

# YOU RAISE ME UP LIMITED

England & Wales · Charity number 1147534

## Details

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Other names	YOU RAISE ME UP
Status	Registered
Legal form	Charitable company
Company number	<a href="#">07711231</a>
Registered	2012-05-31
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	Foundry 78 The Beacon Eastbourne East Sussex BN21 3NW
Phone	01323482772
Email	<a href="mailto:trustee@youraisemeup.co.uk">trustee@youraisemeup.co.uk</a>
Website	<a href="http://www.youraisemeup.co.uk">www.youraisemeup.co.uk</a>

## Activities

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**Objects:** 1 TO RELIEVE THE MENTAL AND PHYSICAL SICKNESS OF PERSONS RESIDENT IN THE UNITED KINGDOM SUFFERING FROM BEREAVEMENT OR LOSS BY THE PROVISION OF COUNSELLING AND SUPPORT FOR SUCH PERSONS.2 TO RELIEVE SICKNESS AND TO PRESERVE THE HEALTH OF PERSONS SUFFERING FROM BEREAVEMENT OR LOSS BY PROVIDING OR ASSISTING IN THE PROVISION OF EQUIPMENT, FACILITIES AND SERVICES.3 THE RELIEF OF FINANCIAL HARDSHIP, EITHER GENERALLY OR INDIVIDUALLY, OF PEOPLE LIVING IN THE UNITED KINGDOM BY MAKING GRANTS OF MONEY FOR PROVIDING OR PAYING FOR ITEMS SERVICES OR FACILITIES CONNECTED TO BEREAVEMENT OR LOSS.4 TO ASSIST IN THE TREATMENT AND CARE OF PERSONS SUFFERING FROM MENTAL OR PHYSICAL ILLNESS OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, BY THE PROVISION OF FACILITIES FOR WORK AND RECREATION.5 TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF ILLNESSES OF ANY DESCRIPTION IN THE UNITED KINGDOM THROUGH THE PROVISION OF FINANCIAL ASSISTANCE, SUPPORT, EDUCATION AND PRACTICAL ADVICE.

**Activities:** You Raise Me Up supports families after the death of a child aged 16-25. We provide emotional and mental health support to be able to say "we totally understand" when families need it most.

## Classification

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- **How:** Makes Grants To Individuals, Provides Other Finance, Provides Buildings/facilities/open Space, Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Other Defined Groups

## Geography

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- East Sussex
- West Sussex

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-07-31	£146,387	£151,682	-	-
2024-07-31	£294,573	£312,420	-	-
2023-07-31	£387,380	£398,554	-	-
2022-07-31	£366,603	£378,843	-	-
2021-07-31	£269,212	£259,486	-	-

## Trustees

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Name	Role	Appointed
<b>ANNE MARIE FIELD</b>	Chair	2018-05-14
Fraser Brooks		2024-10-17
Joanne Brooks		2025-04-01

**YOU RAISE ME UP LIMITED**

England & Wales - Charity number 1147534

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# Accounts

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**REGISTERED COMPANY NUMBER: 07711231 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1147534**

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2025**  
**FOR**  
**YOU RAISE ME UP LIMITED**

Dominic Hill Associates Limited  
Archer House  
Britland Estate  
Northbourne Road  
Eastbourne  
East Sussex  
BN22 8PW

**YOU RAISE ME UP LIMITED**

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FOR THE YEAR ENDED 31 JULY 2025**

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## **YOU RAISE ME UP LIMITED**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JULY 2025**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 July 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

07711231 (England and Wales)

##### **Registered Charity number**

1147534

##### **Registered office**

58b High Street  
Polegate  
East Sussex  
BN26 6AD

##### **Trustees**

Ms S A Pearce (resigned 22.4.25)  
Ms A Field  
Mr F Brooks Director (appointed 17.10.24)  
Ms J Brooks Trustee (appointed 1.4.25)

##### **Independent Examiner**

Dominic Hill Associates Limited  
Archer House  
Britland Estate  
Northbourne Road  
Eastbourne  
East Sussex  
BN22 8PW

Approved by order of the board of trustees on 15 January 2026 and signed on its behalf by:

Ms A Field - Trustee

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOU RAISE ME UP LIMITED**

### **Independent examiner's report to the trustees of You Raise Me Up Limited ('the Company')**

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

#### **Responsibilities and basis of report**

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

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

#### **Independent examiner's statement**

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.

