County FA	1,000	-	1,000	-	-	-
J G Graves Charitable Trust	-	-	-	-	2,000	2,000
Dunn Family Charitable Trust	-	-	-	-	1,000	1,000
	<b>28,713</b>	<b>18,256</b>	<b>46,969</b>	<b>7,201</b>	<b>12,383</b>	<b>19,584</b>

#### 3 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2024 £	Unrestricted funds £	Restricted funds £	Total 2023 £
<b>Contracts and projects</b>						
Sheffield City Council	107,599	-	107,599	68,432	-	68,432
Sheffield Health and Social Care Trust	169,650	-	169,650	203,412	-	203,412
Health Education England	-	-	-	5,096	-	5,096
University of Sheffield	5,096	-	5,096	10,000	-	10,000
South Yorkshire Integrated Care Board	3,300	14,000	17,300	-	5,000	5,000
<b>Other services</b>	830	33,198	34,028	63,434	50	63,484
	<b>286,475</b>	<b>47,198</b>	<b>333,673</b>	<b>350,374</b>	<b>5,050</b>	<b>355,424</b>

#### 4 Expenditure on charitable activities

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £	Unrestricted funds £	Restricted funds £	Total 2023 £
Activities and events		53,773	21,915	75,688	62,600	13,845	76,445
Staff costs	5	194,516	24,915	219,431	189,870	6,960	196,830
Website development		22,618	-	22,618	-	840	840
Office, IT and equipment		44,638	2,137	46,775	40,521	3,338	43,859
Vehicle costs (including depreciation)		1,686	3,965	5,651	4,925	1,526	6,451
Support costs		-	-	-	683	2	685
Bad debts		-	890	890	109	-	109
Fraud expense		-	-	-	10,250	-	10,250
Independent examination fee	6	1,860	-	1,860	1,950	-	1,950
		<b>319,091</b>	<b>53,822</b>	<b>372,913</b>	<b>310,908</b>	<b>26,511</b>	<b>337,419</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2024

#### 5 Staff Costs

	2024	2023
	£	£
Salaries	198,008	176,742
Employer's national insurance	14,633	13,623
Employer's allowance	(5,000)	(5,000)
Employer pension contributions	9,385	8,148
	<u>217,026</u>	<u>193,513</u>
Staff expenses and other costs including payroll provision	2,405	3,317
	<u><u>219,431</u></u>	<u><u>196,830</u></u>

No employee received emoluments of more than £60,000. The average number of employees during the period was 11 (2023: 10).

#### 6 Fees paid to the independent examiner's organisation

	2024	2023
	£	£
Independent examination fee	<u>1,860</u>	<u>1,950</u>

#### 7 Trustees and key management remuneration, benefits and expenses

The charity trustees were not paid or received any other benefits from employment with the Charity in the year (2023: £nil) neither were they reimbursed expenses during the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

The key management personnel of the charity, comprise the trustees, the managing director and the deputy managing director. The total employee benefits of the key management personnel of the charity were £68,613 (2023: £61,068).

#### 8 Tangible fixed assets

	Motor Vehicles	Total
	£	£
<b>Cost</b>		
As at 1 April 2023	8,235	8,235
Additions	-	-
As at 31 March 2024	<u>8,235</u>	<u>8,235</u>
<b>Depreciation</b>		
As at 1 April 2023	3,181	3,181
Charge this period	1,685	1,685
As at 31 March 2024	<u>4,866</u>	<u>4,866</u>
<b>Net book value</b>		
As at 31 March 2024	<u><u>3,369</u></u>	<u><u>3,369</u></u>
As at 31 March 2023	<u>5,054</u>	<u>5,054</u>

All fixed assets are considered to be for direct charitable purposes.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2024

#### 9 Debtors

	2024	2023
	£	£
Trade debtors	27,631	38,285
Prepayments	7,792	8,033
Other debtors	3,189	1,029
	<u>38,612</u>	<u>47,347</u>

#### 10 Creditors: amounts falling due within one year

	Note	2024	2023
		£	£
Trade creditors		7,428	3,164
Accruals & deferred income	11	3,397	2,634
Taxes & social security		1,214	-
Other creditors		1,157	952
		<u>13,196</u>	<u>6,750</u>

#### 11 Deferred income

	2024	2023
	£	£
Brought forward	-	78,004
Received in the year	-	-
Released in the year	-	(78,004)
	<u>-</u>	<u>-</u>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2024

#### 12 Designated funds

	Balance at 01-Apr-23	Income	Expenditure	Transfers	Balance at 31-Mar-24
	£	£	£	£	£
Brunsmeer Awareness FC	875	2,441	(874)	-	2,442
CAST	607	55	(180)	-	482
Connected Worlds	65	115	(2)	-	178
MH Guide	5,539	107,599	(102,454)	-	10,684
Open Door Music Group	525	-	(120)	-	405
Race Equity	70,388	35,250	(79,655)	-	25,983
Cancer Alliance Project	-	22,400	(20,318)	-	2,082
	<u>77,999</u>	<u>167,860</u>	<u>(203,603)</u>	<u>-</u>	<u>42,256</u>

The above funds have been designated at the discretion of the trustees in order to ensure that the requirements of the funder and the objectives of the project are met in full.

#### **Brunsmeer Awareness FC**

Funding designated to support Brunsmeer Awareness Football Club and Sheffield and Hallamshire County FA Flourish league.

#### **CAST**

Funding designated to support the work of CAST a creative arts enterprise.

#### **Connected Worlds**

Funding designated to support creative courses using story telling, poetry, creative writing and art.

#### **MH Guide**

Funding designated to support the development of a guide for local services, activities and support around mental health.

#### **Open Door Music Group**

Grants given to support the Open Door Music Project.

#### **Race Equity**

This funding is for work conducted in partnership with Sheffield Health and Social Care Trust, focused on delivering outcomes under the Patient and Carer Race Equity Framework (PCREF).

#### **Cancer Alliance Project**

This project is in partnership with SHSC and SACMHA and aims to understand and improve access to cancer screenings for people with mental health needs.

<i>Prior year</i>	<i>Balance at 01-Apr-22</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers</i>	<i>Balance at 31-Mar-23</i>
	£	£	£	£	£
<i>Brunsmeer Awareness FC</i>	895	-	(20)	-	875
<i>CAST</i>	1,282	141	(816)	-	607
<i>Connected Worlds</i>	65	-	-	-	65
<i>MH Guide</i>	4,648	66,807	(65,916)	-	5,539
<i>Open Door Music Group</i>	151	614	(240)	-	525
<i>Race Equity</i>	-	97,000	(26,612)	-	70,388
	<u>7,041</u>	<u>164,562</u>	<u>(93,604)</u>	<u>-</u>	<u>77,999</u>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2024

#### 13 Restricted funds

	Balance at 01-Apr-23	Income	Expenditure	Transfers	Balance at 31-Mar-24
	£	£	£	£	£
<b>Brunsmeer Project</b>					
Proud To Pitch In Round 8, via Action Funder	2,786	-	(2,644)	-	142
<b>Connected Worlds Project</b>					
NHS ICB	-	5,000	-	-	5,000
Harry Bottom Charitable Trust	867	-	(867)	-	-
Sheffield Towns Trust	1,800	-	(1,008)	-	792
<b>This is Me Project</b>					
JG Graves Charitable Trust	897	-	(897)	-	-
May Hearnshaw Charitable Trust	2,000	-	(990)	-	1,010
<b>Flippen Mental Theatre Project</b>					
The Talbot Trusts	2,500	-	(1,218)	-	1,282
The Cutlers Company Charitable Trust	750	-	-	-	750
NLCF - Drama for the Mind 2	520	-	(520)	-	-
<b>Hub Core Project</b>					
SCC device Loan Scheme	4,934	-	(55)	-	4,879
Other	-	1,495	-	-	1,495
<b>Suicide Support &amp; Prevention</b>					
Sheffield Suicide Support	2,892	-	(797)	-	2,095
SY ICB Sheffield Suicide Support	-	9,000	-	-	9,000
NHS ICB	1,436	-	(1,150)	-	286
<b>Oasis</b>					
Oasis Garden Wellbeing Project	-	34,703	(37,726)	3,023	-
Enterprise Development Programme	4,995	-	-	-	4,995
Oasis Project	-	15,256	(5,811)	-	9,445
<b>Open Door Music</b>					
Open Door Music Project	165	-	-	-	165
Austin Pike Grant	139	-	(139)	-	-
The Talbot Trusts	39	-	(39)	-	-
	<b>26,720</b>	<b>65,454</b>	<b>(53,861)</b>	<b>3,023</b>	<b>41,336</b>

#### **Brunsmeer Project**

Grant funding received to assist in setting up and running new football teams including a women's team.

#### **Connected Worlds Project**

Connected worlds is a course of creative workshops through which participants discover and develop their talents in art and writing.

#### **This is Me Project**

We run a yearly art exhibition to showcase art from people who have lived experience of mental health, or who work in health care settings.

#### **Flippen Mental Theatre Project**

Funding received to support the work done by the Flippen Mental Theatre community enterprise.

#### **Hub Core Project**

Funding was received to enable the organisation to contribute and add value to the delivery of Sheffield Health and Social Care Trust's service user engagement strategy.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2024

#### 13 Restricted funds - continued

##### Suicide Support & Prevention

Funding received to develop a suicide prevention signposting website.

##### Oasis

Funding provided to support the Oasis wellbeing gardening project and also funding by the Enterprise Development Programme to support the organisation to become more enterprising.

##### Open Door Music

Grant given by The Talbot Trusts and the Austin and Hope Pilkington Trust to support the Open Door Music Project.

<i>Prior year comparison</i>	<i>Balance b/fwd</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers</i>	<i>Balance c/fwd</i>
	£	£	£	£	£
<b>Brunsmeer Project</b>					
<i>Grow the game</i>	1,049	-	(1,049)	-	-
<i>Proud To Pitch In Round 8, via Action Funder</i>	-	3,000	(214)	-	2,786
<i>Return to Football Fund</i>	294	-	(294)	-	-
<i>Sport England WEURO Legacy Fund</i>	-	1,000	(1,000)	-	-
<b>Connected Worlds Project</b>					
<i>The Charles &amp; Elsie Sykes Trust</i>	1,446	-	(1,446)	-	-
<i>Harry Bottom Charitable Trust</i>	1,000	-	(133)	-	867
<i>Sheffield Towns Trust</i>	1,800	-	-	-	1,800
<b>This is Me Project</b>					
<i>JG Graves Charitable Trust</i>	-	2,000	(1,103)	-	897
<i>May Hearnshaw Charitable Trust</i>	-	2,000	-	-	2,000
<b>Flippen Mental Theatre Project</b>					
<i>The Talbot Trusts</i>	-	2,500	-	-	2,500
<i>The Cutlers Company Charitable Trust</i>	-	750	-	-	750
<i>NLCF - Drama for the Mind 2</i>	8,511	50	(8,041)	-	520
<b>Hub Core Project</b>					
<i>Sheffield CCG Learning Disability Grant Funding</i>	450	-	(450)	-	-
<i>Service User Consultancy Enterprise</i>	1,359	-	(1,359)	-	-
<i>SCC device Loan Scheme</i>	5,000	-	(66)	-	4,934
<b>Suicide Support &amp; prevention</b>					
<i>Sheffield Suicide Support</i>	4,304	-	(1,412)	-	2,892
<i>CCG Suicide Prevention Small Grants</i>	1,432	-	(1,432)	-	-
<i>NHS ICB</i>	-	5,000	(3,564)	-	1,436
<b>Oasis</b>					
<i>Oasis Garden Wellbeing Project</i>	-	1,000	(1,000)	-	-
<i>Enterprise Development Programme</i>	8,823	-	(3,828)	-	4,995
<b>Open Door Music</b>					
<i>Open Door Music Project</i>	32	133	-	-	165
<i>Austin Pike Grant</i>	177	-	(38)	-	139
<i>The Talbot Trusts</i>	199	-	(160)	-	39
	<b>35,876</b>	<b>17,433</b>	<b>(26,589)</b>	<b>-</b>	<b>26,720</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2024

#### 14 Net assets by fund

	Unrestricted	Designated	Restricted	Total	Unrestricted	Designated	Restricted	Total
	funds	funds	funds	2024	d funds	funds	funds	2023
	£	£	£	£	£	£	£	£
Tangible fixed assets	3,369	-	-	3,369	5,054	-	-	5,054
Net current assets	101,616	42,256	41,336	185,208	66,189	77,999	26,720	170,908
	<u>104,985</u>	<u>42,256</u>	<u>41,336</u>	<u>188,577</u>	<u>71,243</u>	<u>77,999</u>	<u>26,720</u>	<u>175,962</u>

#### 15 Related party transactions

During the year Brendan Stone, a trustee, was a non-executive director of Sheffield Health and Social Care Trust (SHSC). The charity received funding of £169,650 in the year. Brendan has no voting rights with SHSC and was not party to the decision to provide this money.

There were no further related party transactions during the year.

#### 16 Operating lease commitments

As at 31 March 2024 the charity was committed to making the following minimum payments under operating leases as follows:

	2024	2023
	£	£
Payable within 1 year	13,800	13,800
Payable between 1-5 years	19,550	33,350
	<u>33,350</u>	<u>47,150</u>

#### 17 Statement of Financial Activities - prior year comparison

	General	Designated	Restricted	Total	General	Designated	Restricted	Total
	funds	funds	funds	2024	funds	funds	funds	2023
	£	£	£	£	£	£	£	£
<b>Income from:</b>								
Donations and grants	28,049	664	18,256	46,969	6,517	684	12,383	19,584
Charitable activities	120,109	166,366	47,198	333,673	186,496	163,878	5,050	355,424
Other income	5,567	830	-	6,397	4,212	-	-	4,212
<b>Total income</b>	<u>153,725</u>	<u>167,860</u>	<u>65,454</u>	<u>387,039</u>	<u>201,487</u>	<u>164,562</u>	<u>17,433</u>	<u>383,482</u>
<b>Expenditure on:</b>								
Fundraising and promotion	1,008	464	39	1,511	1,989	-	78	2,067
Charitable activities	115,952	203,139	53,822	372,913	217,304	93,604	26,511	337,419
<b>Total expenditure</b>	<u>116,960</u>	<u>203,603</u>	<u>53,861</u>	<u>374,424</u>	<u>219,293</u>	<u>93,604</u>	<u>26,589</u>	<u>339,486</u>
<b>Net income/(expenditure)</b>	<b>36,765</b>	<b>(35,743)</b>	<b>11,593</b>	<b>12,615</b>	<b>(17,806)</b>	<b>70,958</b>	<b>(9,156)</b>	<b>43,996</b>
Transfers between funds	(3,023)	-	3,023	-	-	-	-	-
<b>Net movement in funds</b>	<b>33,742</b>	<b>(35,743)</b>	<b>14,616</b>	<b>12,615</b>	<b>(17,806)</b>	<b>70,958</b>	<b>(9,156)</b>	<b>43,996</b>
Total funds brought forward	71,243	77,999	26,720	175,962	89,049	7,041	35,876	131,966
<b>Total funds carried forward</b>	<u>104,985</u>	<u>42,256</u>	<u>41,336</u>	<u>188,577</u>	<u>71,243</u>	<u>77,999</u>	<u>26,720</u>	<u>175,962</u>

**Sheffield Flourish**

England & Wales - Charity number 1147334

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# Accounts

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**Registered Charity Number: 1147334**  
**Company number: 07980332**

**Sheffield Flourish**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2023**

## Sheffield Flourish

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## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2023

**Previously known as**  
Recovery Enterprises

#### Directors

Pam Stirling	Chair	
Peter Walker	Treasurer	Appointed 13 February 2023
Andrew Wood	Treasurer	Resigned 28 November 2022
Brendan Stone		
Nick Bax		
Jane Ferretti		
Andrew Hudson		Resigned 28 November 2022
Shirin Teifouri		
Adelaide Chibanda		
Franz-Von Shorter		Appointed 17 April 2023
Ben Dorey		Appointed 17 April 2023

#### Key staff

Managing Director	Josie Soutar
Deputy Managing Director	Robyn Fletcher
Finance Officer	Greer Furniss-Coates

#### Charity number

1147334

#### Company number

07980332

#### Registered office address

Upper Floor  
4 Windrush Way  
Sheffield  
S3 8JU

#### Independent Examiner (and accountants)

Susan Cochrane, FCA  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

## **Sheffield Flourish**

### **Legal and administrative information for the year ended 31 March 2023**

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) issued in October 2019.

### **Structure, governance and management**

Sheffield Flourish was incorporated on 17th March 2012 and gained charitable status on 18 May 2012. Its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee (Company number 07980332) and a registered charity (Charity number 1147334). The company changed its name from Recovery Enterprises on 11 October 2019.

It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the Trustee Directors who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is carried out by paid staff and volunteers.

Before any person is accepted onto the Sheffield Flourish Board, they will meet with the Chair and/or Vice-chair to discuss what is involved. The prospective trustee should be asked to outline what skills and abilities they would bring to their work on the Board. The Chair or Vice-chair will obtain information on the prospective Trustee's skills/experience and one or two references regarding their character. The prospective Trustees may be asked to attend a Board meeting before they commit to joining. The Board will discuss each candidate in their absence before formally inviting them to join. New Trustees are co-opted at any time, but (as per Sheffield Flourish's articles of association) must stand for re-election with the other trustees at the next annual general meeting. New Trustees, and those re-elected to the Board following an annual general meeting or extraordinary general meeting, sign a declaration form to confirm that they have not been disqualified from serving as Board members.

### **Objectives, activities and public benefit**

We support people living with mental health conditions to use their skills, ideas and talent to build the lives they wish to lead. We collaborate on innovative digital and community projects, recognising the untapped strengths of people who've experienced mental health issues. These strengths are showcased on Sheffield Flourish digital hub, our flagship website which features personal stories about mental health in the city. We run a further three websites: the Sheffield Mental Health Guide - an online resource directory; Sheffield Suicide Support and Prevention – support and preventative information for people who may be considering suicide; My Toolkit – an individual online space for people to create their own mental health support plans. We're also proud to support seven active, creative, green-fingered and musical enterprises: Brunsmeer Awareness FC, CAST, Connected Worlds, Digital Creators, Flippin Mental Theatre, Oasis and Open Door Music.

## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2023

#### Objectives, activities and public benefit (continued)

The objects of the charity are the relief of illness and distress and the promotion of health and social inclusion of adults with mental health conditions, with a view to assisting them with finding employment and improving their general conditions of life. All of our activities contribute to these objectives and one or more of the following outcomes:

- People feel less isolated and have more social connections
- People feel more equipped to self-care
- People have increased confidence and self-esteem
- People have more skills and knowledge
- People are better informed about mental health and related activities and services
- People have an increased understanding of mental health and reduced stigma

In planning the objectives and activities the directors have considered the Charity Commission's guidance on public benefit.

#### Activities and achievements

##### Supporting the mental health community

- 647 people have been supported through our community enterprise activity
- 430 people were regular attendees (3 sessions or more)
- 272 new members joined the community enterprise groups
- 523 face-to-face sessions were delivered
- 39 virtual sessions were delivered
- 73 volunteers have given their free time to support our community

##### Digital Activity

- Sheffield Flourish Hub – had an annual audience of 30114 website users with the aim of supporting people to build connections through the sharing of stories and experiences. We published 13 stories written from expert-by-experience perspective, that inspired and raised awareness of people's mental health experiences and recruited 9 new writers.
- Sheffield Mental Health Guide – directory of all mental health activities and events in Sheffield. It had an annual audience of 235665 users who benefitted from signposting and information that better enabled people to self-manage their mental health conditions. Audience figures grew from the previous years, supported by the promotion to 63 services. 327634 referrals were made into services (1035 via phone/email/Livechat, 327634 via website).
- Sheffield Suicide Support and Prevention Resource – provides information resources for suicide prevention and people who have been affected by suicide. It had 4386 new visitors during the year. We supported Sheffield City Council to run a digital campaign around suicide prevention that also helped to promote the website as a useful digital tool.
- My Toolkit – provides space for individuals to set their own mental health care plan. During the year it had 1032 registered users with 233 new users.
- Social media – we continued to provide information and engage with the community through twitter, Instagram and Facebook, with 1085 new followers over the year. This year we also joined TikTok and will spend 2023-24 growing our audience.
- 100 digital inclusion training sessions were delivered to 118 people. 90 of these sessions were delivered on the mental health secure wards run by SHSC.

*“Amazing, patient service. Genuinely made me feel like you cared. They really want to help and already told me that they will call back later, so that's a good start. So, thanks a lot, I really appreciate it.”*

## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2023

#### Activities and achievements (continued)

##### Community Enterprise Activity

- Brunsmeor Awareness FC – includes mental health friendly football training sessions for both men and women, and a football league run in partnership with Sheffield and Hallam FA. Our men’s sessions had regular attendance of 49 players with 66 attendees over the year. The women’s session had a regular attendance of 35 players and 83 attendees.

*“Absolutely fantastic, attending these sessions and joining the group is the best decisions I have made, for my mental health and life in general, for a very long time (1-2 years).”*

- CAST – includes a weekly painting and drawing session; weekly creative writing session and a monthly artist gathering. Group sessions had an annual attendance of 131 people. The painting and drawing session, in particular, has seen a significant increase in people wanting to attend.

*“Nice group- nobody’s judgmental and everyone is accepting.”*

- Connected Worlds – provides storytelling and art-based courses to connect people and provide a creative space for them to tell their stories of everyday life. 17 people took part in courses over the year.

*“My favourite thing about Flourish? Shirin and her beautiful teaching style in Connected Worlds.”*

- Flippin Mental Theatre – provides an inclusive drama group called ‘Drama for the Mind’ and puts on plays that focus on mental health related issues. 45 participants took part in the inclusive drama course.

*“Great drama activities and so well delivered.”*

- Oasis – includes a weekly gardening for wellbeing session and a contract gardening service. Settling into their new home, sessions welcomed 50 attendees.

*“Fran is so good with people and has taught me so much about gardening.”*

- Open Door Music – includes a weekly jamming session, music production group, drumming session, improvisation group (aimed at beginners) and fortnightly singing group. We had an annual attendance of 138 participants.

*“I have developed new skills with music and it has shown I have skills with other people that I didn’t know before going to flourish.”*

##### Coproduction and Events

Working with partners, community organisations and under-represented groups, we were able to open conversations on the gaps, challenges and barriers of inclusive mental health support. This included:

- We continued our longstanding partnership with SHSC, supporting them to coproduce and codesign services, policy and practice in partnership with people with lived experience of mental ill-health. In particular, we collaborated on two main projects:
  - Supporting the coproduction of their user experience and engagement strategy
  - Continuing the focus on race equity through partnership work on the Patient Carer Race Equity Framework (PCREF) including focusing on restrictive practice and suicide prevention
  - Interactive ‘snakes and ladders’ sessions to help with feedback on their community mental health transformation programme.
- We conducted codesign sessions with Chilipep and Hive, focused on the new build and functionality for the Sheffield Mental Health Guide becoming all age.
- We hosted a Christmas Party as a fundraising event with music from local performers, a quiz and DJ. 200 people purchased tickets.
- We have worked hard to continue to be an established part of the local mental health system through well-established symbiotic partnerships with key Sheffield mental health networks, including:
  - Steering group member of Sheffield Mental Health VCS Partnership Network
  - Member of Sheffield Psychology Board, including oversight of mental health messaging.
  - Sheffield Suicide Prevention Steering Group
  - Working with intercultural organisations to reach underserved communities

## **Sheffield Flourish**

### **Legal and administrative information for the year ended 31 March 2023**

#### **Annual Community Survey**

We had 64 responses to our annual community survey.

- The most likely route into Flourish is through SHSC's mental health team (31%) or friends/family (28%)
- 59% have a mental health diagnosis
- 40% have been an inpatient in hospital due to their mental health
- 15% have been a part of Flourish for 5+ years, 25% have been attending Flourish activities for between 1-5 years, 25% between 1-6 months
- 90% said their mental health had improved because of their involvement with Sheffield Flourish, the other 10% said there had been no difference
- 88% felt more connected to a community through Sheffield Flourish
- 71% felt they had developed new skills and knowledge through Flourish activities
- 92% felt more confident to make informed decisions about their wellbeing

#### **Future plans**

For 2023-2024:

##### **Sheffield Mental Health Guide**

We will be continuing work around the codesign and relaunch of the Sheffield Mental Health Guide. The focus will be on expanding the site to include information for children and young people's services. We will also be focusing on promoting the Guide to a younger audience using social media and employing younger content creators. There will be a paper booklet version of the Guide for ease of use. The redesigned site is expected to be live from September 2023.

##### **Cost of Living**

There have been a number of reports highlighting the links between the cost-of-living crisis and people experiencing poor mental health. During 2023-24 we will be developing an action plan looking at different ways we can support Flourish community members around the cost of living. This is likely to include a Board session dedicated to the subject, focus on signposting and digital information, lived experience stories and practical support.

## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2023

#### Reserves policy

Free reserves at 31 March 2023 were £66,189 (2022: £82,310)

The directors have set a reserves target of £56,207 for closure costs of 3 months to ensure the sustainability of our partnership organisations and the proper and orderly closure of the organisation.

Excess reserves will be used for the completion of existing projects within 2023-24 financial year.

#### Small company provisions

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

The directors declare that they have approved the directors' annual report above on 27/11/23 and signed on behalf of the directors:

Print name: PIM STIRLING  
Director

## Independent Examiner's report to the trustees of Sheffield Flourish ("the Company")

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

### 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

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I 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 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 (FRS 102).

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.



Signed: \_\_\_\_\_

*Susan Cochrane, FCA*  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

Date: 14/12/2023

## Sheffield Flourish

### Statement of Financial Activities (incorporating the income and expenditure account) for the year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
<b>Income from:</b>					
Donations and grants	2	7,201	12,383	19,584	64,263
Charitable activities	3	350,374	5,050	355,424	254,574
Fundraising events		4,262	-	4,262	-
Other		4,212	-	4,212	11,932
<b>Total income</b>		<b>366,049</b>	<b>17,433</b>	<b>383,482</b>	<b>330,769</b>
<b>Expenditure on:</b>					
Fundraising and promotion		1,989	78	2,067	5,107
Charitable activities	4	310,908	26,511	337,419	324,662
<b>Total expenditure</b>		<b>312,897</b>	<b>26,589</b>	<b>339,486</b>	<b>329,769</b>
<b>Net income/(expenditure)</b>		<b>53,152</b>	<b>(9,156)</b>	<b>43,996</b>	1,000
Transfers between funds	12&13	-	-	-	-
<b>Net movement in funds</b>		<b>53,152</b>	<b>(9,156)</b>	<b>43,996</b>	1,000
Total funds brought forward		96,090	35,876	131,966	130,966
<b>Total funds carried forward</b>		<b>149,242</b>	<b>26,720</b>	<b>175,962</b>	<b>131,966</b>

## Sheffield Flourish

### Balance sheet

As at 31 March 2023

	Notes	2023 £	2022 £
<b>Fixed Assets</b>			
Tangible Assets	8	<u>5,054</u>	<u>6,739</u>
<b>Current assets</b>			
Debtors	9	47,347	80,748
Cash at bank and in hand		<u>130,311</u>	<u>141,445</u>
<b>Total current assets</b>		<u>177,658</u>	<u>222,193</u>
Creditors: amounts falling due within one year	10	(6,750)	(96,966)
<b>Net current assets</b>		<u>170,908</u>	<u>125,227</u>
<b>Total assets less current liabilities</b>		<b>175,962</b>	<b>131,966</b>
Creditors: amounts falling due after more than one year		-	-
<b>Total net assets</b>		<u><b>175,962</b></u>	<u><b>131,966</b></u>
<b>Funds of the charity</b>			
General funds		71,243	89,049
Designated funds	12	<u>77,999</u>	<u>7,041</u>
Unrestricted funds		149,242	96,090
Restricted income funds	13	26,720	35,876
<b>Total funds</b>	14	<u><b>175,962</b></u>	<u><b>131,966</b></u>

For the year ending 31 March 2023 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 director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the directors on 13/12/23 and signed on behalf of the directors by:

Name: Peter Walker  
Director

## Sheffield Flourish

### Notes to the Accounts for the year ended 31 March 2023

#### 1 Accounting Policies

##### (a) General

Sheffield Flourish is a charitable company in the United Kingdom limited by guarantee and has no share capital. In the event that the charity is wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

Sheffield Flourish meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

##### (b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income from services provided is included in the year in which the service took place.

Bank interest is recognised as income when it is credited to the bank statement. All bank interest is treated as unrestricted income to the General Fund.

##### (c) Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

##### (d) Donated goods and services

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

##### (e) Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided on all tangible assets at the following annual rates calculated to write off the cost less estimated residual value, on a straight line basis over their useful economic lives:

Vehicles 5 years

All items of capital expenditure below £500 are written off as incurred.

##### (e) Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of receivables.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 1 Accounting Policies - continued

##### (f) Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

##### (g) 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.

##### (h) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

##### (i) Defined contribution pension scheme

The charity contributes to a defined contribution pension scheme for the benefit of the employees. The pension costs charged against net incoming resources are the contributions payable to the scheme in respect of the accounting period in accordance with FRS102.

##### (j) Leases

Rental payable and receivable under operation leases are charged to the SOFA on a straight line basis over the period of the lease.

##### (k) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

##### (l) Funds

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.

Restricted funds are to be used for specific purposes as laid down by the funder.

##### (m) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that the charity will continue to operate for 12 months from authorising these financial statements. Not all funding streams are secure this far in advance however the trustees will develop a plan of action to be taken to reduce costs, should the required income not be secured.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 2 Income from donations and grants

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
Donations	7,201	133	7,334	12,576	-	12,576
Football Foundation	-	-	-	-	493	493
The Arts Council	-	-	-	-	673	673
Mayoral Community Fund	-	-	-	-	6,700	6,700
Sport England WEURO Legacy Fund	-	1,000	1,000	-	-	-
The National Lottery Community Fund	-	-	-	-	10,000	10,000
Talbot Trust	-	2,500	2,500	-	-	-
Proud To Pitch In Round 8, via Action Funder	-	3,000	3,000	-	-	-
Sheffield City Council	-	-	-	-	15,130	15,130
Cutlers Company Charitable Trust	-	750	750	-	-	-
May Hearnshaw	-	2,000	2,000	-	-	-
Access - the Foundation for Social Investment	-	-	-	-	10,000	10,000
J G Graves Charitable Trust	-	2,000	2,000	-	-	-
NHS Sheffield CCG	-	-	-	-	7,720	7,720
Dunn Family Charitable Trust	-	1,000	1,000	-	-	-
Coronavirus Job Retention Scheme	-	-	-	971	-	971
	<b>7,201</b>	<b>12,383</b>	<b>19,584</b>	<b>13,547</b>	<b>50,716</b>	<b>64,263</b>

#### 3 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
<b>Contracts and projects</b>						
Sheffield City Council	68,432	-	68,432	66,876	-	66,876
Sheffield Health and Social Care Trust	203,412	-	203,412	121,954	3,000	124,954
NHS Sheffield CCG	-	-	-	-	10,000	10,000
Health Education England	5,096	-	5,096	5,096	-	5,096
University of Sheffield	10,000	-	10,000	-	-	-
South Yorkshire Integrated Care Board	-	5,000	5,000	-	-	-
<b>Other services</b>	63,434	50	63,484	47,648	-	47,648
	<b>350,374</b>	<b>5,050</b>	<b>355,424</b>	<b>241,574</b>	<b>13,000</b>	<b>254,574</b>

#### 4 Expenditure on charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
<b>Note</b>						
Activities and events	62,600	13,845	76,445	52,421	22,254	74,675
Staff costs	189,870	6,960	196,830	163,974	18,841	182,815
Website development	-	840	840	14,980	11,930	26,910
Office, IT and equipment	40,521	3,338	43,859	30,928	3,357	34,285
Vehicle costs (including depreciation)	4,925	1,526	6,451	3,612	-	3,612
Support costs	683	2	685	397	2	399
Bad debts	109	-	109	256	-	256
Fraud expense	10,250	-	10,250	-	-	-
Independent examination fee	1,950	-	1,950	1,710	-	1,710
	<b>310,908</b>	<b>26,511</b>	<b>337,419</b>	<b>268,278</b>	<b>56,384</b>	<b>324,662</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 5 Staff Costs

	2023 £	2022 £
Salaries	176,742	165,060
Employer's national insurance	13,623	10,728
Employer's allowance	(5,000)	(4,000)
Employer pension contributions	8,148	7,423
	<u>193,513</u>	<u>179,211</u>
Staff expenses and other costs including payroll provision	3,317	3,604
	<u><b>196,830</b></u>	<u><b>182,815</b></u>

No employee received emoluments of more than £60,000. The average number of employees during the period was 10 (2022: 11).

#### 6 Fees paid to the independent examiner's organisation

	2023 £
Independent examination fee	<u><b>1,950</b></u>

#### 7 Trustees and key management remuneration, benefits and expenses

The charity trustees were not paid or received any other benefits from employment with the Charity in the year (2022: £nil) neither were they reimbursed expenses during the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity 2022: £nil).

The key management personnel of the charity, comprise the trustees, the managing director and the deputy managing director. The total employee benefits of the key management personnel of the charity were £61,068 (2022: £46,040).

#### 8 Tangible fixed assets

	Motor Vehicles £	Total £
<b>Cost</b>		
As at 1 April 2022	8,235	8,235
Additions	-	-
As at 31 March 2023	<u>8,235</u>	<u>8,235</u>
<b>Depreciation</b>		
As at 1 April 2022	1,496	1,496
Charge this period	1,685	1,685
As at 31 March 2023	<u>3,181</u>	<u>3,181</u>
<b>Net book value</b>		
As at 31 March 2023	<u><b>5,054</b></u>	<u><b>5,054</b></u>
As at 31 March 2022	<u>6,739</u>	<u>6,739</u>

All fixed assets are considered to be for direct charitable purposes.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 9 Debtors

	2023 £	2022 £
Trade debtors	38,285	72,980
Prepayments	8,033	7,768
Other debtors	1,029	-
	<u>47,347</u>	<u>80,748</u>

#### 10 Creditors: amounts falling due within one year

	Note	2023 £	2022 £
Trade creditors		3,164	10,618
Accruals & deferred income	11	2,634	79,714
Taxes & social security		-	5,643
Other creditors		952	991
		<u>6,750</u>	<u>96,966</u>

#### 11 Deferred income

	2023 £	2022 £
Brought forward	78,004	-
Received in the year	-	78,004
Released in the year	(78,004)	-
Carried forward	<u>-</u>	<u>78,004</u>

#### Deferred income - detail

Funder	Project	Brought forward £	Received in the year £	Released in the year £	Carried forward £
Sheffield Health and Social Care Trust	Experience and engagement lead	28,004	-	(28,004)	-
Sheffield Health and Social Care Trust	Race equity	50,000	-	(50,000)	-
		<u>78,004</u>	<u>-</u>	<u>(78,004)</u>	<u>-</u>

Deferred income relates to project income received in advance of the current accounting period for projects with start dates in the current period

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 12 Designated funds

	Balance at 01-Apr-22	Income	Expenditure	Transfers	Balance at 31-Mar-23
	£	£	£	£	£
Brunsmeer Awareness FC	895	-	(20)	-	875
CAST	1,282	141	(816)	-	607
Connected Worlds	65	-	-	-	65
MH Guide	4,648	66,807	(65,916)	-	5,539
Open Door Music Group	151	614	(240)	-	525
Race Equity	-	97,000	(26,612)	-	70,388
	<b>7,041</b>	<b>164,562</b>	<b>(93,604)</b>	<b>-</b>	<b>77,999</b>

The above funds have been designated at the discretion of the trustees in order to ensure that the requirements of the funder and the objectives of the project are met in full.

#### **Brunsmeer Awareness FC**

Funding designated to support Brunsmeer football club and Sheffield and Hallamshire County FA Flourish league.

#### **CAST**

Funding designated to support the work of CAST a creative arts enterprise.

#### **Connected Worlds**

Funding designated to support creative courses using story telling, poetry, creative writing and art.

#### **MH Guide**

Funding designated to support the development of a guide for local services, activities and support around mental health.

#### **Open Door Music Group**

Funding designated to support the music group running jam sessions and music production.

#### **Race Equity**

This funding is for work conducted in partnership with Sheffield Health and Social Care Trust, focused on delivering outcomes under the Patient and Carer Race Equity Framework (PCREF).

