

Registered Charity Number: 1147334
Company number: 07980332

Sheffield Flourish

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

For the year ended 31 March 2023

Sheffield Flourish

Contents

	Page
Legal and administrative information	2
Directors' annual report	3 - 7
Independent examiner's report	8
Statement of financial activities	9
Balance sheet	10
Notes to the accounts	11 - 19

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: Brunsmeor 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: 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 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 £
Income from:					
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
Total income		366,049	17,433	383,482	330,769
Expenditure on:					
Fundraising and promotion		1,989	78	2,067	5,107
Charitable activities	4	310,908	26,511	337,419	324,662
Total expenditure		312,897	26,589	339,486	329,769
Net income/(expenditure)		53,152	(9,156)	43,996	1,000
Transfers between funds	12&13	-	-	-	-
Net movement in funds		53,152	(9,156)	43,996	1,000
Total funds brought forward		96,090	35,876	131,966	130,966
Total funds carried forward		149,242	26,720	175,962	131,966

Sheffield Flourish

Balance sheet

As at 31 March 2023

	Notes	2023 £	2022 £
Fixed Assets			
Tangible Assets	8	<u>5,054</u>	<u>6,739</u>
Current assets			
Debtors	9	47,347	80,748
Cash at bank and in hand		<u>130,311</u>	<u>141,445</u>
Total current assets		<u>177,658</u>	<u>222,193</u>
Creditors: amounts falling due within one year	10	(6,750)	(96,966)
Net current assets		<u>170,908</u>	<u>125,227</u>
Total assets less current liabilities		175,962	131,966
Creditors: amounts falling due after more than one year		-	-
Total net assets		<u>175,962</u>	<u>131,966</u>
Funds of the charity			
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
Total funds	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

**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.

**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
	7,201	12,383	19,584	13,547	50,716	64,263

3 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
Contracts and projects						
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	-	-	-
Other services	63,434	50	63,484	47,648	-	47,648
	350,374	5,050	355,424	241,574	13,000	254,574

4 Expenditure on charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
Note						
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
	310,908	26,511	337,419	268,278	56,384	324,662

**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>196,830</u>	<u>182,815</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>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 (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
	£	£
Cost		
As at 1 April 2022	8,235	8,235
Additions	-	-
As at 31 March 2023	<u>8,235</u>	<u>8,235</u>
Depreciation		
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>
Net book value		
As at 31 March 2023	<u>5,054</u>	<u>5,054</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	-
	47,347	80,748

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
		6,750	96,966

11 Deferred income

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

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)	-
		78,004	-	(78,004)	-

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 £
Brunsmear 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
	7,041	164,562	(93,604)	-	77,999

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.

Brunsmear Awareness FC

Funding designated to support Brunsmear 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>Brunsmear 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
	3,000	68,897	(74,538)	9,682	7,041

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 £
Brunsmeer Project					
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)	-	-
Connected Worlds Project					
The Charles & Elsie Sykes Trust	1,446	-	(1,446)	-	-
Harry Bottom Charitable Trust	1,000	-	(133)	-	867
Sheffield Towns Trust	1,800	-	-	-	1,800
This is Me Project					
JG Graves Charitable Trust	-	2,000	(1,103)	-	897
May Hearnshaw Charitable Trust	-	2,000	-	-	2,000
Flippen Mental Theatre Project					
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
Hub Core Project					
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
Suicide Support & prevention					
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
Oasis					
Oasis Garden Wellbeing Project	-	1,000	(1,000)	-	-
Enterprise Development Programme	8,823	-	(3,828)	-	4,995
Open Door Music					
Open Door Music Project	32	133	-	-	165
Austin Pike Grant	177	-	(38)	-	139
The Talbot Trusts	199	-	(160)	-	39
	35,876	17,433	(26,589)	-	26,720