Peter D Hill FCA

Dominic Hill Associates Limited  
Archer House  
Britland Estate  
Northbourne Road  
Eastbourne  
East Sussex  
BN22 8PW

15 January 2026

**YOU RAISE ME UP LIMITED**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		<b>47,022</b>	-	<b>47,022</b>	93,276
<b>Charitable activities</b>					
Charity		<b>23,800</b>	<b>36,451</b>	<b>60,251</b>	85,599
Other trading activities	2	<b>26,130</b>	-	<b>26,130</b>	28,484
Other income		<b>12,984</b>	-	<b>12,984</b>	87,214
<b>Total</b>		<b>109,936</b>	<b>36,451</b>	<b>146,387</b>	294,573
<b>EXPENDITURE ON</b>					
Raising funds	3	<b>700</b>	-	<b>700</b>	-
<b>Charitable activities</b>					
Charity		<b>40,660</b>	<b>22,706</b>	<b>63,366</b>	174,048
Other		<b>84,538</b>	<b>3,078</b>	<b>87,616</b>	138,372
<b>Total</b>		<b>125,898</b>	<b>25,784</b>	<b>151,682</b>	312,420
<b>NET INCOME/(EXPENDITURE)</b>					
Transfers between funds	12	<b>(15,962)</b> <b>4,650</b>	<b>10,667</b> <b>(4,650)</b>	<b>(5,295)</b> <b>-</b>	<b>(17,847)</b> <b>-</b>
<b>Net movement in funds</b>		<b>(11,312)</b>	<b>6,017</b>	<b>(5,295)</b>	<b>(17,847)</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<b>8,932</b>	<b>27,234</b>	<b>36,166</b>	54,013
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>(2,380)</b>	<b>33,251</b>	<b>30,871</b>	36,166

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

**BALANCE SHEET**  
**31 JULY 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	8	1,643	-	1,643	5,736
<b>CURRENT ASSETS</b>					
Debtors	9	618	-	618	750
Cash at bank and in hand		-	33,251	33,251	31,929
		<u>618</u>	<u>33,251</u>	<u>33,869</u>	<u>32,679</u>
<b>CREDITORS</b>					
Amounts falling due within one year	10	(4,641)	-	(4,641)	(2,249)
		<u>(4,023)</u>	<u>33,251</u>	<u>29,228</u>	<u>30,430</u>
<b>NET CURRENT ASSETS/(LIABILITIES)</b>					
		<u>(2,380)</u>	<u>33,251</u>	<u>30,871</u>	<u>36,166</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>(2,380)</u>	<u>33,251</u>	<u>30,871</u>	<u>36,166</u>
<b>NET ASSETS</b>					
		<u>(2,380)</u>	<u>33,251</u>	<u>30,871</u>	<u>36,166</u>
<b>FUNDS</b>					
Unrestricted funds	12			(2,380)	8,932
Restricted funds				33,251	27,234
				<u>30,871</u>	<u>36,166</u>
<b>TOTAL FUNDS</b>					

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 July 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

**YOU RAISE ME UP LIMITED**

**BALANCE SHEET - continued**  
**31 JULY 2025**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 15 January 2026 and were signed on its behalf by:

Ms A Field - Trustee

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 JULY 2025**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

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

**Expenditure**

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

**Tangible fixed assets**

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

Plant and machinery - 25% on cost

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

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

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

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

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**YOU RAISE ME UP LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 JULY 2025**

**2. OTHER TRADING ACTIVITIES**

	<b>2025</b>	2024
	£	£
Fundraising events	<b>26,130</b>	28,484

**3. RAISING FUNDS**

**Investment management costs**

	<b>2025</b>	2024
	£	£
Loss on sale of assets	<b>700</b>	-

**4. NET INCOME/(EXPENDITURE)**

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

	<b>2025</b>	2024
	£	£
Depreciation - owned assets	<b>1,643</b>	2,868
Deficit on disposal of fixed assets	<b>700</b>	-

**5. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 July 2025 nor for the year ended 31 July 2024.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 July 2025 nor for the year ended 31 July 2024.