#### *Prior year*

	Balance at 01-Apr-21	Income	Expenditure	Transfers	Balance at 31-Mar-22
	£	£	£	£	£
<i>SHSC Tackling Inequalities: BAME resource</i>	3,000	-	(3,000)	-	-
<i>Brunsmeer Awareness FC</i>	-	-	-	895	895
<i>CAST</i>	-	521	(1,678)	2,439	1,282
<i>Connected Worlds</i>	-	-	-	65	65
<i>MH Guide</i>	-	66,876	(68,511)	6,283	4,648
<i>Open Door Music Group</i>	-	1,500	(1,349)	-	151
	<b>3,000</b>	<b>68,897</b>	<b>(74,538)</b>	<b>9,682</b>	<b>7,041</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 13 Restricted funds

	Balance at 01-Apr-22	Income	Expenditure	Transfers	Balance at 31-Mar-23
	£	£	£	£	£
<b>Brunsmeer Project</b>					
Grow the game	1,049	-	(1,049)	-	-
Proud To Pitch In Round 8, via Action Funder	-	3,000	(214)	-	2,786
Return to Football Fund	294	-	(294)	-	-
Sport England WEURO Legacy Fund	-	1,000	(1,000)	-	-
<b>Connected Worlds Project</b>					
The Charles & Elsie Sykes Trust	1,446	-	(1,446)	-	-
Harry Bottom Charitable Trust	1,000	-	(133)	-	867
Sheffield Towns Trust	1,800	-	-	-	1,800
<b>This is Me Project</b>					
JG Graves Charitable Trust	-	2,000	(1,103)	-	897
May Hearnshaw Charitable Trust	-	2,000	-	-	2,000
<b>Flippen Mental Theatre Project</b>					
The Talbot Trusts	-	2,500	-	-	2,500
The Cutlers Company Charitable Trust	-	750	-	-	750
NLCF - Drama for the Mind 2	8,511	50	(8,041)	-	520
<b>Hub Core Project</b>					
Sheffield CCG Learning Disability Grant Funding	450	-	(450)	-	-
Service User Consultancy Enterprise	1,359	-	(1,359)	-	-
SCC device Loan Scheme	5,000	-	(66)	-	4,934
<b>Suicide Support &amp; prevention</b>					
Sheffield Suicide Support	4,304	-	(1,412)	-	2,892
CCG Suicide Prevention Small Grants	1,432	-	(1,432)	-	-
NHS ICB	-	5,000	(3,564)	-	1,436
<b>Oasis</b>					
Oasis Garden Wellbeing Project	-	1,000	(1,000)	-	-
Enterprise Development Programme	8,823	-	(3,828)	-	4,995
<b>Open Door Music</b>					
Open Door Music Project	32	133	-	-	165
Austin Pike Grant	177	-	(38)	-	139
The Talbot Trusts	199	-	(160)	-	39
	<b>35,876</b>	<b>17,433</b>	<b>(26,589)</b>	<b>-</b>	<b>26,720</b>

#### **Brunsmeer Project**

Grant funding received from the Football Foundation, Proud to Pitch in and Sport England to assist in setting up and running new football teams including a women's team.

#### **Connected Worlds Project**

Connected worlds is a course of creative workshops through which participants discover and develop their talents in art and writing.

#### **This is Me Project**

An exhibition that was run in partnership with Sheffield Health and Social Care NHS Foundation Trust, Sheffield Flourish and CAST in November 2022. We run this yearly art exhibition to showcase art from people who have lived experience of mental health, or who work in health care settings.

#### **Flippen Mental Theatre Project**

Funding received to support the work done by the Flippen Mental Theatre community enterprise.

#### **Hub Core Project**

Funding was received to:

- Enable the organisation to contribute and add value to the delivery of Sheffield Health and Social Care Trust's service user engagement strategy and leading the development of the Education Exchange.
- Support the purchase of five tablets to support digitally excluded communities and the expansion of the art and seed packs
- Develop a central and locally focussed digital resource for information for people with learning disabilities that supports good physical health and annual health checks.
- Support the increase in mental health work and response to Covid 19.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 13 Restricted funds - continued

##### Suicide Support & prevention

Funding received to develop a suicide prevention signposting website.

##### Oasis

Funding provided to support the Oasis wellbeing gardening project and also funding by the Enterprise Development Programme to support the organisation to become more enterprising.

##### Open Door Music

Grant given by The Talbot Trusts and the Austin and Hope Pilkington Trust to support the Open Door Music Project.

Prior year comparison	Balance b/fwd £	Income £	Expenditure £	Transfers £	Balance c/fwd £
<b>Brunsmeer Project</b>					
Grow the game	1,174	-	(125)	-	1,049
Peter Harrison	2,819	-	(2,819)	-	-
Return to football fund	-	493	(199)	-	294
<b>Connected Worlds Project</b>					
C & E Sykes	2,760	-	(1,314)	-	1,446
Harry Bottom Charitable Trust	1,000	-	-	-	1,000
Sheffield Towns Trust	1,800	-	-	-	1,800
<b>Flippen Mental Theatre Project</b>					
Cultivating Mad Cow	143	673	(710)	(106)	-
Evan Cornish Foundation	2,822	-	(2,822)	-	-
NLCF - Drama for the Mind 2	-	10,000	(1,489)	-	8,511
<b>Hub Core Project</b>					
Sheffield CCG Learning Disability Grant Funding	4,400	-	(3,950)	-	450
SHSC Volunteer support	11,500	-	(1,359)	(10,141)	-
Service User Consultancy Enterprise	1,359	-	-	-	1,359
Sheffield CCG Severe Mental Illness and Physical Health	-	7,720	(7,720)	-	-
Transforming and activating places	-	1,600	(1,600)	-	-
SYCF Mayoral Community Fund	-	6,700	(6,700)	-	-
SCC device Loan Scheme	-	5,000	-	-	5,000
SCC Community Covid Recovery Fund	-	10,130	-	(10,130)	-
<b>Learning Space</b>					
Education Exchange	4,769	-	(4,769)	-	-
<b>Suicide Support &amp; prevention</b>					
Sheffield Suicide Support	5,000	10,000	(10,696)	-	4,304
CCG Suicide Prevention Small Grants	2,006	-	(574)	-	1,432
<b>My Toolkit</b>					
DPO Covid 19 Emergency fund	3,050	-	(3,050)	-	-
START addiction	-	3,000	(3,000)	-	-
<b>Oasis</b>					
Enterprise Development Programme	4,191	10,000	(5,368)	-	8,823
<b>Open Door Music</b>					
Open Door Music Project	32	-	-	-	32
Austin Pike Grant	775	-	(598)	-	177
<b>Talbot Trust</b>					
	199	-	-	-	199
	<b>49,799</b>	<b>65,316</b>	<b>(58,862)</b>	<b>(20,377)</b>	<b>35,876</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 14 Net assets by fund

	Unrestricted	Designated	Restricted	Total	Unrestricted	Designated	Restricted	Total
	funds	funds	funds	2023	ed	funds	funds	2022
	£	£	£	£	£	£	£	£
Tangible fixed assets	5,054	-	-	5,054	6,739	-	-	6,739
Net current assets	66,189	77,999	26,720	170,908	82,310	7,041	35,876	125,227
	<b>71,243</b>	<b>77,999</b>	<b>26,720</b>	<b>175,962</b>	<b>89,049</b>	<b>7,041</b>	<b>35,876</b>	<b>131,966</b>

#### 15 Related party transactions

During the year Brendan Stone, a trustee, was a non-executive director of Sheffield Health and Social Care Trust (SHSC). The charity received funding of £203,412 in the year. Brendan has no voting rights with SHSC was not party to the decision to provide this money.

There were no further related party transactions during the year.

#### 16 Operating lease commitments

As at 31 March 2023 the charity was committed to making the following minimum payments under operating leases as follows:

	2023	2022
	£	£
Payable within 1 year	13,800	13,800
Payable between 1-5 years	33,350	19,550
	<b>47,150</b>	<b>33,350</b>

#### 17 Statement of Financial Activities - prior year comparison

	General	Designated	Restricted	Total	General	Designated	Restricted	Total
	funds	funds	funds	2023	funds	funds	funds	2022
	£	£	£	£	£	£	£	£
<b>Income from:</b>								
Donations and grants	6,517	684	12,383	19,584	11,700	1,847	50,716	64,263
Charitable activities	186,496	163,878	5,050	355,424	174,524	67,050	13,000	254,574
Other income	4,212	-	-	4,212	10,332	-	1,600	11,932
<b>Total income</b>	<b>201,487</b>	<b>164,562</b>	<b>17,433</b>	<b>383,482</b>	<b>196,556</b>	<b>68,897</b>	<b>65,316</b>	<b>330,769</b>
<b>Expenditure on:</b>								
Fundraising and promotion	1,989	-	78	2,067	2,378	251	2,478	5,107
Charitable activities	217,304	93,604	26,511	337,419	193,991	74,287	56,384	324,662
<b>Total expenditure</b>	<b>219,293</b>	<b>93,604</b>	<b>26,589</b>	<b>339,486</b>	<b>196,369</b>	<b>74,538</b>	<b>58,862</b>	<b>329,769</b>
<b>Net income/(expenditure)</b>	<b>(17,806)</b>	<b>70,958</b>	<b>(9,156)</b>	<b>43,996</b>	<b>187</b>	<b>(5,641)</b>	<b>6,454</b>	<b>1,000</b>
Transfers between funds	-	-	-	-	10,695	9,682	(20,377)	-
<b>Net movement in funds</b>	<b>(17,806)</b>	<b>70,958</b>	<b>(9,156)</b>	<b>43,996</b>	<b>10,882</b>	<b>4,041</b>	<b>(13,923)</b>	<b>1,000</b>
Total funds brought forward	89,049	7,041	35,876	131,966	78,167	3,000	49,799	130,966
<b>Total funds carried forward</b>	<b>71,243</b>	<b>77,999</b>	<b>26,720</b>	<b>175,962</b>	<b>89,049</b>	<b>7,041</b>	<b>35,876</b>	<b>131,966</b>

**Registered Charity Number: 1147334**  
**Company number: 07980332**

**Sheffield Flourish**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2023**

## Sheffield Flourish

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## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2023

**Previously known as**  
Recovery Enterprises

#### Directors

Pam Stirling	Chair	
Peter Walker	Treasurer	Appointed 13 February 2023
Andrew Wood	Treasurer	Resigned 28 November 2022
Brendan Stone		
Nick Bax		
Jane Ferretti		
Andrew Hudson		Resigned 28 November 2022
Shirin Teifouri		
Adelaide Chibanda		
Franz-Von Shorter		Appointed 17 April 2023
Ben Dorey		Appointed 17 April 2023

#### Key staff

Managing Director	Josie Soutar
Deputy Managing Director	Robyn Fletcher
Finance Officer	Greer Furniss-Coates

#### Charity number

1147334

#### Company number

07980332

#### Registered office address

Upper Floor  
4 Windrush Way  
Sheffield  
S3 8JU

#### Independent Examiner (and accountants)

Susan Cochrane, FCA  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

## **Sheffield Flourish**

### **Legal and administrative information for the year ended 31 March 2023**

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) issued in October 2019.

### **Structure, governance and management**

Sheffield Flourish was incorporated on 17th March 2012 and gained charitable status on 18 May 2012. Its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee (Company number 07980332) and a registered charity (Charity number 1147334). The company changed its name from Recovery Enterprises on 11 October 2019.

It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the Trustee Directors who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is carried out by paid staff and volunteers.

Before any person is accepted onto the Sheffield Flourish Board, they will meet with the Chair and/or Vice-chair to discuss what is involved. The prospective trustee should be asked to outline what skills and abilities they would bring to their work on the Board. The Chair or Vice-chair will obtain information on the prospective Trustee's skills/experience and one or two references regarding their character. The prospective Trustees may be asked to attend a Board meeting before they commit to joining. The Board will discuss each candidate in their absence before formally inviting them to join. New Trustees are co-opted at any time, but (as per Sheffield Flourish's articles of association) must stand for re-election with the other trustees at the next annual general meeting. New Trustees, and those re-elected to the Board following an annual general meeting or extraordinary general meeting, sign a declaration form to confirm that they have not been disqualified from serving as Board members.

### **Objectives, activities and public benefit**

We support people living with mental health conditions to use their skills, ideas and talent to build the lives they wish to lead. We collaborate on innovative digital and community projects, recognising the untapped strengths of people who've experienced mental health issues. These strengths are showcased on Sheffield Flourish digital hub, our flagship website which features personal stories about mental health in the city. We run a further three websites: the Sheffield Mental Health Guide - an online resource directory; Sheffield Suicide Support and Prevention – support and preventative information for people who may be considering suicide; My Toolkit – an individual online space for people to create their own mental health support plans. We're also proud to support seven active, creative, green-fingered and musical enterprises: Brunsmeer Awareness FC, CAST, Connected Worlds, Digital Creators, Flippin Mental Theatre, Oasis and Open Door Music.

## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2023

#### Objectives, activities and public benefit (continued)

The objects of the charity are the relief of illness and distress and the promotion of health and social inclusion of adults with mental health conditions, with a view to assisting them with finding employment and improving their general conditions of life. All of our activities contribute to these objectives and one or more of the following outcomes:

- People feel less isolated and have more social connections
- People feel more equipped to self-care
- People have increased confidence and self-esteem
- People have more skills and knowledge
- People are better informed about mental health and related activities and services
- People have an increased understanding of mental health and reduced stigma

In planning the objectives and activities the directors have considered the Charity Commission's guidance on public benefit.

#### Activities and achievements

##### Supporting the mental health community

- 647 people have been supported through our community enterprise activity
- 430 people were regular attendees (3 sessions or more)
- 272 new members joined the community enterprise groups
- 523 face-to-face sessions were delivered
- 39 virtual sessions were delivered
- 73 volunteers have given their free time to support our community

##### Digital Activity

- Sheffield Flourish Hub – had an annual audience of 30114 website users with the aim of supporting people to build connections through the sharing of stories and experiences. We published 13 stories written from expert-by-experience perspective, that inspired and raised awareness of people's mental health experiences and recruited 9 new writers.
- Sheffield Mental Health Guide – directory of all mental health activities and events in Sheffield. It had an annual audience of 235665 users who benefitted from signposting and information that better enabled people to self-manage their mental health conditions. Audience figures grew from the previous years, supported by the promotion to 63 services. 327634 referrals were made into services (1035 via phone/email/Livechat, 327634 via website).
- Sheffield Suicide Support and Prevention Resource – provides information resources for suicide prevention and people who have been affected by suicide. It had 4386 new visitors during the year. We supported Sheffield City Council to run a digital campaign around suicide prevention that also helped to promote the website as a useful digital tool.
- My Toolkit – provides space for individuals to set their own mental health care plan. During the year it had 1032 registered users with 233 new users.
- Social media – we continued to provide information and engage with the community through twitter, Instagram and Facebook, with 1085 new followers over the year. This year we also joined TikTok and will spend 2023-24 growing our audience.
- 100 digital inclusion training sessions were delivered to 118 people. 90 of these sessions were delivered on the mental health secure wards run by SHSC.

*"Amazing, patient service. Genuinely made me feel like you cared. They really want to help and already told me that they will call back later, so that's a good start. So, thanks a lot, I really appreciate it."*

## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2023

#### Activities and achievements (continued)

##### Community Enterprise Activity

- Brunsmeor Awareness FC – includes mental health friendly football training sessions for both men and women, and a football league run in partnership with Sheffield and Hallam FA. Our men’s sessions had regular attendance of 49 players with 66 attendees over the year. The women’s session had a regular attendance of 35 players and 83 attendees.

*“Absolutely fantastic, attending these sessions and joining the group is the best decisions I have made, for my mental health and life in general, for a very long time (1-2 years).”*

- CAST – includes a weekly painting and drawing session; weekly creative writing session and a monthly artist gathering. Group sessions had an annual attendance of 131 people. The painting and drawing session, in particular, has seen a significant increase in people wanting to attend.

*“Nice group- nobody’s judgmental and everyone is accepting.”*

- Connected Worlds – provides storytelling and art-based courses to connect people and provide a creative space for them to tell their stories of everyday life. 17 people took part in courses over the year.

*“My favourite thing about Flourish? Shirin and her beautiful teaching style in Connected Worlds.”*

- Flippin Mental Theatre – provides an inclusive drama group called ‘Drama for the Mind’ and puts on plays that focus on mental health related issues. 45 participants took part in the inclusive drama course.

*“Great drama activities and so well delivered.”*

- Oasis – includes a weekly gardening for wellbeing session and a contract gardening service. Settling into their new home, sessions welcomed 50 attendees.

*“Fran is so good with people and has taught me so much about gardening.”*

- Open Door Music – includes a weekly jamming session, music production group, drumming session, improvisation group (aimed at beginners) and fortnightly singing group. We had an annual attendance of 138 participants.

*“I have developed new skills with music and it has shown I have skills with other people that I didn’t know before going to flourish.”*

##### Coproduction and Events

Working with partners, community organisations and under-represented groups, we were able to open conversations on the gaps, challenges and barriers of inclusive mental health support. This included:

- We continued our longstanding partnership with SHSC, supporting them to coproduce and codesign services, policy and practice in partnership with people with lived experience of mental ill-health. In particular, we collaborated on two main projects:
  - Supporting the coproduction of their user experience and engagement strategy
  - Continuing the focus on race equity through partnership work on the Patient Carer Race Equity Framework (PCREF) including focusing on restrictive practice and suicide prevention
  - Interactive ‘snakes and ladders’ sessions to help with feedback on their community mental health transformation programme.
- We conducted codesign sessions with Chilipep and Hive, focused on the new build and functionality for the Sheffield Mental Health Guide becoming all age.
- We hosted a Christmas Party as a fundraising event with music from local performers, a quiz and DJ. 200 people purchased tickets.
- We have worked hard to continue to be an established part of the local mental health system through well-established symbiotic partnerships with key Sheffield mental health networks, including:
  - Steering group member of Sheffield Mental Health VCS Partnership Network
  - Member of Sheffield Psychology Board, including oversight of mental health messaging.
  - Sheffield Suicide Prevention Steering Group
  - Working with intercultural organisations to reach underserved communities

## **Sheffield Flourish**

### **Legal and administrative information for the year ended 31 March 2023**

#### **Annual Community Survey**

We had 64 responses to our annual community survey.

