

**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

**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.

**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	<b>2</b>	28,713	18,256	46,969	19,584
Charitable activities	<b>3</b>	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	<b>4</b>	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	<b>12&amp;13</b>	(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

**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
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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.

**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	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	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><b>219,431</b></u>	<u><b>196,830</b></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><b>1,860</b></u>	<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 (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><b>3,369</b></u>	<u><b>3,369</b></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 £
Brunsmear 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
	<b>77,999</b>	<b>167,860</b>	<b>(203,603)</b>	<b>-</b>	<b>42,256</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.

#### **Brunsmear Awareness FC**

Funding designated to support Brunsmear 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.

Prior year	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
	<b>7,041</b>	<b>164,562</b>	<b>(93,604)</b>	<b>-</b>	<b>77,999</b>

## 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.

##### Prior year comparison

	Balance b/fwd	Income	Expenditure	Transfers	Balance c/fwd
	£	£	£	£	£
<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>

## 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 funds £	Designated funds £	Restricted funds £	Total 2024 £	General funds £	Designated funds £	Restricted funds £	Total 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>	<u>36,765</u>	<u>(35,743)</u>	<u>11,593</u>	<u>12,615</u>	<u>(17,806)</u>	<u>70,958</u>	<u>(9,156)</u>	<u>43,996</u>
Transfers between funds	(3,023)	-	3,023	-	-	-	-	-
<b>Net movement in funds</b>	<u>33,742</u>	<u>(35,743)</u>	<u>14,616</u>	<u>12,615</u>	<u>(17,806)</u>	<u>70,958</u>	<u>(9,156)</u>	<u>43,996</u>
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>