**6. STAFF COSTS**

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

	<b>2025</b>	2024
Average number of staff	<b>3</b>	11

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

**7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	93,276	-	93,276
<b>Charitable activities</b>			
Charity	2,000	83,599	85,599
Other trading activities	28,484	-	28,484
Other income	87,214	-	87,214
<b>Total</b>	<b>210,974</b>	<b>83,599</b>	<b>294,573</b>

**YOU RAISE ME UP LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 JULY 2025**

**7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>EXPENDITURE ON Charitable activities</b>			
Charity	106,196	67,852	174,048
Other	138,372	-	138,372
<b>Total</b>	<u>244,568</u>	<u>67,852</u>	<u>312,420</u>
<b>NET INCOME/(EXPENDITURE)</b>	(33,594)	15,747	(17,847)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	42,526	11,487	54,013
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>8,932</u></u>	<u><u>27,234</u></u>	<u><u>36,166</u></u>

**8. TANGIBLE FIXED ASSETS**

	Plant and machinery £
<b>COST</b>	
At 1 August 2024	<b>11,472</b>
Disposals	<b>(4,900)</b>
At 31 July 2025	<u><b>6,572</b></u>
<b>DEPRECIATION</b>	
At 1 August 2024	<b>5,736</b>
Charge for year	<b>1,643</b>
Eliminated on disposal	<b>(2,450)</b>
At 31 July 2025	<u><b>4,929</b></u>
<b>NET BOOK VALUE</b>	
At 31 July 2025	<u><u><b>1,643</b></u></u>
At 31 July 2024	<u><u>5,736</u></u>

**YOU RAISE ME UP LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 JULY 2025**

**9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2025</b>	2024
	£	£
Other debtors	<b>618</b>	750

**10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2025</b>	2024
	£	£
Bank loans and overdrafts (see note 11)	<b>1,679</b>	-
Social security and other taxes	<b>202</b>	(223)
Other creditors	-	764
Accrued expenses	<b>2,760</b>	1,708
	<b>4,641</b>	2,249

**11. LOANS**

An analysis of the maturity of loans is given below:

	<b>2025</b>	2024
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<b>1,679</b>	-

**12. MOVEMENT IN FUNDS**

	At 1.8.24	Net movement	Transfers	At
	£	in funds	between	31.7.25
		£	funds	£
			£	
<b>Unrestricted funds</b>				
General fund	<b>8,932</b>	<b>(15,962)</b>	<b>4,650</b>	<b>(2,380)</b>
<b>Restricted funds</b>				
Restricted	<b>27,234</b>	<b>10,667</b>	<b>(4,650)</b>	<b>33,251</b>
<b>TOTAL FUNDS</b>	<b>36,166</b>	<b>(5,295)</b>	<b>-</b>	<b>30,871</b>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	<b>109,936</b>	<b>(125,898)</b>	<b>(15,962)</b>
<b>Restricted funds</b>			
Restricted	<b>36,451</b>	<b>(25,784)</b>	<b>10,667</b>
<b>TOTAL FUNDS</b>	<b>146,387</b>	<b>(151,682)</b>	<b>(5,295)</b>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 JULY 2025

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.8.23 £	Net movement in funds £	At 31.7.24 £
<b>Unrestricted funds</b>			
General fund	42,526	(33,594)	8,932
<b>Restricted funds</b>			
Restricted	11,487	15,747	27,234
<b>TOTAL FUNDS</b>	<u>54,013</u>	<u>(17,847)</u>	<u>36,166</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	210,974	(244,568)	(33,594)
<b>Restricted funds</b>			
Restricted	58,599	(42,852)	15,747
National Lottery Grant	25,000	(25,000)	-
	<u>83,599</u>	<u>(67,852)</u>	<u>15,747</u>
<b>TOTAL FUNDS</b>	<u>294,573</u>	<u>(312,420)</u>	<u>(17,847)</u>