- The most likely route into Flourish is through SHSC's mental health team (31%) or friends/family (28%)
- 59% have a mental health diagnosis
- 40% have been an inpatient in hospital due to their mental health
- 15% have been a part of Flourish for 5+ years, 25% have been attending Flourish activities for between 1-5 years, 25% between 1-6 months
- 90% said their mental health had improved because of their involvement with Sheffield Flourish, the other 10% said there had been no difference
- 88% felt more connected to a community through Sheffield Flourish
- 71% felt they had developed new skills and knowledge through Flourish activities
- 92% felt more confident to make informed decisions about their wellbeing

#### **Future plans**

For 2023-2024:

##### **Sheffield Mental Health Guide**

We will be continuing work around the codesign and relaunch of the Sheffield Mental Health Guide. The focus will be on expanding the site to include information for children and young people's services. We will also be focusing on promoting the Guide to a younger audience using social media and employing younger content creators. There will be a paper booklet version of the Guide for ease of use. The redesigned site is expected to be live from September 2023.

##### **Cost of Living**

There have been a number of reports highlighting the links between the cost-of-living crisis and people experiencing poor mental health. During 2023-24 we will be developing an action plan looking at different ways we can support Flourish community members around the cost of living. This is likely to include a Board session dedicated to the subject, focus on signposting and digital information, lived experience stories and practical support.

## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2023

#### Reserves policy

Free reserves at 31 March 2023 were £66,189 (2022: £82,310)

The directors have set a reserves target of £56,207 for closure costs of 3 months to ensure the sustainability of our partnership organisations and the proper and orderly closure of the organisation.

Excess reserves will be used for the completion of existing projects within 2023-24 financial year.

#### Small company provisions

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

The directors declare that they have approved the directors' annual report above on 27/11/23 and signed on behalf of the directors:

Print name: PIM STIRLING  
Director

## **Independent Examiner's report to the trustees of Sheffield Flourish ("the Company")**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

### **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**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I 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 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 (FRS 102).

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.



Signed: \_\_\_\_\_

*Susan Cochrane, FCA*  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

Date: 14/12/2023

## Sheffield Flourish

### Statement of Financial Activities (incorporating the income and expenditure account) for the year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
<b>Income from:</b>					
Donations and grants	2	7,201	12,383	19,584	64,263
Charitable activities	3	350,374	5,050	355,424	254,574
Fundraising events		4,262	-	4,262	-
Other		4,212	-	4,212	11,932
<b>Total income</b>		<b>366,049</b>	<b>17,433</b>	<b>383,482</b>	<b>330,769</b>
<b>Expenditure on:</b>					
Fundraising and promotion		1,989	78	2,067	5,107
Charitable activities	4	310,908	26,511	337,419	324,662
<b>Total expenditure</b>		<b>312,897</b>	<b>26,589</b>	<b>339,486</b>	<b>329,769</b>
<b>Net income/(expenditure)</b>		<b>53,152</b>	<b>(9,156)</b>	<b>43,996</b>	1,000
Transfers between funds	12&13	-	-	-	-
<b>Net movement in funds</b>		<b>53,152</b>	<b>(9,156)</b>	<b>43,996</b>	1,000
Total funds brought forward		96,090	35,876	131,966	130,966
<b>Total funds carried forward</b>		<b>149,242</b>	<b>26,720</b>	<b>175,962</b>	<b>131,966</b>

## Sheffield Flourish

### Balance sheet

As at 31 March 2023

	Notes	2023 £	2022 £
<b>Fixed Assets</b>			
Tangible Assets	8	<u>5,054</u>	<u>6,739</u>
<b>Current assets</b>			
Debtors	9	47,347	80,748
Cash at bank and in hand		<u>130,311</u>	<u>141,445</u>
<b>Total current assets</b>		<u>177,658</u>	<u>222,193</u>
Creditors: amounts falling due within one year	10	(6,750)	(96,966)
<b>Net current assets</b>		<u>170,908</u>	<u>125,227</u>
<b>Total assets less current liabilities</b>		<u>175,962</u>	<u>131,966</u>
Creditors: amounts falling due after more than one year		-	-
<b>Total net assets</b>		<u>175,962</u>	<u>131,966</u>
<b>Funds of the charity</b>			
General funds		71,243	89,049
Designated funds	12	<u>77,999</u>	<u>7,041</u>
Unrestricted funds		149,242	96,090
Restricted income funds	13	26,720	35,876
<b>Total funds</b>	14	<u>175,962</u>	<u>131,966</u>

For the year ending 31 March 2023 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 director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the directors on 13/12/23 and signed on behalf of the directors by:

Name: Peter Walker  
Director

## Sheffield Flourish

### Notes to the Accounts for the year ended 31 March 2023

#### 1 Accounting Policies

##### (a) General

Sheffield Flourish is a charitable company in the United Kingdom limited by guarantee and has no share capital. In the event that the charity is wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

Sheffield Flourish meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

##### (b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income from services provided is included in the year in which the service took place.

Bank interest is recognised as income when it is credited to the bank statement. All bank interest is treated as unrestricted income to the General Fund.

##### (c) Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

##### (d) Donated goods and services

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

##### (e) Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided on all tangible assets at the following annual rates calculated to write off the cost less estimated residual value, on a straight line basis over their useful economic lives:

Vehicles 5 years

All items of capital expenditure below £500 are written off as incurred.

##### (e) Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of receivables.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 1 Accounting Policies - continued

##### (f) Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

##### (g) 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.

##### (h) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

##### (i) Defined contribution pension scheme

The charity contributes to a defined contribution pension scheme for the benefit of the employees. The pension costs charged against net incoming resources are the contributions payable to the scheme in respect of the accounting period in accordance with FRS102.

##### (j) Leases

Rental payable and receivable under operation leases are charged to the SOFA on a straight line basis over the period of the lease.

##### (k) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

##### (l) Funds

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.

Restricted funds are to be used for specific purposes as laid down by the funder.

##### (m) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that the charity will continue to operate for 12 months from authorising these financial statements. Not all funding streams are secure this far in advance however the trustees will develop a plan of action to be taken to reduce costs, should the required income not be secured.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 2 Income from donations and grants

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
Donations	7,201	133	7,334	12,576	-	12,576
Football Foundation	-	-	-	-	493	493
The Arts Council	-	-	-	-	673	673
Mayoral Community Fund	-	-	-	-	6,700	6,700
Sport England WEURO Legacy Fund	-	1,000	1,000	-	-	-
The National Lottery Community Fund	-	-	-	-	10,000	10,000
Talbot Trust	-	2,500	2,500	-	-	-
Proud To Pitch In Round 8, via Action Funder	-	3,000	3,000	-	-	-
Sheffield City Council	-	-	-	-	15,130	15,130
Cutlers Company Charitable Trust	-	750	750	-	-	-
May Hearnshaw	-	2,000	2,000	-	-	-
Access - the Foundation for Social Investment	-	-	-	-	10,000	10,000
J G Graves Charitable Trust	-	2,000	2,000	-	-	-
NHS Sheffield CCG	-	-	-	-	7,720	7,720
Dunn Family Charitable Trust	-	1,000	1,000	-	-	-
Coronavirus Job Retention Scheme	-	-	-	971	-	971
	<b>7,201</b>	<b>12,383</b>	<b>19,584</b>	<b>13,547</b>	<b>50,716</b>	<b>64,263</b>

#### 3 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
<b>Contracts and projects</b>						
Sheffield City Council	68,432	-	68,432	66,876	-	66,876
Sheffield Health and Social Care Trust	203,412	-	203,412	121,954	3,000	124,954
NHS Sheffield CCG	-	-	-	-	10,000	10,000
Health Education England	5,096	-	5,096	5,096	-	5,096
University of Sheffield	10,000	-	10,000	-	-	-
South Yorkshire Integrated Care Board	-	5,000	5,000	-	-	-
<b>Other services</b>	63,434	50	63,484	47,648	-	47,648
	<b>350,374</b>	<b>5,050</b>	<b>355,424</b>	<b>241,574</b>	<b>13,000</b>	<b>254,574</b>

#### 4 Expenditure on charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
<b>Note</b>						
Activities and events	62,600	13,845	76,445	52,421	22,254	74,675
Staff costs	189,870	6,960	196,830	163,974	18,841	182,815
Website development	-	840	840	14,980	11,930	26,910
Office, IT and equipment	40,521	3,338	43,859	30,928	3,357	34,285
Vehicle costs (including depreciation)	4,925	1,526	6,451	3,612	-	3,612
Support costs	683	2	685	397	2	399
Bad debts	109	-	109	256	-	256
Fraud expense	10,250	-	10,250	-	-	-
Independent examination fee	1,950	-	1,950	1,710	-	1,710
	<b>310,908</b>	<b>26,511</b>	<b>337,419</b>	<b>268,278</b>	<b>56,384</b>	<b>324,662</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 5 Staff Costs

	2023 £	2022 £
Salaries	176,742	165,060
Employer's national insurance	13,623	10,728
Employer's allowance	(5,000)	(4,000)
Employer pension contributions	8,148	7,423
	<u>193,513</u>	<u>179,211</u>
Staff expenses and other costs including payroll provision	3,317	3,604
	<u><b>196,830</b></u>	<u><b>182,815</b></u>

No employee received emoluments of more than £60,000. The average number of employees during the period was 10 (2022: 11).

#### 6 Fees paid to the independent examiner's organisation

	2023 £
Independent examination fee	<u><b>1,950</b></u>

#### 7 Trustees and key management remuneration, benefits and expenses

The charity trustees were not paid or received any other benefits from employment with the Charity in the year (2022: £nil) neither were they reimbursed expenses during the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity 2022: £nil).

The key management personnel of the charity, comprise the trustees, the managing director and the deputy managing director. The total employee benefits of the key management personnel of the charity were £61,068 (2022: £46,040).

#### 8 Tangible fixed assets

	Motor Vehicles £	Total £
<b>Cost</b>		
As at 1 April 2022	8,235	8,235
Additions	-	-
As at 31 March 2023	<u>8,235</u>	<u>8,235</u>
<b>Depreciation</b>		
As at 1 April 2022	1,496	1,496
Charge this period	1,685	1,685
As at 31 March 2023	<u>3,181</u>	<u>3,181</u>
<b>Net book value</b>		
As at 31 March 2023	<u><b>5,054</b></u>	<u><b>5,054</b></u>
As at 31 March 2022	<u>6,739</u>	<u>6,739</u>

All fixed assets are considered to be for direct charitable purposes.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 9 Debtors

	2023	2022
	£	£
Trade debtors	38,285	72,980
Prepayments	8,033	7,768
Other debtors	1,029	-
	<u>47,347</u>	<u>80,748</u>

#### 10 Creditors: amounts falling due within one year

	Note	2023	2022
		£	£
Trade creditors		3,164	10,618
Accruals & deferred income	11	2,634	79,714
Taxes & social security		-	5,643
Other creditors		952	991
		<u>6,750</u>	<u>96,966</u>

#### 11 Deferred income

	2023	2022
	£	£
Brought forward	78,004	-
Received in the year	-	78,004
Released in the year	(78,004)	-
Carried forward	<u>-</u>	<u>78,004</u>

#### Deferred income - detail

Funder	Project	Brought forward	Received in the year	Released in the year	Carried forward
		£	£	£	£
Sheffield Health and Social Care Trust	Experience and engagement lead	28,004	-	(28,004)	-
Sheffield Health and Social Care Trust	Race equity	50,000	-	(50,000)	-
		<u>78,004</u>	<u>-</u>	<u>(78,004)</u>	<u>-</u>

Deferred income relates to project income received in advance of the current accounting period for projects with start dates in the current period

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 12 Designated funds

	Balance at 01-Apr-22	Income	Expenditure	Transfers	Balance at 31-Mar-23
	£	£	£	£	£
Brunsmeer Awareness FC	895	-	(20)	-	875
CAST	1,282	141	(816)	-	607
Connected Worlds	65	-	-	-	65
MH Guide	4,648	66,807	(65,916)	-	5,539
Open Door Music Group	151	614	(240)	-	525
Race Equity	-	97,000	(26,612)	-	70,388
	<b>7,041</b>	<b>164,562</b>	<b>(93,604)</b>	<b>-</b>	<b>77,999</b>

The above funds have been designated at the discretion of the trustees in order to ensure that the requirements of the funder and the objectives of the project are met in full.

#### **Brunsmeer Awareness FC**

Funding designated to support Brunsmeer football club and Sheffield and Hallamshire County FA Flourish league.

#### **CAST**

Funding designated to support the work of CAST a creative arts enterprise.

#### **Connected Worlds**

Funding designated to support creative courses using story telling, poetry, creative writing and art.

#### **MH Guide**

Funding designated to support the development of a guide for local services, activities and support around mental health.

#### **Open Door Music Group**

Funding designated to support the music group running jam sessions and music production.

#### **Race Equity**

This funding is for work conducted in partnership with Sheffield Health and Social Care Trust, focused on delivering outcomes under the Patient and Carer Race Equity Framework (PCREF).

<i>Prior year</i>	Balance at 01-Apr-21	Income	Expenditure	Transfers	Balance at 31-Mar-22
	£	£	£	£	£
<i>SHSC Tackling Inequalities: BAME resource</i>	3,000	-	(3,000)	-	-
<i>Brunsmeer Awareness FC</i>	-	-	-	895	895
<i>CAST</i>	-	521	(1,678)	2,439	1,282
<i>Connected Worlds</i>	-	-	-	65	65
<i>MH Guide</i>	-	66,876	(68,511)	6,283	4,648
<i>Open Door Music Group</i>	-	1,500	(1,349)	-	151
	<b>3,000</b>	<b>68,897</b>	<b>(74,538)</b>	<b>9,682</b>	<b>7,041</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 13 Restricted funds

	Balance at 01-Apr-22	Income	Expenditure	Transfers	Balance at 31-Mar-23
	£	£	£	£	£
<b>Brunsmeer Project</b>					
Grow the game	1,049	-	(1,049)	-	-
Proud To Pitch In Round 8, via Action Funder	-	3,000	(214)	-	2,786
Return to Football Fund	294	-	(294)	-	-
Sport England WEURO Legacy Fund	-	1,000	(1,000)	-	-
<b>Connected Worlds Project</b>					
The Charles & Elsie Sykes Trust	1,446	-	(1,446)	-	-
Harry Bottom Charitable Trust	1,000	-	(133)	-	867
Sheffield Towns Trust	1,800	-	-	-	1,800
<b>This is Me Project</b>					
JG Graves Charitable Trust	-	2,000	(1,103)	-	897
May Hearnshaw Charitable Trust	-	2,000	-	-	2,000
<b>Flippen Mental Theatre Project</b>					
The Talbot Trusts	-	2,500	-	-	2,500
The Cutlers Company Charitable Trust	-	750	-	-	750
NLCF - Drama for the Mind 2	8,511	50	(8,041)	-	520
<b>Hub Core Project</b>					
Sheffield CCG Learning Disability Grant Funding	450	-	(450)	-	-
Service User Consultancy Enterprise	1,359	-	(1,359)	-	-
SCC device Loan Scheme	5,000	-	(66)	-	4,934
<b>Suicide Support &amp; prevention</b>					
Sheffield Suicide Support	4,304	-	(1,412)	-	2,892
CCG Suicide Prevention Small Grants	1,432	-	(1,432)	-	-
NHS ICB	-	5,000	(3,564)	-	1,436
<b>Oasis</b>					
Oasis Garden Wellbeing Project	-	1,000	(1,000)	-	-
Enterprise Development Programme	8,823	-	(3,828)	-	4,995
<b>Open Door Music</b>					
Open Door Music Project	32	133	-	-	165
Austin Pike Grant	177	-	(38)	-	139
The Talbot Trusts	199	-	(160)	-	39
	<b>35,876</b>	<b>17,433</b>	<b>(26,589)</b>	<b>-</b>	<b>26,720</b>

#### **Brunsmeer Project**

Grant funding received from the Football Foundation, Proud to Pitch in and Sport England to assist in setting up and running new football teams including a women's team.

#### **Connected Worlds Project**

Connected worlds is a course of creative workshops through which participants discover and develop their talents in art and writing.

#### **This is Me Project**

An exhibition that was run in partnership with Sheffield Health and Social Care NHS Foundation Trust, Sheffield Flourish and CAST in November 2022. We run this yearly art exhibition to showcase art from people who have lived experience of mental health, or who work in health care settings.

#### **Flippen Mental Theatre Project**

Funding received to support the work done by the Flippen Mental Theatre community enterprise.

#### **Hub Core Project**

Funding was received to:

- Enable the organisation to contribute and add value to the delivery of Sheffield Health and Social Care Trust's service user engagement strategy and leading the development of the Education Exchange.
- Support the purchase of five tablets to support digitally excluded communities and the expansion of the art and seed packs
- Develop a central and locally focussed digital resource for information for people with learning disabilities that supports good physical health and annual health checks.
- Support the increase in mental health work and response to Covid 19.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 13 Restricted funds - continued

##### Suicide Support & prevention

Funding received to develop a suicide prevention signposting website.

##### Oasis

Funding provided to support the Oasis wellbeing gardening project and also funding by the Enterprise Development Programme to support the organisation to become more enterprising.

##### Open Door Music

Grant given by The Talbot Trusts and the Austin and Hope Pilkington Trust to support the Open Door Music Project.