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 £
Brunsmeer Project					
Grow the game	1,174	-	(125)	-	1,049
Peter Harrison	2,819	-	(2,819)	-	-
Return to football fund	-	493	(199)	-	294
Connected Worlds Project					
C & E Sykes	2,760	-	(1,314)	-	1,446
Harry Bottom Charitable Trust	1,000	-	-	-	1,000
Sheffield Towns Trust	1,800	-	-	-	1,800
Flippen Mental Theatre Project					
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
Hub Core Project					
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)	-
Learning Space					
Education Exchange	4,769	-	(4,769)	-	-
Suicide Support & prevention					
Sheffield Suicide Support	5,000	10,000	(10,696)	-	4,304
CCG Suicide Prevention Small Grants	2,006	-	(574)	-	1,432
My Toolkit					
DPO Covid 19 Emergency fund	3,050	-	(3,050)	-	-
START addiction	-	3,000	(3,000)	-	-
Oasis					
Enterprise Development Programme	4,191	10,000	(5,368)	-	8,823
Open Door Music					
Open Door Music Project	32	-	-	-	32
Austin Pike Grant	775	-	(598)	-	177
Talbot Trust					
	199	-	-	-	199
	49,799	65,316	(58,862)	(20,377)	35,876

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	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
	71,243	77,999	26,720	175,962	89,049	7,041	35,876	131,966

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 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 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
	47,150	33,350

17 Statement of Financial Activities - prior year comparison

	General funds £	Designated funds £	Restricted funds £	Total 2023 £	General funds £	Designated funds £	Restricted funds £	Total 2022 £
Income from:								
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
Total income	201,487	164,562	17,433	383,482	196,556	68,897	65,316	330,769
Expenditure on:								
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
Total expenditure	219,293	93,604	26,589	339,486	196,369	74,538	58,862	329,769
Net income/(expenditure)	(17,806)	70,958	(9,156)	43,996	187	(5,641)	6,454	1,000
Transfers between funds	-	-	-	-	10,695	9,682	(20,377)	-
Net movement in funds	(17,806)	70,958	(9,156)	43,996	10,882	4,041	(13,923)	1,000
Total funds brought forward	89,049	7,041	35,876	131,966	78,167	3,000	49,799	130,966
Total funds carried forward	71,243	77,999	26,720	175,962	89,049	7,041	35,876	131,966

Registered Charity Number: 1147334
Company number: 07980332

Sheffield Flourish

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

For the year ended 31 March 2023

Sheffield Flourish

Contents

	Page
Legal and administrative information	2
Directors' annual report	3 - 7
Independent examiner's report	8
Statement of financial activities	9
Balance sheet	10
Notes to the accounts	11 - 19

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: Brunsmeor 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: 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 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 £
Income from:					
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
Total income		366,049	17,433	383,482	330,769
Expenditure on:					
Fundraising and promotion		1,989	78	2,067	5,107
Charitable activities	4	310,908	26,511	337,419	324,662
Total expenditure		312,897	26,589	339,486	329,769
Net income/(expenditure)		53,152	(9,156)	43,996	1,000
Transfers between funds	12&13	-	-	-	-
Net movement in funds		53,152	(9,156)	43,996	1,000
Total funds brought forward		96,090	35,876	131,966	130,966
Total funds carried forward		149,242	26,720	175,962	131,966

Sheffield Flourish

Balance sheet

As at 31 March 2023

	Notes	2023 £	2022 £
Fixed Assets			
Tangible Assets	8	<u>5,054</u>	<u>6,739</u>
Current assets			
Debtors	9	47,347	80,748
Cash at bank and in hand		<u>130,311</u>	<u>141,445</u>
Total current assets		<u>177,658</u>	<u>222,193</u>
Creditors: amounts falling due within one year	10	(6,750)	(96,966)
Net current assets		<u>170,908</u>	<u>125,227</u>
Total assets less current liabilities		<u>175,962</u>	<u>131,966</u>
Creditors: amounts falling due after more than one year		-	-
Total net assets		<u>175,962</u>	<u>131,966</u>
Funds of the charity			
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
Total funds	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

**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.

**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
	7,201	12,383	19,584	13,547	50,716	64,263

3 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
Contracts and projects						
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	-	-	-
Other services	63,434	50	63,484	47,648	-	47,648
	350,374	5,050	355,424	241,574	13,000	254,574

4 Expenditure on charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
Note						
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
	310,908	26,511	337,419	268,278	56,384	324,662

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>196,830</u>	<u>182,815</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>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 (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 £
Cost		
As at 1 April 2022	8,235	8,235
Additions	-	-
As at 31 March 2023	<u>8,235</u>	<u>8,235</u>
Depreciation		
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>
Net book value		
As at 31 March 2023	<u>5,054</u>	<u>5,054</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	-
	47,347	80,748

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
		6,750	96,966

11 Deferred income

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

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)	-
		78,004	-	(78,004)	-

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 £
Brunsmear 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
	7,041	164,562	(93,604)	-	77,999

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.