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

	At 1.8.23 £	Net movement in funds £	Transfers between funds £	At 31.7.25 £
<b>Unrestricted funds</b>				
General fund	42,526	(49,556)	4,650	(2,380)
<b>Restricted funds</b>				
Restricted	11,487	26,414	(4,650)	33,251
<b>TOTAL FUNDS</b>	<u>54,013</u>	<u>(23,142)</u>	<u>-</u>	<u>30,871</u>

**YOU RAISE ME UP LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 JULY 2025**

**12. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	320,910	(370,466)	(49,556)
<b>Restricted funds</b>			
Restricted	95,050	(68,636)	26,414
National Lottery Grant	25,000	(25,000)	-
	<u>120,050</u>	<u>(93,636)</u>	<u>26,414</u>
<b>TOTAL FUNDS</b>	<u><u>440,960</u></u>	<u><u>(464,102)</u></u>	<u><u>(23,142)</u></u>

**13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 July 2025.

**YOU RAISE ME UP LIMITED**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2025**

	2025 £	2024 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	47,022	93,276
<b>Other trading activities</b>		
Fundraising events	26,130	28,484
<b>Charitable activities</b>		
Unrestricted grants	23,800	2,000
Restricted grants	36,451	83,599
	<u>60,251</u>	<u>85,599</u>
<b>Other income</b>		
Unrestricted funds	12,984	87,214
	<u>146,387</u>	<u>294,573</u>
<b>EXPENDITURE</b>		
<b>Investment management costs</b>		
Loss on sale of tangible fixed assets	700	-
<b>Charitable activities</b>		
Counselling	10,813	21,022
Helpline	2,568	12,660
	<u>13,381</u>	<u>33,682</u>
<b>Other</b>		
Wages	65,773	84,835
Social security	3,919	2,478
Pensions	401	1,277
Office Rent	3,822	24,120
Training	-	153
Travel	1,103	1,021
Fundraising events	1,761	9,809
IT costs	2,682	4,955
HR costs	2,702	2,755
Memberships	3,810	4,101
Depreciation of tangible fixed assets	1,643	2,868
	<u>87,616</u>	<u>138,372</u>
<b>Support costs</b>		
<b>Management</b>		
Wages	13,657	72,983
Social security	204	2,132
Carried forward	13,861	75,115

This page does not form part of the statutory financial statements

**YOU RAISE ME UP LIMITED****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2025**

	2025 £	2024 £
<b>Management</b>		
Brought forward	<b>13,861</b>	75,115
Pensions	-	1,099
Rates and water	<b>1,248</b>	7,069
Light and heat	<b>2,841</b>	9,487
Advertising	<b>1,282</b>	1,254
Card Machine Charges	<b>1,051</b>	-
Centre Rent	<b>10,542</b>	10,000
	<b>30,825</b>	104,024
<b>Finance</b>		
Insurance	<b>1,111</b>	1,236
Postage and stationery	<b>1,707</b>	1,427
Bank charges	<b>201</b>	389
	<b>3,019</b>	3,052
<b>Information technology</b>		
Repairs and renewals	<b>5,427</b>	8,461
Hospitality & Loyalty	-	276
	<b>5,427</b>	8,737
<b>Other</b>		
Centre Stock	<b>3,401</b>	21,147
<b>Governance costs</b>		
Professional Fees	<b>7,313</b>	3,406
Total resources expended	<b>151,682</b>	312,420
<b>Net expenditure</b>	<b>(5,295)</b>	(17,847)

This page does not form part of the statutory financial statements

**YOU RAISE ME UP LIMITED**

England & Wales - Charity number 1147534

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# Accounts

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**REGISTERED COMPANY NUMBER: 07711231 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1147534**

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2024  
FOR  
YOU RAISE ME UP LIMITED**

Dominic Hill Associates Limited  
Archer House  
Britland Estate  
Northbourne Road  
Eastbourne  
BN22 8PW

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FOR THE YEAR ENDED 31 JULY 2024**

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## **YOU RAISE ME UP LIMITED**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JULY 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 July 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

07711231 (England and Wales)

##### **Registered Charity number**

1147534

##### **Registered office**

58b High Street  
Polegate  
East Sussex  
BN26 6AD

##### **Trustees**

Ms S A Pearce (resigned 22.4.25)

Ms A Field

F Brooks (appointed 22.4.25)

Ms J Brooks (appointed 22.4.25)

##### **Independent Examiner**

Dominic Hill Associates Limited  
Archer House  
Britland Estate  
Northbourne Road  
Eastbourne  
BN22 8PW

Approved by order of the board of trustees on 30 April 2025 and signed on its behalf by:

Ms A Field - Trustee

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOU RAISE ME UP LIMITED**

### **Independent examiner's report to the trustees of You Raise Me Up Limited ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 July 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 your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no 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.