<i>Prior year comparison</i>	<i>Balance b/fwd</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers</i>	<i>Balance c/fwd</i>
	£	£	£	£	£
<b>Brunsmeer Project</b>					
Grow the game	1,174	-	(125)	-	1,049
Peter Harrison	2,819	-	(2,819)	-	-
Return to football fund	-	493	(199)	-	294
<b>Connected Worlds Project</b>					
C & E Sykes	2,760	-	(1,314)	-	1,446
Harry Bottom Charitable Trust	1,000	-	-	-	1,000
Sheffield Towns Trust	1,800	-	-	-	1,800
<b>Flippen Mental Theatre Project</b>					
Cultivating Mad Cow	143	673	(710)	(106)	-
Evan Cornish Foundation	2,822	-	(2,822)	-	-
NLCF - Drama for the Mind 2	-	10,000	(1,489)	-	8,511
<b>Hub Core Project</b>					
Sheffield CCG Learning Disability Grant Funding	4,400	-	(3,950)	-	450
SHSC Volunteer support	11,500	-	(1,359)	(10,141)	-
Service User Consultancy Enterprise	1,359	-	-	-	1,359
Sheffield CCG Severe Mental Illness and Physical Health	-	7,720	(7,720)	-	-
Transforming and activating places	-	1,600	(1,600)	-	-
SYCF Mayoral Community Fund	-	6,700	(6,700)	-	-
SCC device Loan Scheme	-	5,000	-	-	5,000
SCC Community Covid Recovery Fund	-	10,130	-	(10,130)	-
<b>Learning Space</b>					
Education Exchange	4,769	-	(4,769)	-	-
<b>Suicide Support &amp; prevention</b>					
Sheffield Suicide Support	5,000	10,000	(10,696)	-	4,304
CCG Suicide Prevention Small Grants	2,006	-	(574)	-	1,432
<b>My Toolkit</b>					
DPO Covid 19 Emergency fund	3,050	-	(3,050)	-	-
START addiction	-	3,000	(3,000)	-	-
<b>Oasis</b>					
Enterprise Development Programme	4,191	10,000	(5,368)	-	8,823
<b>Open Door Music</b>					
Open Door Music Project	32	-	-	-	32
Austin Pike Grant	775	-	(598)	-	177
<b>Talbot Trust</b>					
	199	-	-	-	199
	<b>49,799</b>	<b>65,316</b>	<b>(58,862)</b>	<b>(20,377)</b>	<b>35,876</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2023

#### 14 Net assets by fund

	Unrestricted	Designated	Restricted	Total	Unrestricted	Designated	Restricted	Total
	funds	funds	funds	2023	ed	funds	funds	2022
	£	£	£	£	£	£	£	£
Tangible fixed assets	5,054	-	-	5,054	6,739	-	-	6,739
Net current assets	66,189	77,999	26,720	170,908	82,310	7,041	35,876	125,227
	<b>71,243</b>	<b>77,999</b>	<b>26,720</b>	<b>175,962</b>	<b>89,049</b>	<b>7,041</b>	<b>35,876</b>	<b>131,966</b>

#### 15 Related party transactions

During the year Brendan Stone, a trustee, was a non-executive director of Sheffield Health and Social Care Trust (SHSC). The charity received funding of £203,412 in the year. Brendan has no voting rights with SHSC was not party to the decision to provide this money.

There were no further related party transactions during the year.

#### 16 Operating lease commitments

As at 31 March 2023 the charity was committed to making the following minimum payments under operating leases as follows:

	2023	2022
	£	£
Payable within 1 year	13,800	13,800
Payable between 1-5 years	33,350	19,550
	<b>47,150</b>	<b>33,350</b>

#### 17 Statement of Financial Activities - prior year comparison

	General	Designated	Restricted	Total	General	Designated	Restricted	Total
	funds	funds	funds	2023	funds	funds	funds	2022
	£	£	£	£	£	£	£	£
<b>Income from:</b>								
Donations and grants	6,517	684	12,383	19,584	11,700	1,847	50,716	64,263
Charitable activities	186,496	163,878	5,050	355,424	174,524	67,050	13,000	254,574
Other income	4,212	-	-	4,212	10,332	-	1,600	11,932
<b>Total income</b>	<b>201,487</b>	<b>164,562</b>	<b>17,433</b>	<b>383,482</b>	<b>196,556</b>	<b>68,897</b>	<b>65,316</b>	<b>330,769</b>
<b>Expenditure on:</b>								
Fundraising and promotion	1,989	-	78	2,067	2,378	251	2,478	5,107
Charitable activities	217,304	93,604	26,511	337,419	193,991	74,287	56,384	324,662
<b>Total expenditure</b>	<b>219,293</b>	<b>93,604</b>	<b>26,589</b>	<b>339,486</b>	<b>196,369</b>	<b>74,538</b>	<b>58,862</b>	<b>329,769</b>
<b>Net income/(expenditure)</b>	<b>(17,806)</b>	<b>70,958</b>	<b>(9,156)</b>	<b>43,996</b>	<b>187</b>	<b>(5,641)</b>	<b>6,454</b>	<b>1,000</b>
Transfers between funds	-	-	-	-	10,695	9,682	(20,377)	-
<b>Net movement in funds</b>	<b>(17,806)</b>	<b>70,958</b>	<b>(9,156)</b>	<b>43,996</b>	<b>10,882</b>	<b>4,041</b>	<b>(13,923)</b>	<b>1,000</b>
Total funds brought forward	89,049	7,041	35,876	131,966	78,167	3,000	49,799	130,966
<b>Total funds carried forward</b>	<b>71,243</b>	<b>77,999</b>	<b>26,720</b>	<b>175,962</b>	<b>89,049</b>	<b>7,041</b>	<b>35,876</b>	<b>131,966</b>

05/10/2023

Sheffield Flourish  
Upper Floor  
4 Windrush Way  
Sheffield  
S3 8JU

Dear Sheffield Flourish,

Area for improvement/concern	Recommended solution
1. As the number of funding streams increase the Quickbooks financial activities by class report is becoming very large with a class for each funder, which could become quite hard to work with.	The system for recording funders and projects could be streamlined by using the 'class' for the overall project and then tracking individual funders using the 'donor' category. I will forward further information about how this is done.
2. The related party declarations returned at the year-end do not always reflect the minutes of meetings where declaration of interests are noted. eg. 12/12/2022 minutes state BS has declarations that will need to go on RP form, but this was not on the form.	Setting up a spreadsheet where related parties and conflicts of interest are reviewed and update at each meeting would mean that the declarations are up to date and then this could be used for the year end accounts, rather than filling in the separate forms. This would also ensure compliance with charity regulations.
3. I shared last year some information on why it is becoming increasingly common for charities to specify a range of reserves as the target free reserves. I will attach the link for reference.	<a href="https://www.ncvo.org.uk/help-and-guidance/governance/financial-procedures-manual/writing-the-financial-procedures-manual/financial-responsibilities/reserves-policy/#/">https://www.ncvo.org.uk/help-and-guidance/governance/financial-procedures-manual/writing-the-financial-procedures-manual/financial-responsibilities/reserves-policy/#/</a>

### Procedures review

As part of our independent examination work, we would like to provide feedback on areas for improvement we have become aware of within your procedures.

If you do have any queries or would like further help, please let us know.

Yours sincerely



Susan Cochrane

[info@sevenhillsaccountants.co.uk](mailto:info@sevenhillsaccountants.co.uk) • 0114 317 7949

**Sheffield Flourish**

England & Wales - Charity number 1147334

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# Accounts

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**Registered Charity Number: 1147334**  
**Company number: 07980332**

**Sheffield Flourish**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2022**

## Sheffield Flourish

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## Sheffield Flourish

### Legal and administrative information for the year ended 31 March 2022

**Previously known as**  
Recovery Enterprises

#### Directors

Pam Stirling	Chair
Andrew Wood	Treasurer
Brendan Stone	
Nick Bax	
Jane Ferretti	
Andrew Hudson	
Shirin Teifouri	
Adelaide Chibanda	

#### Key staff

Managing Director	Josie Soutar
Deputy Managing Director	Robyn Fletcher
Finance Officer	Greer Furniss-Coates

**Charity number**  
1147334

**Company number**  
07980332

**Registered office address**  
Upper Floor  
4 Windrush Way  
Sheffield  
S3 8JU

#### Independent Examiner

Susan Cochrane  
Employee of:  
VAS Community Accountancy  
The Circle  
33 Rockingham Lane  
Sheffield  
S1 4FW

## **Sheffield Flourish**

### **Directors' annual report For the year ended 31 March 2022**

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2022 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) issued in October 2019.

#### **Structure, governance and management**

Sheffield Flourish was incorporated on 17th March 2012 and gained charitable status on 18 May 2012. Its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee (Company number 07980332) and a registered charity (Charity number 1147334). The company changed its name from Recovery Enterprises on 11 October 2019.

It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the Trustee Directors who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is carried out by paid staff and volunteers.

Before any person is accepted onto the Sheffield Flourish Board, they will meet with the Chair and/or Vice-chair to discuss what is involved. The prospective trustee should be asked to outline what skills and abilities they would bring to their work on the Board. The Chair or Vice-chair will obtain information on the prospective Trustee's skills/experience and one or two references regarding their character. The prospective Trustees may be asked to attend a Board meeting before they commit to joining. The Board will discuss each candidate in their absence before formally inviting them to join. New Trustees are co-opted at any time, but (as per Sheffield Flourish's articles of association) must stand for re-election with the other trustees at the next annual general meeting. New Trustees, and those re-elected to the Board following an annual general meeting or extraordinary general meeting, sign a declaration form to confirm that they have not been disqualified from serving as Board members.

#### **Objectives, activities and public benefit**

We support people living with mental health conditions to use their skills, ideas and talent to build the lives they wish to lead. We collaborate on innovative digital and community projects, recognising the untapped strengths of people who've experienced mental health issues. These strengths are showcased on Sheffield Flourish digital hub, our flagship website which features personal stories about mental health in the city. We run a further three websites: the Sheffield Mental Health Guide - an online resource directory; Sheffield Suicide Support and Prevention - support and preventative information for people who may be considering suicide; My Toolkit - an individual online space for people to create their own mental health support plans. We're also proud to support seven active, creative, green-fingered and musical enterprises: Brunsmeer Awareness FC, CAST, Connected Worlds, Digital Creators, Flippin Mental Theatre, Oasis and Open Door Music.

## Sheffield Flourish

### Directors' annual report - continued For the year ended 31 March 2022

#### Objectives, activities and public benefit (continued)

The objects of the charity are the relief of illness and distress and the promotion of health and social inclusion of adults with mental health conditions, with a view to assisting them with finding employment and improving their general conditions of life. All of our activities contribute to these objectives and one or more of the following outcomes:

- People feel less isolated and have more social connections
- People feel more equipped to self-care
- People have increased confidence and self-esteem
- People have more skills and knowledge
- People are better informed about mental health and related activities and services
- People have an increased understanding of mental health and reduced stigma

In planning the objectives and activities the directors have considered the Charity Commission's guidance on public benefit.

#### Activities and achievements

##### Supporting the mental health community

- 551 people have been supported through our community enterprise activity
- 136 people were regular attendees (3 sessions or more)
- 333 new members joined the community enterprise groups
- 305 face-to-face sessions were delivered
- 75 virtual sessions were delivered
- 57 volunteers have given their free time to support our community

##### Digital Activity

- Sheffield Flourish Hub – had an annual audience of 28k+ website users with the aim of supporting people to build connections through the sharing of stories and experiences. We published 30 stories written from expert-by-experience perspective, that inspired and raised awareness of people's mental health experiences – this is lower than previous years, therefore development work on recruiting new writers will be conducted during 2022-23.
- Sheffield Mental Health Guide – directory of all mental health activities and events in Sheffield. It had an annual audience of 62k+ users who benefitted from signposting and information that better enabled people to self-manage their mental health conditions. Audience figures were much lower than previous years, however during the year the website was developed and relaunched leading to an error in how Google analytics were collected. The guide promoted 75 services and made 66k+ referrals into services (1234 via phone/email, 65004 via website) – this is significantly up on the previous year reflecting the increase in people looking for mental health support since the pandemic.
- Sheffield Suicide Support Resource – provides information resources for suicide prevention and people who have been affected by suicide. It had 3188 new visitors during the year. Again this is double on the previous year, and although this shows how we are successfully promoting resources, it is also another reflection of how the Sheffield population are increasingly struggling with their mental health.
- My Toolkit – provides space for individuals to set their own mental health care plan. During the year it had 535 registered users with 132 completed individual mental health goals.
- Social media – we continued to provide information and engage with the community through twitter, Instagram and Facebook, with 1698 new followers over the year.
- 49 digital inclusion training sessions were delivered to 115 people. This is a significant increase on the previous year, helped largely in part by the opportunity to deliver face-to-face.

*"I love my toolkit, it's so beneficial to people who need structures aims and goal. I'm a massive fan of it - it helps me remember why I have recovered and what's important."*

## Sheffield Flourish

### Directors' annual report - continued For the year ended 31 March 2022

#### Activities and achievements (continued)

##### Community Enterprise Activity

- Brunsmear Awareness FC – includes mental health friendly football training sessions for both men and women, and a football league run in partnership with Sheffield and Hallam FA. Our men's sessions had regular attendance of 40 players with 102 attendees over the year. The women's session was equally as popular with regular attendance of 25 players and 86 attendees.

*"We have one lady who at the beginning was a patient on Mental Health Ward, who has recently been discharged back into her own flat, she said this would not have happened as soon if she hadn't got the football."*

- CAST – includes a weekly painting and drawing session; weekly creative writing session and a monthly artist gathering. Group sessions had an annual attendance of 123 people. The painting and drawing session, in particular, has seen a significant increase in people wanting to attend.

*"The Monday afternoon art for well-being classes has been one our success stories. Ever since the restrictions were lifted the classes have always reached and exceeded the limit. On many occasions we've gone beyond the limit before the class started. There is a waiting list of people wanting to attend."*

- Connected Worlds – provides storytelling and art-based courses to connect people and provide a creative space for them to tell their stories of everyday life. The Way I Flourish course, aimed at women of colour continues to be very popular with all 15 spaces taken.

*"Being face to face for the first time was a fantastic feeling. Previously I had only worked on poetry via zoom with this group. Time and safe space was given to be thoughtful and to explore what we were trying to say. I rediscovered the joy of savouring a poem and listing its various ingredients to see how could make a variation like you would in cooking. It has made me feel connected more fully not only to each other, but has kindled something inside myself about compassion."*

- Digital Creators – a new addition this year, supporting people to use the digital equipment to develop and present their creative work, with 6 people attending over the year. A highlight was a recorded radio play that was played on Sheffield Live.

*"There are good collaborative sessions, good productions, and good, interesting, like-minded people."*

- Flippin Mental Theatre – provides an inclusive drama group called 'Drama for the Mind' and puts on plays that focus on mental health related issues. 14 participants took part in the inclusive drama course.

*"The passion in your work is astounding."*

- Oasis – includes a weekly gardening for wellbeing session and a contract gardening service. Settling into their new home, the Tuesday session had 32 attendees with 6 people attending an additional session that was put on at SADACCA walked garden.

*"She often said to me about how the group was her favourite part of her week. Thank you so much for creating such a friendly and inclusive group, you're all amazing!" (From a support worker who has been able to reduce their attendance now that their person has got to know the group)*

- Open Door Music – includes a weekly jamming session, music production group, drumming session, improvisation group (aimed at beginners) and fortnightly singing group. We had an annual attendance of 92 participants.

*"I find playing music with people really positive. I do a lot of music on my own at home but have become isolated. This is the only thing I have found that I can do easily and helps me meet others."*

## Sheffield Flourish

### Directors' annual report - continued For the year ended 31 March 2022

#### Activities and achievements (continued)

##### Coproduction and Codesign Activity

Working with partners, community organisations and under-represented groups, we were able to open conversations on the gaps, challenges and barriers of inclusive mental health support. This included:

- We continued our longstanding partnership with SHSC, supporting them to coproduce and codesign services, policy and practice in partnership with people with lived experience of mental ill-health. In particular, we collaborated on two main projects:
  - The recruitment and employment of the Head of Engagement, supporting patient experience and engagement across SHSC clinical services.
  - Development of race equity activities through partnership working with SACMHA and other community organisations around restrictive practice in clinical care and suicide prevention.
- With a view to helping to support the transitions from young people into adult mental health services, we worked with specialist young people's mental health organisation, Chilypep, to conduct sessions with young people around codesigning what a new Mental Health Guide could look like for children and young people. Findings will form a part of our offer for the retendered Guide in 2022-23.
- We have worked hard to continue to be an established part of the local mental health system through well-established symbiotic partnerships with key Sheffield mental health networks, including:
  - Steering group member of Sheffield Mental Health VCS Partnership Network
  - Membership of the new Mental Health Alliance
  - Member of Sheffield Psychology Board, including oversight of mental health messaging.
  - Sheffield Suicide Prevention Steering Group
  - Working with intercultural organisations to reach underserved communities

##### Annual Community Survey

We had 55 responses to our annual community survey.

- The largest route into Flourish is through either friends/family (32%) or SHSC's Mental Health team (28%), followed by hearing about us through social media (11%)
- 32% have a mental health diagnosis
- 40% have been an inpatient in hospital due to their mental health
- 18% have been a part of Flourish for 5+ years, 26% have been attending Flourish activities for between 1-5 years, 27% between 1-6 months
- 90% said their mental health had improved because of their involvement with Sheffield Flourish, the other 10% said there had been no difference
- 89% felt more connected to a community through Sheffield Flourish
- 71% felt they had developed new skills and knowledge through Flourish activities
- 92% felt more confident to make informed decisions about their wellbeing

##### Future plans

For 2022-2023:

##### Sheffield Mental Health Guide

The Mental Health Guide is due to be re-tendered during 2022-23 with an emphasis on becoming an all-age guide and incorporating children and young people's services. We were successful in obtaining the contract for the Mental Health Guide. Over the next year we will be preparing the organisation to carry out this contract, which will include hiring a new Information Co-ordinator and developing an all-age guide.

##### Race equity

We will continue to partner with organisations such as Adira, SADACCA and SACHMA to look at gaps in services and use our networks to bring in resources to support this much needed work. We will be supporting SHSC to focus on race equity in clinical services and delivering the work of the Patient Carer Race Equity Framework (PCREF).

**Sheffield Flourish**

**Directors' annual report - continued  
For the year ended 31 March 2022**

**Reserves policy**

Free reserves at 31 March 2022 were £82,310 (2021: £75,737).

The directors have set a reserves target of £42,000 for closure costs of 3 months to ensure the sustainability of our partnership organisations and the proper and orderly closure of the organisation.

Excess reserves will be used for the completion of existing projects.

**Small company provisions**

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

The directors declare that they have approved the directors' annual report above on 28 Nov 22 and signed on behalf of the directors:

*Pam Stirling*

Print name: PAM STIRLING  
Director

### **Independent Examiner's report to the trustees of Sheffield Flourish ("the Company")**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 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**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I 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 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 (FRS 102).

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.