Brunsmear Awareness FC

Funding designated to support Brunsmear 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>Brunsmear 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
	3,000	68,897	(74,538)	9,682	7,041

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 £
Brunsmeer Project					
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)	-	-
Connected Worlds Project					
The Charles & Elsie Sykes Trust	1,446	-	(1,446)	-	-
Harry Bottom Charitable Trust	1,000	-	(133)	-	867
Sheffield Towns Trust	1,800	-	-	-	1,800
This is Me Project					
JG Graves Charitable Trust	-	2,000	(1,103)	-	897
May Hearnshaw Charitable Trust	-	2,000	-	-	2,000
Flippen Mental Theatre Project					
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
Hub Core Project					
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
Suicide Support & prevention					
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
Oasis					
Oasis Garden Wellbeing Project	-	1,000	(1,000)	-	-
Enterprise Development Programme	8,823	-	(3,828)	-	4,995
Open Door Music					
Open Door Music Project	32	133	-	-	165
Austin Pike Grant	177	-	(38)	-	139
The Talbot Trusts	199	-	(160)	-	39
	35,876	17,433	(26,589)	-	26,720

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 £
Brunsmeer Project					
Grow the game	1,174	-	(125)	-	1,049
Peter Harrison	2,819	-	(2,819)	-	-
Return to football fund	-	493	(199)	-	294
Connected Worlds Project					
C & E Sykes	2,760	-	(1,314)	-	1,446
Harry Bottom Charitable Trust	1,000	-	-	-	1,000
Sheffield Towns Trust	1,800	-	-	-	1,800
Flippen Mental Theatre Project					
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
Hub Core Project					
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)	-
Learning Space					
Education Exchange	4,769	-	(4,769)	-	-
Suicide Support & prevention					
Sheffield Suicide Support	5,000	10,000	(10,696)	-	4,304
CCG Suicide Prevention Small Grants	2,006	-	(574)	-	1,432
My Toolkit					
DPO Covid 19 Emergency fund	3,050	-	(3,050)	-	-
START addiction	-	3,000	(3,000)	-	-
Oasis					
Enterprise Development Programme	4,191	10,000	(5,368)	-	8,823
Open Door Music					
Open Door Music Project	32	-	-	-	32
Austin Pike Grant	775	-	(598)	-	177
Talbot Trust					
	199	-	-	-	199
	49,799	65,316	(58,862)	(20,377)	35,876

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	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
	71,243	77,999	26,720	175,962	89,049	7,041	35,876	131,966

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 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 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
	47,150	33,350

17 Statement of Financial Activities - prior year comparison

	General funds £	Designated funds £	Restricted funds £	Total 2023 £	General funds £	Designated funds £	Restricted funds £	Total 2022 £
Income from:								
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
Total income	201,487	164,562	17,433	383,482	196,556	68,897	65,316	330,769
Expenditure on:								
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
Total expenditure	219,293	93,604	26,589	339,486	196,369	74,538	58,862	329,769
Net income/(expenditure)	(17,806)	70,958	(9,156)	43,996	187	(5,641)	6,454	1,000
Transfers between funds	-	-	-	-	10,695	9,682	(20,377)	-
Net movement in funds	(17,806)	70,958	(9,156)	43,996	10,882	4,041	(13,923)	1,000
Total funds brought forward	89,049	7,041	35,876	131,966	78,167	3,000	49,799	130,966
Total funds carried forward	71,243	77,999	26,720	175,962	89,049	7,041	35,876	131,966

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.	https://www.ncvo.org.uk/help-and-guidance/governance/financial-procedures-manual/writing-the-financial-procedures-manual/financial-responsibilities/reserves-policy/#/

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 • 0114 317 7949