Peter D Hill FCA

Dominic Hill Associates Limited  
Archer House  
Britland Estate  
Northbourne Road  
Eastbourne  
BN22 8PW

30 April 2025

**YOU RAISE ME UP LIMITED**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2024**

	Notes	Unrestricted fund £	Restricted funds £	<b>2024 Total funds £</b>	2023 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		<b>93,276</b>	-	<b>93,276</b>	107,644
<b>Charitable activities</b>					
Charity		<b>2,000</b>	<b>83,599</b>	<b>85,599</b>	181,834
Other trading activities	2	<b>28,484</b>	-	<b>28,484</b>	15,636
Other income		<b>87,214</b>	-	<b>87,214</b>	82,266
<b>Total</b>		<b>210,974</b>	<b>83,599</b>	<b>294,573</b>	387,380
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Charity		<b>106,196</b>	<b>67,852</b>	<b>174,048</b>	271,996
Other		<b>138,372</b>	-	<b>138,372</b>	126,558
<b>Total</b>		<b>244,568</b>	<b>67,852</b>	<b>312,420</b>	398,554
<b>NET INCOME/(EXPENDITURE)</b>		<b>(33,594)</b>	<b>15,747</b>	<b>(17,847)</b>	(11,174)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<b>42,526</b>	<b>11,487</b>	<b>54,013</b>	65,187
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>8,932</b>	<b>27,234</b>	<b>36,166</b>	54,013

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

**BALANCE SHEET**  
**31 JULY 2024**

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	7	5,736	-	5,736	8,604
<b>CURRENT ASSETS</b>					
Debtors	8	750	-	750	-
Cash at bank and in hand		4,695	27,234	31,929	45,409
		<u>5,445</u>	<u>27,234</u>	<u>32,679</u>	<u>45,409</u>
<b>CREDITORS</b>					
Amounts falling due within one year	9	(2,249)	-	(2,249)	-
<b>NET CURRENT ASSETS</b>					
		<u>3,196</u>	<u>27,234</u>	<u>30,430</u>	<u>45,409</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>8,932</u>	<u>27,234</u>	<u>36,166</u>	<u>54,013</u>
<b>NET ASSETS</b>					
		<u>8,932</u>	<u>27,234</u>	<u>36,166</u>	<u>54,013</u>
<b>FUNDS</b>					
Unrestricted funds	10			8,932	42,526
Restricted funds				27,234	11,487
<b>TOTAL FUNDS</b>					
				<u>36,166</u>	<u>54,013</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 July 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

**YOU RAISE ME UP LIMITED**

**BALANCE SHEET - continued**  
**31 JULY 2024**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 30 April 2025 and were signed on its behalf by:

A Field - Trustee

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 JULY 2024**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

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

**Expenditure**

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

**Tangible fixed assets**

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

Plant and machinery - 25% on cost

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

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

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

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

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 JULY 2024

2. OTHER TRADING ACTIVITIES

	2024 £	2023 £
Fundraising events	<u>28,484</u>	<u>15,636</u>

3. NET INCOME/(EXPENDITURE)

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

	2024 £	2023 £
Depreciation - owned assets	<u>2,868</u>	<u>2,868</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 July 2024 nor for the year ended 31 July 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 July 2024 nor for the year ended 31 July 2023.