Signed: S Cochrane

*Susan Cochrane, FCA*  
Employee of:  
VAS Community Accountancy  
The Circle  
33, Rockingham Lane  
Sheffield  
S1 4FW

Date: 19/12/2022

## Sheffield Flourish

### Statement of Financial Activities (incorporating the income and expenditure account) for the year ended 31 March 2022

	Notes	General funds £	Restricted funds £	Total 2022 £	Total 2021 £
<b>Income from:</b>					
Donations and grants	2	13,547	50,716	64,263	73,961
Charitable activities	3	241,574	13,000	254,574	243,444
Other income		10,332	1,600	11,932	290
<b>Total income</b>		<b>265,453</b>	<b>65,316</b>	<b>330,769</b>	<b>317,695</b>
<b>Expenditure on:</b>					
Fundraising and promotion		2,629	2,478	5,107	702
Charitable activities	4	268,278	56,384	324,662	291,652
<b>Total expenditure</b>		<b>270,907</b>	<b>58,862</b>	<b>329,769</b>	<b>292,354</b>
<b>Net income/(expenditure)</b>		<b>(5,454)</b>	<b>6,454</b>	<b>1,000</b>	25,341
Transfers between funds	13&14	20,377	(20,377)	-	-
<b>Net movement in funds</b>		<b>14,923</b>	<b>(13,923)</b>	<b>1,000</b>	25,341
Total funds brought forward		81,167	49,799	130,966	105,625
<b>Total funds carried forward</b>		<b>96,090</b>	<b>35,876</b>	<b>131,966</b>	<b>130,966</b>

## Sheffield Flourish

### Balance sheet As at 31 March 2022

	Notes	2022 £	2021 £
<b>Fixed Assets</b>			
Tangible Assets	8	<u>6,739</u>	<u>2,430</u>
<b>Current assets</b>			
Debtors	9	80,748	26,896
Cash at bank and in hand		<u>141,445</u>	<u>131,989</u>
<b>Total current assets</b>		<u>222,193</u>	<u>158,885</u>
Creditors: amounts falling due within one year	10	(96,966)	(30,349)
<b>Net current assets</b>		<u>125,227</u>	<u>128,536</u>
<b>Total assets less current liabilities</b>		<u>131,966</u>	<u>130,966</u>
Creditors: amounts falling due after more than one year		-	-
<b>Total net assets</b>		<u>131,966</u>	<u>130,966</u>
<b>Funds of the charity</b>			
General funds		89,049	78,167
Designated funds	12	<u>7,041</u>	<u>3,000</u>
Unrestricted funds		96,090	81,167
Restricted income funds	14	35,876	49,799
<b>Total funds</b>	15	<u>131,966</u>	<u>130,966</u>

For the year ending 31 March 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 director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the directors on 28 Mar 22 and signed on behalf of the directors by:

*Pam Stirling*

Name: PAM STIRLING  
Director

## Sheffield Flourish

### Notes to the Accounts for the year ended 31 March 2022

#### 1 Accounting Policies

##### (a) General

Sheffield Flourish is a charitable company in the United Kingdom limited by guarantee and has no share capital. In the event that the charity is wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

Sheffield Flourish meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

##### (b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income from services provided is included in the year in which the service took place.

Bank interest is recognised as income when it is credited to the bank statement. All bank interest is treated as unrestricted income to the General Fund.

##### (c) Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

##### (d) Donated goods and services

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

##### (e) Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided on all tangible assets at the following annual rates calculated to write off the cost less estimated residual value, on a straight line basis over their useful economic lives:

Vehicles	5 years
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All items of capital expenditure below £500 are written off as incurred.

##### (e) Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of receivables.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2022

#### 1 Accounting Policies - continued

##### (f) Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

##### (g) 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.

##### (h) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

##### (i) Defined contribution pension scheme

The charity contributes to a defined contribution pension scheme for the benefit of the employees. The pension costs charged against net incoming resources are the contributions payable to the scheme in respect of the accounting period in accordance with FRS102.

##### (j) Leases

Rental payable and receivable under operation leases are charged to the SOFA on a straight line basis over the period of the lease.

##### (k) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

##### (l) Funds

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.

Restricted funds are to be used for specific purposes as laid down by the funder.

##### (m) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that the charity will continue to operate for 12 months from authorising these financial statements. Not all funding streams are secure this far in advance however the trustees will develop a plan of action to be taken to reduce costs, should the required income not be secured.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2022

#### 2 Income from donations and grants

	Unrestricted funds £	Restricted funds £	Total 2022 £	Unrestricted funds £	Restricted funds £	Total 2021 £
Donations	12,576	-	12,576	6,738	550	7,288
Football Foundation	-	493	493	-	-	-
The Arts Council	-	673	673	-	-	-
Mayoral Community Fund	-	6,700	6,700	-	-	-
Lloyds Bank Foundation for England and Wales	-	-	-	-	7,080	7,080
The National Lottery Community Fund	-	10,000	10,000	-	-	-
Sheffield Towns Trust	-	-	-	-	3,000	3,000
Evan Cornish Foundation	-	-	-	-	7,000	7,000
Sheffield City Council	-	15,130	15,130	10,000	6,220	16,220
Cutlers Company Charitable Trust	-	-	-	-	500	500
Clothworkers Foundation	-	-	-	-	1,750	1,750
Access - the Foundation for Social Investment	-	10,000	10,000	-	9,060	9,060
J G Graves Charitable Trust	-	-	-	3,000	-	3,000
NHS Sheffield CCG	-	7,720	7,720	-	13,693	13,693
Disability Action	-	-	-	-	4,221	4,221
Coronavirus Job Retention Scheme	971	-	971	1,149	-	1,149
	<b>13,547</b>	<b>50,716</b>	<b>64,263</b>	<b>20,887</b>	<b>53,074</b>	<b>73,961</b>

#### 3 Income from charitable activities

	General funds £	Restricted funds £	Total 2022 £	Unrestricted funds £	Restricted funds £	Total 2021 £
<b>Contracts and projects</b>						
Sheffield City Council	66,876	-	66,876	66,876	-	66,876
Sheffield Health and Social Care Trust	121,954	3,000	124,954	100,165	19,061	119,226
NHS Sheffield CCG	-	10,000	10,000	11,050	7,000	18,050
Health Education England	5,096	-	5,096	5,096	-	5,096
Healthwatch	-	-	-	-	1,980	1,980
<b>Other services</b>	47,648	-	47,648	30,816	1,400	32,216
	<b>241,574</b>	<b>13,000</b>	<b>254,574</b>	<b>214,003</b>	<b>29,441</b>	<b>243,444</b>

#### 4 Expenditure on charitable activities

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £	Unrestricted funds £	Restricted funds £	Total 2021 £
Activities and events		52,421	22,254	74,675	18,342	29,729	48,071
Staff costs	5	163,974	18,841	182,815	150,264	25,839	176,103
Website development		14,980	11,930	26,910	6,300	6,930	13,230
Office, IT and equipment		30,928	3,357	34,285	25,718	1,801	27,519
Vehicle costs (including depreciation)		3,612	-	3,612	2,490	-	2,490
Support costs		397	2	399	3,506	202	3,708
Bad debts		256	-	256	-	-	-
Independent examination fee	6	1,710	-	1,710	1,470	-	1,470
Grant disbursement		-	-	-	-	19,061	19,061
		<b>268,278</b>	<b>56,384</b>	<b>324,662</b>	<b>208,090</b>	<b>83,562</b>	<b>291,652</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2022

#### 5 Staff Costs

	2022	2021
	£	£
Salaries	165,060	157,766
Employer's national insurance	10,728	10,797
Employer's allowance	(4,000)	(4,000)
Employer pension contributions	7,423	7,625
	<u>179,211</u>	<u>172,188</u>
Staff expenses and other costs including payroll provision	3,604	3,915
	<u><b>182,815</b></u>	<u><b>176,103</b></u>

No employee received emoluments of more than £60,000. The average number of employees during the period was 11 (2021: 9).

#### 6 Fees paid to the independent examiner's organisation

	2022	2021
	£	£
Independent examination fee	<u>1,710</u>	<u>1,470</u>
Other fees paid to the independent examiner's organisation:		
Payroll administration costs	1,120	1,255
Other accountancy services	-	-
Accounting software licence	252	252
	<u><b>1,372</b></u>	<u><b>1,507</b></u>

#### 7 Trustees and key management remuneration, benefits and expenses

The charity trustees were not paid or received any other benefits from employment with the Charity in the year (2021: £nil) neither were they reimbursed expenses during the year (2021: £nil). No charity trustee received payment for professional or other services supplied to the charity 2021: £nil).

The key management personnel of the charity, comprise the trustees, the managing director and the deputy managing director. The total employee benefits of the key management personnel of the charity were £69,705 (2021: £46,040).

#### 8 Tangible fixed assets

	Motor Vehicles	Total
	£	£
<b>Cost</b>		
As at 1 April 2021	3,240	3,240
Additions	4,995	4,995
As at 31 March 2022	<u>8,235</u>	<u>8,235</u>
<b>Depreciation</b>		
As at 1 April 2021	810	810
Charge this period	686	686
As at 31 March 2022	<u>1,496</u>	<u>1,496</u>
<b>Net book value</b>		
As at 31 March 2022	<u><b>6,739</b></u>	<u><b>6,739</b></u>
As at 31 March 2021	<u>2,430</u>	<u>2,430</u>

All fixed assets are considered to be for direct charitable purposes.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2022

#### 9 Debtors

	2022 £	2021 £
Trade debtors	72,980	21,988
Prepayments	7,768	4,800
Other debtors	-	108
	<u>80,748</u>	<u>26,896</u>

#### 10 Creditors: amounts falling due within one year

	Note	2022 £	2021 £
Trade creditors		10,618	24,671
Accruals & deferred income		79,714	1,470
Taxes & social security		5,643	1,794
Other creditors		991	2,414
Agency funds	11	-	-
		<u>96,966</u>	<u>30,349</u>

#### 11 Agency balances

	2022 £	2021 £
Brought forward	-	460
Income	-	-
Expenditure	-	(460)
Carried forward	<u>-</u>	<u>-</u>

Sheffield Flourish used its donations platform to collect monies for two other charities on behalf of the Lord Mayors fundraising. Sheffield Flourish paid out the donations to these organisations.

#### 12 Deferred income

	2022 £	2021 £
Brought forward	-	-
Received in the year	78,004	-
Released in the year	-	-
Carried forward	<u>78,004</u>	<u>-</u>

##### Deferred income - detail

Funder	Project	Brought forward £	Received in the year £	Released in the year £	Carried forward £
Sheffield Health and Social Care Trust	Experience and engagement lead	-	28,004	-	28,004
Sheffield Health and Social Care Trust	Race equity	-	50,000	-	50,000
		<u>-</u>	<u>78,004</u>	<u>-</u>	<u>78,004</u>

Deferred income relates to project income received in advance of the start of the project and to be spent in a later accounting period

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2022

#### 13 Designated funds

	Balance at 01-Apr-21	Income	Expenditure	Transfers	Balance at 31-Mar-22
	£	£	£	£	£
SHSC Tackling Inequalities: BAME resource	3,000	-	(3,000)	-	-
Brunsmere Awareness FC	-	-	-	895	895
CAST	-	521	(1,678)	2,439	1,282
Connected Worlds	-	-	-	65	65
MH Guide	-	66,876	(68,511)	6,283	4,648
Open Door Music Group	-	1,500	(1,349)	-	151
	<b>3,000</b>	<b>68,897</b>	<b>(74,538)</b>	<b>9,682</b>	<b>7,041</b>

The above funds have been designated at the discretion of the trustees in order to ensure that the requirements of the funder and the objectives of the project are met in full.

#### **SHSC Tackling Inequalities: BAME resource**

Funding allocated to contribute towards a BAME appropriate My Toolkit resource

#### **Brunsmere Awareness FC**

Funding designated to support Brunsmere football club and Sheffield and Hallamshire County FA Flourish league.

#### **CAST**

Funding designated to support the work of CAST a creative arts enterprise.

#### **Connected Worlds**

Funding designated to support creative courses using story telling, poetry, creative writing and art.

#### **MH Guide**

Funding designated to support the development of a guide for local services, activities and support around mental health.

#### **Open Door Music Group**

Funding designated to support the music group running jam sessions and music production.

#### *Prior year*

	Balance at 01-Apr-21	Income	Expenditure	Transfers	Balance at 31-Mar-22
	£	£	£	£	£
SHSC Tackling Inequalities: BAME resource	-	3,000	-	-	3,000
	<b>-</b>	<b>3,000</b>	<b>-</b>	<b>-</b>	<b>3,000</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2022

#### 14 Restricted funds

	Balance at 01-Apr-21	Income	Expenditure	Transfers	Balance at 31-Mar-22
	£	£	£	£	£
<b>Brunsmeer Project</b>					
Grow the game	1,174	-	(125)	-	1,049
Peter Harrison	2,819	-	(2,819)	-	-
Return to football fund	-	493	(199)	-	294
<b>Connected Worlds Project</b>					
C & E Sykes	2,760	-	(1,314)	-	1,446
Harry Bottom Charitable Trust	1,000	-	-	-	1,000
Sheffield Towns Trust	1,800	-	-	-	1,800
<b>Flippen Mental Theatre Project</b>					
Cultivating Mad Cow	143	673	(710)	(106)	-
Evan Cornish Foundation	2,822	-	(2,822)	-	-
NLCF - Drama for the Mind 2	-	10,000	(1,489)	-	8,511
<b>Hub Core Project</b>					
Sheffield CCG Learning Disability Grant Funding	4,400	-	(3,950)	-	450
SHSC Volunteer support	11,500	-	(1,359)	(10,141)	-
Service User Consultancy Enterprise	1,359	-	-	-	1,359
Sheffield CCG Severe Mental Illness and Physical Health	-	7,720	(7,720)	-	-
Transforming and activating places	-	1,600	(1,600)	-	-
SYCF Mayoral Community Fund	-	6,700	(6,700)	-	-
SCC device Loan Scheme	-	5,000	-	-	5,000
SCC Community Covid Recovery Fund	-	10,130	-	(10,130)	-
<b>Learning Space</b>					
Education Exchange	4,769	-	(4,769)	-	-
<b>Suicide Support &amp; prevention</b>					
Sheffield Suicide Support	5,000	10,000	(10,696)	-	4,304
CCG Suicide Prevention Small Grants	2,006	-	(574)	-	1,432
<b>My Toolkit</b>					
DPO Covid 19 Emergency fund	3,050	-	(3,050)	-	-
START addiction	-	3,000	(3,000)	-	-
<b>Oasis</b>					
Enterprise Development Programme	4,191	10,000	(5,368)	-	8,823
<b>Open Door Music</b>					
Open Door Music Project	32	-	-	-	32
Austin Pike Grant	775	-	(598)	-	177
Talbot Trust	199	-	-	-	199
	<b>49,799</b>	<b>65,316</b>	<b>(58,862)</b>	<b>(20,377)</b>	<b>35,876</b>

#### **Brunsmeer Project**

Grant funding received from the Football Foundation and Peter Harrison to assist in setting up new football teams including a women's team.

#### **Connected Worlds Project**

Connected worlds is a course of creative workshops through which participants discover and develop their talents in art and writing.

#### **Flippen Mental Theatre Project**

Funding received to support the work done by the Flippen Mental Theatre community enterprise.

#### **Hub Core Project**

Funding was received to:

- Enable the organisation to contribute and add value to the delivery of Sheffield Health and Social Care Trust's service user engagement strategy and leading the development of the Education Exchange.
- Support the purchase of five tablets to support digitally excluded communities and the expansion of the art and seed packs
- Develop a central and locally focussed digital resource for information for people with learning disabilities that supports good physical health and annual health checks.
- Support the increase in mental health work and response to Covid 19.

#### **Learning Space**

Funding provided by Sheffield Health and Social Care Trust and CO-OP Covid funding to contribute towards the costs of the Learning Space

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2022

#### 14 Restricted funds - continued

##### Suicide Support & prevention

Funding received to develop a suicide prevention signposting website.

##### My Toolkit

Funding provided by Disability Action and Lloyds bank Foundation to support the expansion of the My Toolkit, a co-produced digital platform that helps people to plan and manage their mental health care online.

##### Oasis

Funding provided to support the Oasis project move to a new location and also funding by the Enterprise Development Programme to support the organisation to become more enterprising.

##### Open Door Music

Grant given by the Talbot Trusts and the Austin and Hope Pilkington Trust to support the Open Door Music Project.

Prior year comparison	Balance b/fwd £	Income £	Expenditure £	Transfers £	Balance c/fwd £
<b>Brunsmear Project</b>					
Grow the game	1,174	-	-	-	1,174
Peter Harrison	5,154	-	(2,335)	-	2,819
<b>Connected Worlds Project</b>					
C & E Sykes	4,000	-	(490)	(750)	2,760
Harry Bottom Charitable Trust	1,100	-	-	(100)	1,000
Money to Bring People Together	975	-	(975)	-	-
Sheffield Towns Trust	2,000	-	-	(200)	1,800
<b>Flippen Mental Theatre Project</b>					
Cultivating Mad Cow	6,052	-	(5,909)	-	143
Evan Cornish Foundation	-	7,000	(3,628)	(550)	2,822
Suicide Monologues	-	1,400	(1,400)	-	-
<b>Hub Core Project</b>					
Education Exchange	13,452	-	(8,683)	(4,769)	-
Clothworkers Foundation	-	1,750	(1,750)	-	-
Cutlers Company Charitable Trust	-	500	(500)	-	-
Healthwatch	-	1,980	(1,980)	-	-
SCC Covid 19 Funding	-	6,220	(6,220)	-	-
Sheffield CCG Learning Disability Grant Funding	-	9,950	(5,550)	-	4,400
Sheffield Town Trust	-	3,000	(3,000)	-	-
SHSC Volunteer support	11,500	-	-	-	11,500
Service User Consultancy Enterprise	3,561	-	(2,202)	-	1,359
<b>Learning Space</b>					
Education Exchange	-	-	-	4,769	4,769
COOP - Covid 19 fund	-	500	(500)	-	-
<b>Suicide Support &amp; prevention</b>					
Sheffield Suicide Support	-	5,000	-	-	5,000
CCG Suicide Prevention Small Grants	1,449	3,743	(3,186)	-	2,006
<b>My Toolkit</b>					
DPO Covid 19 Emergency fund	-	4,221	(1,171)	-	3,050
Lloyds Bank Covid 19 response	-	7,080	(7,080)	-	-
<b>Oasis</b>					
Oasis Move	733	50	(783)	-	-
Enterprise Development Programme	-	9,060	(4,869)	-	4,191
<b>Open Door Music</b>					
Open Door Music Project	32	-	-	-	32
Austin Pike Grant	900	-	(125)	-	775
Talbot Trust	564	-	(365)	-	199
<b>SPB Video</b>					
NHS Sheffield CCG	-	2,000	(2,000)	-	-
<b>Tackling Inequalities</b>					
Sheffield Health & Social Care Trust	-	19,061	(19,061)	-	-
	<b>52,646</b>	<b>82,515</b>	<b>(83,762)</b>	<b>(1,600)</b>	<b>49,799</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2022

#### 15 Net assets by fund

	Unrestricted	Designated	Restricted	Total	Unrestricted	Designated	Restricted	Total
	funds	funds	funds	2021	ed	funds	funds	2021
	£	£	£	£	£	£	£	£
Tangible fixed assets	6,739	-	-	6,739	2,430	-	-	2,430
Net current assets	82,310	7,041	35,876	125,227	75,737	3,000	49,799	128,536
	<b>89,049</b>	<b>7,041</b>	<b>35,876</b>	<b>131,966</b>	<b>78,167</b>	<b>3,000</b>	<b>49,799</b>	<b>130,966</b>

#### 16 Related party transactions

During the year Brendan Stone, a trustee, was a non-executive director of Sheffield Health and Social Care Trust (SHSC). The charity received funding of £124,954 in the year. Brendan has no voting rights with SHSC was not party to the decision to provide this money.

There were no further related party transactions during the year.

#### 17 Operating lease commitments

As at 31 March 2022 the charity was committed to making the following minimum payments under operating leases as follows:

	2022	2021
	£	£
Payable within 1 year	13,800	13,800
Payable between 1-5 years	5,750	19,550
	<b>19,550</b>	<b>33,350</b>

#### 18 Statement of Financial Activities - prior year comparison

	General	Designated	Restricted	Total	General	Designated	Restricted	Total
	funds	funds	funds	2022	funds	funds	funds	2021
	£	£	£	£	£	£	£	£
<b>Income from:</b>								
Donations and grants	11,700	1,847	50,716	64,263	20,887	-	53,074	73,961
Charitable activities	174,524	67,050	13,000	254,574	211,003	3,000	29,441	243,444
Other income	10,332	-	1,600	11,932	290	-	-	290
<b>Total income</b>	<b>196,556</b>	<b>68,897</b>	<b>65,316</b>	<b>330,769</b>	<b>232,180</b>	<b>3,000</b>	<b>82,515</b>	<b>317,695</b>
<b>Expenditure on:</b>								
Fundraising and promotion	2,378	251	2,478	5,107	502	-	200	702
Charitable activities	193,991	74,287	56,384	324,662	208,090	-	83,562	291,652
<b>Total expenditure</b>	<b>196,369</b>	<b>74,538</b>	<b>58,862</b>	<b>329,769</b>	<b>208,592</b>	<b>-</b>	<b>83,762</b>	<b>292,354</b>
<b>Net income/(expenditure)</b>	<b>187</b>	<b>(5,641)</b>	<b>6,454</b>	<b>1,000</b>	<b>23,588</b>	<b>3,000</b>	<b>(1,247)</b>	<b>25,341</b>
Transfers between funds	10,695	9,682	(20,377)	-	1,600	-	(1,600)	-
<b>Net movement in funds</b>	<b>10,882</b>	<b>4,041</b>	<b>(13,923)</b>	<b>1,000</b>	<b>25,188</b>	<b>3,000</b>	<b>(2,847)</b>	<b>25,341</b>
Total funds brought forward	78,167	3,000	49,799	130,966	52,979	-	52,646	105,625
<b>Total funds carried forward</b>	<b>89,049</b>	<b>7,041</b>	<b>35,876</b>	<b>131,966</b>	<b>78,167</b>	<b>3,000</b>	<b>49,799</b>	<b>130,966</b>

**Sheffield Flourish**

England & Wales - Charity number 1147334

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# Accounts

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**Registered Charity Number: 1147334**  
**Company number: 07980332**

## **Sheffield Flourish**

### **ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2021**

## **Sheffield Flourish**

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## **Sheffield Flourish**

### **Legal and administrative information for the year ended 31 March 2021**

**Previously known as**  
Recovery Enterprises

**Directors**

Pam Stirling	Chair
Andrew Wood	Treasurer
Brendan Stone	
Nick Bax	
Jane Ferretti	
Andrew Hudson	
Shirin Teifouri	
Adelaide Chibanda	

**Key staff**

Managing Director	Josie Soutar
Deputy Managing Director	Jo Eckersley

**Charity number**  
1147334

**Company number**  
07980332

**Registered office address**  
Upper Floor  
4 Windrush Way  
Sheffield  
S3 8JU

**Independent Examiner**

Susan Cochrane  
Employee of:  
VAS Community Accountancy  
The Circle  
33 Rockingham Lane  
Sheffield  
S1 4FW

## **Sheffield Flourish**

### **Directors' annual report For the year ended 31 March 2021**

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2021 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) issued in October 2019.

#### **Structure, governance and management**

Sheffield Flourish was incorporated on 17th March 2012 and gained charitable status on 18 May 2012. Its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee (Company number 07980332) and a registered charity (Charity number 1147334). The company changed its name from Recovery Enterprises on 11 October 2019.

It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the Trustee Directors who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is carried out by paid staff and volunteers.

Before any person is accepted onto the Sheffield Flourish Board, they will meet with the Chair and/or Vice-chair to discuss what is involved. The prospective trustee should be asked to outline what skills and abilities they would bring to their work on the Board. The Chair or Vice-chair will obtain information on the prospective Trustee's skills/experience and one or two references regarding their character. The prospective Trustees may be asked to attend a Board meeting before they commit to joining. The Board will discuss each candidate in their absence before formally inviting them to join. New Trustees are co-opted at any time, but (as per Sheffield Flourish's articles of association) must stand for re-election with the other trustees at the next annual general meeting. New Trustees, and those re-elected to the Board following an annual general meeting or extraordinary general meeting, sign a declaration form to confirm that they have not been disqualified from serving as Board members.

#### **Objectives, activities and public benefit**

We support people living with mental health conditions to use their skills, ideas and talent to build the lives they wish to lead. We collaborate on innovative digital and community projects, recognising the untapped strengths of people who've experienced mental health issues. These strengths are showcased on Sheffield Flourish digital hub, our flagship website which features personal stories about mental health in the city. We run a further three websites: the Sheffield Mental Health Guide - an online resource directory; Sheffield Suicide Support – support and preventative information for people who may be considering suicide; My Toolkit – an individual online space for people to create their own mental health support plans. We're also proud to support seven active, creative, green-fingered and musical enterprises: Brunsmeer Awareness FC, CAST, Connected Worlds, Flippin Mental Theatre, Oasis and Open Door Music.

## Sheffield Flourish

### Directors' annual report - continued For the year ended 31 March 2021

#### Objectives, activities and public benefit (continued)

The objects of the charity are the relief of illness and distress and the promotion of health and social inclusion of adults with mental health conditions, with a view to assisting them with finding employment and improving their general conditions of life. All of our activities contribute to these objectives and one or more of the following outcomes:

- People feel less isolated and have more social connections
- People feel more equipped to self-care
- People have increased confidence and self-esteem
- People have more skills and knowledge
- People are better informed about mental health and related activities and services
- People have an increased understanding of mental health and reduced stigma

In planning the objectives and activities the directors have considered the Charity Commission's guidance on public benefit.

#### Activities and achievements

##### Supporting the mental health community

- 205 people have been supported through our community enterprise activity
- 26 new members joined the community enterprise groups
- 273 online groups were delivered, averaging 6 groups per week
- 36 face-to-face groups were delivered
- 69 people received a regular telephone check-in during lockdowns
- 45 volunteers have given their free time to support our community

##### Digital Activity

- Sheffield Flourish Hub – had an annual audience of 26k+ website users with the aim of supporting people to build connections through the sharing of stories and experiences. We published 45 stories written from expert-by-experience perspective, that inspired and raised awareness of people's mental health experiences.
- Sheffield Mental Health Guide – directory of all mental health activities and events in Sheffield. It had an annual audience of 80k+ users who benefitted from signposting and information that better enabled people to self-manage their mental health conditions. The guide promoted 75 services and made 17k+ referrals into services (1523 via phone/email, 15738 via website)
- Sheffield Suicide Support Resource – provides information resources for suicide prevention and people who have been affected by suicide. It had 1288 new visitors during the year.
- My Toolkit – provides space for individuals to set their own mental health care plan. During the year it had 439 new registered users.
- Social media – we continued to provide information and engage with the community through twitter, Instagram and Facebook, having 8K+ new followers during the year.
- 24 people and 5 organisations have received digital training
- In partnership with the CCG, Sheffield Voices and SHSC's START, we have created additional resources and made our tools more accessible for people with learning disabilities and those seeking support with addiction.

*"When I first began my role as a Peer Recovery Worker, I had a lot to learn and was struggling to know where to begin. People would tell me about the importance of signposting service users to relevant services, but I wasn't aware of many of these groups/services etc in Sheffield, so wasn't sure how to do this. I searched for 'mental health Sheffield' on Google and found your mental health guide, which I found easy to navigate, provided just the right amount of information and I could use with great ease."*

## Sheffield Flourish

### Directors' annual report - continued For the year ended 31 March 2021

#### Activities and achievements (continued)

##### Community Enterprise Activity

- Brunsmead Awareness FC – includes mental health friendly football training sessions for both men and women, and a football league run in partnership with Sheffield and Hallam FA. Our men's sessions had regular attendance of 25 players. We had 72 attendees over the year, including 17 regular attendees of the new women's sessions. We also ran virtual fitness sessions during lockdown.

*"I suffered from post-natal depression following the birth of my son and struggled to feel mentally well for quite a while afterwards. As well as being really fun, the football sessions help me to feel like my old self and are now the highlight of my week! Especially during covid times they have been a real lifeline."*

- CAST – includes a weekly painting and drawing session; weekly creative writing session and a monthly artist gathering. Group sessions had an annual attendance of 35 people. Additional work this year included an art exhibition run both virtually and in the Moor market.

*"The art group is very good and very inclusive and friendly and works well together."*

- Connected Worlds – provides storytelling and art-based courses to connect people and provide a creative space for them to tell their stories of everyday life. This year we launched The Way I Flourish course, aimed at women of colour with 15 attendees over 2 courses.

*"The dynamics of this particular group (only black women) works for me and each member has been down to earth and inspirational. A course run like this is, in my opinion, delivering on its title – 'The Way I Flourish'."*

- Flippin Mental Theatre – provides an inclusive drama group called 'Drama for the Mind' and puts on plays that focus on mental health related issues. 7 participants took part in the inclusive drama course. We also hosted a screening of the Suicide Monologues that featured 10 stories under the theme of suicide.

*"It is not that my mental health has improved – my mental health deteriorated very badly for various reasons, and doing the drama project helped to stabilise it."*

- The Learning Space – new this year, this project is designed to enable people to access mental health friendly courses, workshops and learning opportunities. During lockdown we ran the 'Managing My Mental Health' course with 6 attendees.

*"The teaching material was fresh and engaging. The course was something that's so different...but different in a good way."*

- Oasis – includes a weekly gardening for wellbeing session and a contract gardening service. We moved the service to a new site this year and have had 8 attendees helping to clear the space.

*"I don't see anyone else during the week or do anything else, this is what I look forward to, to seeing all of you."*

- Open Door Music – includes a weekly jamming session, music production group and fortnightly singing group. We had an annual attendance of 47 participants.

*"Just wanted to say a big thank you to everyone at Flourish and Open Door Music for the continued support in these really weird and difficult times. I really miss the ODM group, the music and everyone I've made friends with, and very much miss the social side of things. But it's fantastic that we have the zoom meetings in place to see people face to face and talk and play music. I really appreciate that and the continued support. We're all learning more technical things than we ever thought we would have to, which is a blessing in disguise! I'm also a lot less camera shy than I was before the lockdown, so there's definitely some silver linings!"*

## Sheffield Flourish

### Directors' annual report - continued For the year ended 31 March 2021

#### Activities and achievements (continued)

##### Coproduction and Codesign Activity

Working with partners, community organisations and under-represented groups, we were able to open conversations on the gaps, challenges and barriers of inclusive mental health support. This included:

- Two virtual events, broadcast in partnership with Adira and SHSC. The focus was on Black experiences of mental health and was viewed by over 6k people.
- The launch of a social café aimed at Black men leaving secure mental health care. This is in partnership with SADACCA, Space to Breathe and the Community Forensic Team. The project supported 13 people.
- We brought together a group of Black men, affected by suicide, to work with Dr Delroy Hall, to co-design suicide prevention messages.
- We continued our longstanding partnership with SHSC, supporting them to coproduce and codesign services, policy and practice in partnership with people with lived experience of mental ill-health.
- We have been the workstream lead for the Sheffield Psychology Board information and communication management during the pandemic. As part of this work we created Covid-19 mental health information leaflets tailored to 12 specific audiences.

##### Additional Engagement Activities

Due to the impact of the pandemic we had to think of other ways to engage with our community, this included:

- 31 seed packs delivered
- 130 art packs delivered
- 96 wellbeing packs delivered
- 9 tablets and laptops handed out

##### Operational Impact – immediate

We conducted 3 different surveys this year, trying to gauge the impact of Covid-19 on our community and gain an understanding of what we can develop to support people through and after the pandemic. Overall, we surveyed 149 people.

85% of people reported that their mental health had got worse over the year.

Transition periods of going into or out of lockdown appeared to be the most difficult time, with common themes being:

Increased anxiety and exhaustion	Other people not taking the threat seriously
Concern that the virus could catch us off guard	Low trust in Government
Worried about vulnerable loved ones	Pressure from others to get back to normal
Being around groups of people at work or while shopping	

During lockdown, all staff were asked to work from home. We have been calling community members on a weekly basis for a check-in and ensured people had access to food parcels, delivered mobile phones and helped people to get online. We have been working with voluntary sector and health partners to collect and distribute information about what mental health services are currently running, updating the Mental Health Guide and getting leaflets out across networks. We have also increased the capacity of the support telephone line, to deal with increased enquiries. As a response, we have adapted all of our community enterprise activity to ensure there are ways that people can connect and engage with each other.

## Sheffield Flourish

### Directors' annual report - continued For the year ended 31 March 2021

#### Operational Impact – longer term

We work with people with a variety of mental health conditions including severe anxiety, depression and psychosis. Isolation is an ongoing reality and not limited to the Covid-19 lockdown. Therefore, social interaction is an important factor to help people feel connected and engaged with wider society. As the restrictions of Covid-19 are gradually being lifted, our groups and activities are becoming busier. Staff capacity is being monitored closely and we have utilised our Associate model to assist with the increased demand.

#### Financial impact (Including revising reserves policy)

We have been able to secure additional funding to develop services and increase staffing. This has meant there has been a limited impact on our finances. We continue to monitor closely.

#### Future plans

For 2021-2022:

- Race equity

We will continue to focus on the disparities of mental support and impact for people from Black, Asian and minority ethnic backgrounds. We will build on the work of the wellbeing hub social café and suicide prevention for Black men. We will continue to work with Black-led partner organisations Adira, SADACCA and SACHMA to look at gaps in services and use our networks to bring in resources to support this much needed work.

- Coproduction

As the impact of the Pandemic continues to hit those who are already experiencing disadvantage, now more than ever, it is important to ensure user voices are front and centre of service design and delivery. We will work with health partners to facilitate lived experience voices at all levels of the system. We will continue to support SHSC in the developments of their own service user engagement and experience strategy and activities.

#### Reserves policy

Free reserves at 31 March 2021 were £75,737

The directors have set a reserves target of £24,000 for closure costs of 3 months to ensure the sustainability of our partnership organisations and the proper and orderly closure of the organisation.

Excess reserves will be used for the completion of existing projects.

#### Small company provisions

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

The directors declare that they have approved the directors' annual report above on 29<sup>th</sup> Nov 2021 and signed on behalf of the directors:

Print name: ANDREW WOOD  
Director

## Independent Examiner's report to the trustees of Sheffield Flourish ("the Company")

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

### 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

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I 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 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 (FRS 102).

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.

Signed: Susanne

Susan Cochrane, FCA  
Employee of:  
VAS Community Accountancy  
The Circle  
33, Rockingham Lane  
Sheffield  
S1 4FW

Date: 29 November 21

## Sheffield Flourish

### Statement of Financial Activities (incorporating the income and expenditure account) for the year ended 31 March 2021

	Notes	General funds £	Designated funds £	Restricted funds £	Total 2021 £	Total 2020 £
<b>Income from:</b>						
Donations and grants	2	20,887	-	53,074	73,961	57,080
Charitable activities	3	211,003	3,000	29,441	243,444	175,884
Other income		290	-	-	290	523
<b>Total Income</b>		<b>232,180</b>	<b>3,000</b>	<b>82,515</b>	<b>317,695</b>	<b>233,487</b>
<b>Expenditure on:</b>						
Fundraising and promotion		502	-	200	702	2,152
Charitable activities	4	208,090	-	83,562	291,652	237,878
<b>Total expenditure</b>		<b>208,592</b>	<b>-</b>	<b>83,762</b>	<b>292,354</b>	<b>240,030</b>
<b>Net Income/(expenditure)</b>		<b>23,588</b>	<b>3,000</b>	<b>(1,247)</b>	<b>25,341</b>	<b>(6,543)</b>
Transfers between funds	12&13	1,600	-	(1,600)	-	-
<b>Net movement in funds</b>		<b>25,188</b>	<b>3,000</b>	<b>(2,847)</b>	<b>25,341</b>	<b>(6,543)</b>
Total funds brought forward		52,979	-	52,646	105,625	112,168
<b>Total funds carried forward</b>		<b>78,167</b>	<b>3,000</b>	<b>49,799</b>	<b>130,966</b>	<b>105,625</b>

## Sheffield Flourish

### Balance sheet As at 31 March 2021

	Notes	2021 £	2020 £
<b>Fixed Assets</b>			
Tangible Assets	8	<u>2,430</u>	<u>2,700</u>
<b>Current assets</b>			
Debtors	9	26,896	44,967
Cash at bank and in hand		<u>131,989</u>	<u>71,545</u>
<b>Total current assets</b>		<u>158,885</u>	<u>116,512</u>
Creditors: amounts falling due within one year	10	(30,349)	(13,587)
<b>Net current assets</b>		<u>128,536</u>	<u>102,925</u>
<b>Total assets less current liabilities</b>		<u>130,966</u>	<u>105,625</u>
Creditors: amounts falling due after more than one year		-	-
<b>Total net assets</b>		<u>130,966</u>	<u>105,625</u>
<b>Funds of the charity</b>			
General funds		78,167	52,979
Designated funds	12	<u>3,000</u>	-
Unrestricted funds		81,167	52,979
Restricted income funds	13	49,799	52,646
<b>Total funds</b>	14	<u>130,966</u>	<u>105,625</u>

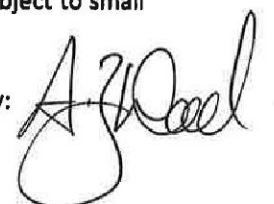
For the year ending 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

The director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the directors on 29<sup>th</sup> Nov 2021 and signed on behalf of the directors by:



Name:

ANDREW WOOD  
Director

## Sheffield Flourish

### Notes to the Accounts for the year ended 31 March 2021

#### 1 Accounting Policies

##### (a) General

Sheffield Flourish is a charitable company in the United Kingdom limited by guarantee and has no share capital. In the event that the charity is wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

Sheffield Flourish meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

##### (b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income from services provided is included in the year in which the service took place.