5. STAFF COSTS

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

	2024 11	2023 12
Average number of staff	<u>11</u>	<u>12</u>

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

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	107,644	-	107,644
<b>Charitable activities</b>			
Charity	76,625	105,209	181,834
Other trading activities	15,636	-	15,636
Other income	82,266	-	82,266
<b>Total</b>	<u>282,171</u>	<u>105,209</u>	<u>387,380</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charity	167,924	104,072	271,996
Other	126,558	-	126,558
<b>Total</b>	<u>294,482</u>	<u>104,072</u>	<u>398,554</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 JULY 2024

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued	Unrestricted fund £	Restricted funds £	Total funds £
NET INCOME/(EXPENDITURE)	(12,311)	1,137	(11,174)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	54,837	10,350	65,187
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>42,526</u>	<u>11,487</u>	<u>54,013</u>
<b>7. TANGIBLE FIXED ASSETS</b>			
			Plant and machinery £
<b>COST</b>			
At 1 August 2023 and 31 July 2024			<u>11,472</u>
<b>DEPRECIATION</b>			
At 1 August 2023			<u>2,868</u>
Charge for year			<u>2,868</u>
At 31 July 2024			<u>5,736</u>
<b>NET BOOK VALUE</b>			
At 31 July 2024			<u>5,736</u>
At 31 July 2023			<u>8,604</u>
<b>8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
		<b>2024</b>	2023
		£	£
Other debtors		<u>750</u>	<u>-</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 JULY 2024

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Social security and other taxes	(223)	-
Other creditors	764	-
Accrued expenses	1,708	-
	<u>2,249</u>	<u>-</u>

10. MOVEMENT IN FUNDS

	At 1.8.23 £	Net movement in funds £	At 31.7.24 £
<b>Unrestricted funds</b>			
General fund	42,526	(33,594)	8,932
<b>Restricted funds</b>			
Restricted	11,487	15,747	27,234
<b>TOTAL FUNDS</b>	<u>54,013</u>	<u>(17,847)</u>	<u>36,166</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	210,974	(244,568)	(33,594)
<b>Restricted funds</b>			
Restricted	58,599	(42,852)	15,747
National Lottery Grant	25,000	(25,000)	-
	<u>83,599</u>	<u>(67,852)</u>	<u>15,747</u>
<b>TOTAL FUNDS</b>	<u>294,573</u>	<u>(312,420)</u>	<u>(17,847)</u>

Comparatives for movement in funds

	At 1.8.22 £	Net movement in funds £	At 31.7.23 £
<b>Unrestricted funds</b>			
General fund	54,837	(12,311)	42,526
<b>Restricted funds</b>			
Restricted	10,350	1,137	11,487
<b>TOTAL FUNDS</b>	<u>65,187</u>	<u>(11,174)</u>	<u>54,013</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 JULY 2024

10. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	282,171	(294,482)	(12,311)
<b>Restricted funds</b>			
Restricted	105,209	(104,072)	1,137
<b>TOTAL FUNDS</b>	<u>387,380</u>	<u>(398,554)</u>	<u>(11,174)</u>

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

	At 1.8.22 £	Net movement in funds £	At 31.7.24 £
<b>Unrestricted funds</b>			
General fund	54,837	(45,905)	8,932
<b>Restricted funds</b>			
Restricted	10,350	16,884	27,234
<b>TOTAL FUNDS</b>	<u>65,187</u>	<u>(29,021)</u>	<u>36,166</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	493,145	(539,050)	(45,905)
<b>Restricted funds</b>			
Restricted	163,808	(146,924)	16,884
National Lottery Grant	25,000	(25,000)	-
	<u>188,808</u>	<u>(171,924)</u>	<u>16,884</u>
<b>TOTAL FUNDS</b>	<u>681,953</u>	<u>(710,974)</u>	<u>(29,021)</u>