Bank interest is recognised as income when it is credited to the bank statement. All bank interest is treated as unrestricted income to the General Fund.

##### (c) Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

##### (d) Donated goods and services

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

##### (e) Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided on all tangible assets at the following annual rates calculated to write off the cost less estimated residual value, on a straight line basis over their useful economic lives:

Vehicles	5 years
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All items of capital expenditure below £500 are written off as incurred.

##### (e) Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of receivables.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2021

#### 1 Accounting Policies - continued

##### (f) Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

##### (g) 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.

##### (h) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

##### (i) Defined contribution pension scheme

The charity contributes to a defined contribution pension scheme for the benefit of the employees. The pension costs charged against net incoming resources are the contributions payable to the scheme in respect of the accounting period in accordance with FRS102.

##### (j) Leases

Rental payable and receivable under operation leases are charged to the SOFA on a straight line basis over the period of the lease.

##### (k) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

##### (l) Funds

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.

Restricted funds are to be used for specific purposes as laid down by the funder.

##### (m) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that the charity will continue to operate for 12 months from authorising these financial statements. Not all funding streams are secure this far in advance however the trustees will develop a plan of action to be taken to reduce costs, should the required income not be secured.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2021

#### 2 Income from donations and grants

	Unrestricted funds £	Restricted funds £	Total 2021 £	Unrestricted funds £	Restricted funds £	Total 2020 £
Donations	6,738	550	7,288	9,612	4,251	13,863
Harry Bottom Charitable Trust	-	-	-	-	1,100	1,100
Lloyds Bank Foundation for England and Wales	-	7,080	7,080	-	14,300	14,300
The Arts Council	-	-	-	-	6,052	6,052
Austin-hope-pilkington Trust	-	-	-	100	900	1,000
Talbot Trust	-	-	-	-	4,720	4,720
Peter Harrison Foundation	-	-	-	-	5,500	5,500
Good Things Foundation	-	-	-	-	1,570	1,570
May Hearnshaw	-	-	-	-	1,000	1,000
The National Lottery Community Fund	-	-	-	-	975	975
Sheffield Towns Trust	-	3,000	3,000	-	2,000	2,000
Charles & Elsie Sykes	-	-	-	-	4,000	4,000
Woodward Charitable Trust	-	-	-	1,000	-	1,000
Evan Cornish Foundation	-	7,000	7,000	-	-	-
Sheffield City Council	10,000	6,220	16,220	-	-	-
Cutlers Company Charitable Trust	-	500	500	-	-	-
Clothworkers Foundation	-	1,750	1,750	-	-	-
Access - the Foundation for Social Investment	-	9,060	9,060	-	-	-
J G Graves Charitable Trust	3,000	-	3,000	-	-	-
NHS Sheffield CCG	-	13,693	13,693	-	-	-
Disability Action	-	4,221	4,221	-	-	-
Coronavirus Job Retention Scheme	1,149	-	1,149	-	-	-
	<b>20,887</b>	<b>53,074</b>	<b>73,961</b>	<b>10,712</b>	<b>46,368</b>	<b>57,080</b>

#### 3 Income from charitable activities

	General funds £	Designated funds £	Restricted funds £	Total 2021 £	Unrestricted funds £	Restricted funds £	Total 2020 £
<b>Contracts and projects</b>							
Sheffield City Council	66,876	-	-	66,876	66,876	-	66,876
Sheffield Health and Social Care Trust	97,165	3,000	19,061	119,226	50,000	-	50,000
Department of Health & Social Care	-	-	-	-	-	12,784	12,784
NHS Sheffield CCG	11,050	-	7,000	18,050	-	7,000	7,000
Sheffield City Council	-	-	-	-	4,500	-	4,500
Health Education England	5,096	-	-	5,096	5,704	-	5,704
Healthwatch	-	-	1,980	1,980	-	-	-
<b>Other services</b>	30,816	-	1,400	32,216	28,950	70	29,020
	<b>211,003</b>	<b>3,000</b>	<b>29,441</b>	<b>243,444</b>	<b>156,030</b>	<b>19,854</b>	<b>175,884</b>

#### 4 Expenditure on charitable activities

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Unrestricted funds £	Restricted funds £	Total 2020 £
Activities and events		18,342	29,729	48,071	9,516	9,864	19,380
Staff costs	5	150,264	25,839	176,103	104,893	24,104	128,997
Consultancy/self-employed staff costs		-	-	-	9,647	10,370	20,017
Website development		6,300	6,930	13,230	12,750	15,814	28,564
Office, IT and equipment		25,718	1,801	27,519	33,631	327	33,958
Vehicle costs (including depreciation)		2,490	-	2,490	2,352	-	2,352
External evaluation		-	-	-	2,100	-	2,100
Support costs		3,506	202	3,708	1,128	150	1,278
Bad debts		-	-	-	182	-	182
Independent examination fee	6	1,470	-	1,470	1,050	-	1,050
Grant disbursement		-	19,061	19,061	-	-	-
		<b>208,090</b>	<b>83,562</b>	<b>291,652</b>	<b>177,249</b>	<b>60,629</b>	<b>237,878</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2021

#### 5 Staff Costs

	2021 £	2020 £
Salaries	157,766	115,112
Employer's national insurance	10,797	6,689
Employer's allowance	(4,000)	(3,000)
Employer pension contributions	7,625	5,610
	<u>172,188</u>	<u>124,411</u>
Staff expenses and other costs including payroll provision	<u>3,915</u>	<u>4,586</u>
	<u><b>176,103</b></u>	<u><b>128,997</b></u>

No employee received emoluments of more than £60,000. The average number of employees during the period was 10 (2020: 9).

#### 6 Fees paid to the independent examiner's organisation

	2021 £	2020 £
Independent examination fee	<u>1,470</u>	<u>1,050</u>
Other fees paid to the independent examiner's organisation:		
Payroll administration costs	1,255	659
Other accountancy services	-	180
Accounting software licence	252	252
	<u>1,507</u>	<u>1,091</u>

#### 7 Trustees and key management remuneration, benefits and expenses

The charity trustees were not paid or received any other benefits from employment with the Charity in the year (2020: £nil) neither were they reimbursed expenses during the year (2020: £nil). No charity trustee received payment for professional or other services supplied to the charity (2020: £nil).

The key management personnel of the charity, comprise the trustees, the managing director and the deputy managing director. The total employee benefits of the key management personnel of the charity were £54,219 (2020: £46,040).

#### 8 Tangible fixed assets

	Motor Vehicles £	Total £
<b>Cost</b>		
As at 1 April 2020	3,240	3,240
Additions	-	-
As at 31 March 2021	<u>3,240</u>	<u>3,240</u>
<b>Depreciation</b>		
As at 1 April 2020	540	540
Charge this period	270	270
As at 31 March 2021	<u>810</u>	<u>810</u>
<b>Net book value</b>		
As at 31 March 2021	<u>2,430</u>	<u>2,430</u>
As at 31 March 2020	<u>2,700</u>	<u>2,700</u>

All fixed assets are considered to be for direct charitable purposes.

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2021

#### 9 Debtors

	2021 £	2020 £
Trade debtors	21,988	37,940
Prepayments	4,800	3,800
Other debtors	108	3,227
	<u>26,896</u>	<u>44,967</u>

#### 10 Creditors: amounts falling due within one year

	Note	2021 £	2020 £
Trade creditors		24,671	9,998
Accruals		1,470	1,230
Taxes & social security		1,794	1,077
Other creditors		2,414	822
Agency funds	11	-	460
		<u>30,349</u>	<u>13,587</u>

#### 11 Agency balances

	2021 £	2020 £
Brought forward	460	-
Income	-	3,307
Expenditure	(460)	(2,847)
Carried forward	<u>-</u>	<u>460</u>

Sheffield Flourish used its donations platform to collect monies for two other charities on behalf of the Lord Mayors fundraising. Sheffield Flourish paid out the donations to these organisations.

#### 12 Designated funds

	Balance at 01-Apr-20 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-21 £
SHSC Tackling Inequalities: BAME resource	-	3,000	-	-	3,000
	<u>-</u>	<u>3,000</u>	<u>-</u>	<u>-</u>	<u>3,000</u>

The above funds have been designated at the discretion of the trustees in order to ensure that the requirements of the funder and the objectives of the project are met in full.

#### SHSC Tackling Inequalities: BAME resource

Funding allocated to contribute towards a BAME appropriate My Toolkit resource

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2021

#### 13 Restricted funds

	Balance at 01-Apr-20 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-21 £
<b>Brunsmear Project</b>					
Grow the game	1,174	-	-	-	1,174
Peter Harrison	5,154	-	(2,335)	-	2,819
<b>Connected Worlds Project</b>					
C & E Sykes	4,000	-	(490)	(750)	2,760
Harry Bottom Charitable Trust	1,100	-	-	(100)	1,000
Money to Bring People Together	975	-	(975)	-	-
Sheffield Towns Trust	2,000	-	-	(200)	1,800
<b>Flippen Mental Theatre Project</b>					
Cultivating Mad Cow	6,052	-	(5,909)	-	143
Evan Cornish Foundation	-	7,000	(3,628)	(550)	2,822
Suicide Monologues	-	1,400	(1,400)	-	-
<b>Hub Core Project</b>					
Education Exchange	13,452	-	(8,683)	(4,769)	-
Clothworkers Foundation	-	1,750	(1,750)	-	-
Cutlers Company Charitable Trust	-	500	(500)	-	-
Healthwatch	-	1,980	(1,980)	-	-
SCC Covid 19 Funding	-	6,220	(6,220)	-	-
Sheffield CCG Learning Disability Grant Funding	-	9,950	(5,550)	-	4,400
Sheffield Town Trust	-	3,000	(3,000)	-	-
SHSC Volunteer support	11,500	-	-	-	11,500
Service User Consultancy Enterprise	3,561	-	(2,202)	-	1,359
<b>Learning Space</b>					
Education Exchange	-	-	-	4,769	4,769
COOP - Covid 19 fund	-	500	(500)	-	-
<b>Suicide Support &amp; prevention</b>					
Sheffield Suicide Support	-	5,000	-	-	5,000
CCG Suicide Prevention Small Grants	1,449	3,743	(3,186)	-	2,006
<b>My Toolkit</b>					
DPO Covid 19 Emergency fund	-	4,221	(1,171)	-	3,050
Lloyds Bank Covid 19 response	-	7,080	(7,080)	-	-
<b>Oasis</b>					
Oasis Move	733	50	(783)	-	-
Enterprise Development Programme	-	9,060	(4,869)	-	4,191
<b>Open Door Music</b>					
Open Door Music Project	32	-	-	-	32
Austin Pike Grant	900	-	(125)	-	775
Talbot Trust	564	-	(365)	-	199
<b>SPB Video</b>					
NHS Sheffield CCG	-	2,000	(2,000)	-	-
<b>Tackling Inequalities</b>					
Sheffield Health & Social Care Trust	-	19,061	(19,061)	-	-
	<b>52,646</b>	<b>82,515</b>	<b>(83,762)</b>	<b>(1,600)</b>	<b>49,799</b>

#### **Brunsmear Project**

Grant funding received from the Football Foundation and Peter Harrison to assist in setting up new football teams including a women's team.

#### **Connected Worlds Project**

Connected worlds is a course of creative workshops through which participants discover and develop their talents in art and writing.

#### **Flippen Mental Theatre Project**

Funding received to support the work done by the Flippen Mental Theatre community enterprise.

#### **Hub Core Project**

Funding was received to:

- Enable the organisation to contribute and add value to the delivery of Sheffield Health and Social Care Trust's service user engagement strategy and leading the development of the Education Exchange.
- Support the purchase of five tablets to support digitally excluded communities and the expansion of the art and seed packs
- Develop a central and locally focussed digital resource for information for people with learning disabilities that supports good physical health and annual health checks.
- Support the increase in mental health work and response to Covid 19.

#### **Learning Space**

Funding provided by Sheffield Health and Social Care Trust and CO-OP Covid funding to contribute towards the costs of the Learning Space

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2021

#### 13 Restricted funds - continued

##### Suicide Support & prevention

Funding received to develop a suicide prevention signposting website.

##### My Toolkit

Funding provided by Disability Action and Lloyds bank Foundation to support the expansion of the My Toolkit, a co-produced digital platform that helps people to plan and manage their mental health care online.

##### Oasis

Funding provided to support the Oasis project move to a new location and also funding by the Enterprise Development Programme to support the organisation to become more enterprising.

##### Open Door Music

Grant given by the Talbot Trusts and the Austin and Hope Pilkington Trust to support the Open Door Music Project.

##### SPB Video

Funding provided by NHS Sheffield CCG to contribute towards the costs of the SPB Video

##### Tackling inequalities

Funding provided for SADACCA, the partnership organisation, for the Tackling Inequalities project which aims to tackle the inequalities of peoples leaving secure care, bringing together a collective expertise of working with the BAME community and supporting people with mental ill-health.

##### Prior year comparison

	Balance b/fwd £	Income £	Expenditure £	Transfers £	Balance c/fwd £
<b>Brunsmear Project</b>					
Grow the game	1,108	70	(4)	-	1,174
Peter Harrison	1,436	5,500	(1,782)	-	5,154
<b>Connected Worlds Project</b>					
Reboot UK: Community Connector	5,370	445	(5,815)	-	-
Reboot UK: Ambassador training	-	1,125	(2,250)	1,125	-
My Support	1,125	12,784	(12,784)	(1,125)	-
C & E Sykes	-	4,000	-	-	4,000
Harry Bottom Charitable Trust	-	1,100	-	-	1,100
Money to Bring People Together	-	975	-	-	975
Sheffield Towns Trust	-	2,000	-	-	2,000
<b>Flippen Mental Theatre Project</b>					
Cultivating Mad Cow	-	6,052	-	-	6,052
<b>Hub Core Project</b>					
Education Exchange	23,990	-	(10,538)	-	13,452
SHSC Volunteer support	4,830	-	(1,269)	-	3,561
Service User Consultancy Enterprise	11,500	-	-	-	11,500
<b>CAST</b>					
COOP Community Funding	-	3,125	(3,125)	-	-
<b>Suicide Support &amp; prevention</b>					
CCG Suicide Prevention Small Grants	-	7,000	(5,551)	-	1,449
<b>Monitoring &amp; Evaluation</b>					
Lloyds Bank Foundation	-	14,300	(14,300)	-	-
<b>Oasis</b>					
Oasis Gardening	1,028	-	(1,028)	-	-
Oasis Garden Wellbeing	357	1,000	(1,157)	(200)	-
Oasis Move	-	1,000	(267)	-	733
<b>Open Door Music</b>					
Open Door Music Project	-	126	(94)	-	32
Austin Pike Grant	-	900	-	-	900
Talbot Trust	-	4,720	(1,656)	(2,500)	564
	<b>50,744</b>	<b>66,222</b>	<b>(61,620)</b>	<b>(2,700)</b>	<b>52,646</b>

## Sheffield Flourish

### Notes to the Accounts - continued for the year ended 31 March 2021

#### 14 Net assets by fund

	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2021 £	Unrestricted funds £	Restricted funds £	Total 2020 £
Tangible fixed assets	2,430	-	-	2,430	2,700	-	2,700
Net current assets	75,737	3,000	49,799	128,536	50,279	52,646	102,925
	<b>78,167</b>	<b>3,000</b>	<b>49,799</b>	<b>130,966</b>	<b>52,979</b>	<b>52,646</b>	<b>105,625</b>

#### 15 Related party transactions

During the year Brendan Stone, a trustee, was a non-executive director of Sheffield Health and Social Care Trust (SHSC). The charity received funding of £119,226 in the year. Brendan has no voting rights with SHSC and was not party to the decision to provide this money.

During the year Jane Ferretti, a trustee, was also a trustee of Sheffield Town Trust. The charity received funding of £3,000 in the year. Jane stated a conflict of interest with Sheffield Town Trust when the Sheffield Flourish application was received and had no involvement with the process, including the decision for granting funding.

There were no further related party transactions during the year.

#### 16 Operating lease commitments

As at 31 March 2021 the charity was committed to making the following minimum payments under operating leases as follows:

	2021 £	2020 £
Payable within 1 year	13,800	5,000
Payable between 1-5 years	19,550	-
	<b>33,350</b>	<b>5,000</b>

#### 17 Statement of Financial Activities - prior year comparison

	General funds £	Designated funds £	Restricted funds £	Total 2021 £	General funds £	Designated funds £	Restricted funds £	Total 2020 £
<b>Income from:</b>								
Donations and grants	20,887	-	53,074	73,961	10,712	-	46,368	57,080
Charitable activities	211,003	3,000	29,441	243,444	156,030	-	19,854	175,884
Other income	290	-	-	290	523	-	-	523
<b>Total income</b>	<b>232,180</b>	<b>3,000</b>	<b>82,515</b>	<b>317,695</b>	<b>167,265</b>	<b>-</b>	<b>66,222</b>	<b>233,487</b>
<b>Expenditure on:</b>								
Fundraising and promotion	502	-	200	702	1,161	-	991	2,152
Charitable activities	208,090	-	83,562	291,652	177,249	-	60,629	237,878
<b>Total expenditure</b>	<b>208,592</b>	<b>-</b>	<b>83,762</b>	<b>292,354</b>	<b>178,410</b>	<b>-</b>	<b>61,620</b>	<b>240,030</b>
<b>Net income/(expenditure)</b>	<b>23,588</b>	<b>3,000</b>	<b>(1,247)</b>	<b>25,341</b>	<b>(11,145)</b>	<b>-</b>	<b>4,602</b>	<b>(6,543)</b>
Transfers between funds	1,600	-	(1,600)	-	2,700	-	(2,700)	-
<b>Net movement in funds</b>	<b>25,188</b>	<b>3,000</b>	<b>(2,847)</b>	<b>25,341</b>	<b>(8,445)</b>	<b>-</b>	<b>1,902</b>	<b>(6,543)</b>
Total funds brought forward	52,979	-	52,646	105,625	61,424	-	50,744	112,168
<b>Total funds carried forward</b>	<b>78,167</b>	<b>3,000</b>	<b>49,799</b>	<b>130,966</b>	<b>52,979</b>	<b>-</b>	<b>52,646</b>	<b>105,625</b>