**11. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 July 2024.

**YOU RAISE ME UP LIMITED**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2024**

	2024 £	2023 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	<b>93,276</b>	107,644
<b>Other trading activities</b>		
Fundraising events	<b>28,484</b>	15,636
<b>Charitable activities</b>		
Unrestricted grants	<b>2,000</b>	76,625
Restricted grants	<b>83,599</b>	105,209
	<b>85,599</b>	181,834
<b>Other income</b>		
Unrestricted funds	<b>87,214</b>	82,266
<b>Total incoming resources</b>	<b>294,573</b>	387,380
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Counselling	<b>21,022</b>	74,666
Funeral Costs	-	4,247
Family activities	-	1,715
Helpline	<b>12,660</b>	12,256
	<b>33,682</b>	92,884
<b>Other</b>		
Wages	<b>84,835</b>	76,871
Social security	<b>2,478</b>	-
Pensions	<b>1,277</b>	-
Office Rent	<b>24,120</b>	26,149
Training	<b>153</b>	1,227
Travel	<b>1,021</b>	1,065
Fundraising events	<b>9,809</b>	11,577
IT costs	<b>4,955</b>	2,303
HR costs	<b>2,755</b>	2,582
Memberships	<b>4,101</b>	1,916
Depreciation of tangible fixed assets	<b>2,868</b>	2,868
	<b>138,372</b>	126,558
<b>Support costs</b>		
<b>Management</b>		
Wages	<b>72,983</b>	112,856
Social security	<b>2,132</b>	-
Pensions	<b>1,099</b>	-
Carried forward	<b>76,214</b>	112,856

This page does not form part of the statutory financial statements

**YOU RAISE ME UP LIMITED**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2024**

	2024 £	2023 £
<b>Management</b>		
Brought forward	<b>76,214</b>	112,856
Rates and water	<b>7,069</b>	6,064
Light and heat	<b>9,487</b>	12,749
Advertising	<b>1,254</b>	1,848
Sundries	-	395
Centre Rent	<b>10,000</b>	10,342
	<hr/> <b>104,024</b>	<hr/> 144,254
<b>Finance</b>		
Insurance	<b>1,236</b>	937
Postage and stationery	<b>1,427</b>	1,113
Sundries	-	16
Bank charges	<b>389</b>	383
	<hr/> <b>3,052</b>	<hr/> 2,449
<b>Information technology</b>		
Repairs and renewals	<b>8,461</b>	8,677
Hospitality & Loyalty	<b>276</b>	-
	<hr/> <b>8,737</b>	<hr/> 8,677
<b>Other</b>		
Centre Stock	<b>21,147</b>	21,709
<b>Governance costs</b>		
Accountancy and legal fees	<b>3,406</b>	2,023
Total resources expended	<hr/> <b>312,420</b>	<hr/> 398,554
<b>Net expenditure</b>	<hr/> <b>(17,847)</b> <hr/>	<hr/> (11,174) <hr/>

This page does not form part of the statutory financial statements

**YOU RAISE ME UP LIMITED**

England & Wales - Charity number 1147534

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# Accounts

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**REGISTERED COMPANY NUMBER: 07711231 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1147534**

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 JULY 2023  
FOR**

**YOU RAISE ME UP LIMITED**

**Watson Associates (Professional Services) Ltd  
30-34 North Street  
Hailsham  
East Sussex  
BN27 1DW**

**YOU RAISE ME UP LIMITED**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 JULY 2023**

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Statement of Financial Activities	3
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**YOU RAISE ME UP LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 JULY 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 July 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

**INCORPORATION**

The charitable company was incorporated on 20 July 2011.

**REFERENCE AND ADMINISTRATIVE**

Registered Company Number  
07711231 (England and Wales)

Registered Charity Number 1147534

**Registered Office**

58b High Street  
Polegate  
East Sussex  
BN26 6AD

**Trustees**

Miss A Field  
Ms S A Pearce  
Mr W Scott

**Independent Examiner**

Watson Associates (Professional Services) Ltd  
30-34 North Street  
Hailsham  
East Sussex  
BN27 1DW

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing Document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**Risk Management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

**ON BEHALF OF THE BOARD:**

  
.....

Miss A Field - Trustee

Date: .....

MAVEN 31 2024

**INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES OF  
YOU RAISE ME UP LIMITED**

I report on the accounts for the year ended 31 July 2023 set out on pages three to six.

**Respective responsibilities of trustees and examiner**

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for the period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 1245(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention

**Basis of the independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 386 and 387 of the Companies Act 2006; and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting Charities

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*Watson Associates*

Watson Associates (Professional Services) Ltd  
30-34 North Street  
Hailsham  
East Sussex  
BN27 1DW

Date: 02/04/2024.....

**YOU RAISE ME UP LIMITED**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2023**

	2023 Restricted Funds	2023 Unrestricted Funds	2023 Total	2022 Restricted Funds	2022 Unrestricted Funds	2022 Total
<b>INCOMING RESOURCES</b> Incoming resources from charitable activities YRMU	Notes     105,209	282,171	387,380	161,028	205,575	366,603
<b>RESOURCES EXPENDED</b> Charitable activities YRMU	<u>(104,072)</u>	<u>(294,482)</u>	<u>(398,554)</u>	<u>(198,867)</u>	<u>(179,976)</u>	<u>378,843</u>
<b>NET INCOMING RESOURCES</b>	<u>1,137</u>	<u>(12,311)</u>	<u>(11,174)</u>	<u>(37,839)</u>	<u>25,599</u>	<u>(12,240)</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>1,137</u>	<u>(12,311)</u>	<u>(11,174)</u>	<u>(38,739)</u>	<u>25,599</u>	<u>(12,240)</u>

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

**BALANCE SHEET  
AS AT 31 JULY 2023**

	2023 Restricted Funds	2023 Unrestricted Funds	2023 Total	2022 Restricted Funds	2022 Unrestricted Funds	2022 Total
Notes						
<b>FIXED ASSETS</b>						
Tangible assets	-	8,604	8,604	-	11,472	11,472
<b>CURRENT ASSETS</b>						
Cash at bank	<u>11,487</u>	<u>33,922</u>	<u>45,409</u>	<u>10,350</u>	<u>43,365</u>	<u>53,715</u>
<b>NET CURRENT</b>	<u>11,487</u>	<u>33,922</u>	<u>45,409</u>	<u>10,350</u>	<u>54,837</u>	<u>53,715</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<u>11,487</u>	<u>33,922</u>	<u>45,409</u>	<u>10,350</u>	<u>54,837</u>	<u>65,187</u>
<b>NET ASSETS</b>	<u>11,487</u>	<u>42,526</u>	<u>54,013</u>	<u>10,350</u>	<u>54,837</u>	<u>65,187</u>
<b>FUNDS</b>						
Unrestricted	<u>11,487</u>	<u>42,526</u>	<u>54,013</u>	<u>10,350</u>	<u>54,837</u>	<u>65,187</u>
<b>TOTAL FUNDS</b>	<u>11,487</u>	<u>42,526</u>	<u>54,013</u>	<u>10,350</u>	<u>54,837</u>	<u>65,187</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 July 2023.

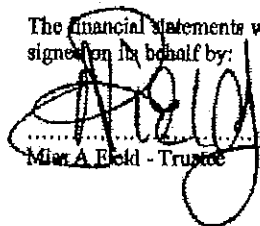
The members have not required the charitable company to obtain an audit of its financial statements for the period ended 31 July 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 286 and 287 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared with the special provision of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Trustees on 11/08/23 and were signed on its behalf by:

  
.....  
Mia A. Field - Trustee

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 JULY 2023**

**1. ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

**Incoming resources**

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

**Resources expended**

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

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

25% straight line.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

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

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

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

**2. TRUSTEES' REMUNERATION AND RELATED PARTY TRANSACTIONS**

**Trustees' expenses**

There were no trustees' expenses paid for the period ended 31 July 2023.

**3. TANGIBLE FIXED ASSETS**

**NET BOOK VALUE**

at 31 July 2023

at 31 July 2022

Plant and  
machinery etc  
£

8,604

11,472

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS – CONTINUED  
FOR THE YEAR ENDED 31 JULY 2023**

**4. MOVEMENT IN FUNDS**

	at 01.08.22		Net movement in funds	at 31.07.23
	£		£	£
<b>Unrestricted funds</b>				
General fund	54,837		(12,311)	42,526
	at 01.08.22	Income	Outgoing	at 31.07.23
	£	£	£	£
<b>Restricted funds</b>				
Beer Harris	500		(500)	-
Duke of Devonshire	2,500		(2,500)	-
Rank Foundation	600		(600)	-
Hendy	1,750		(1,750)	-
The Sussex Community	5,000	5,000	(10,000)	-
Hornity Trust		1,000	(1,000)	-
Westfield Trust		500	(500)	-
DPS		300	(300)	-
Schriener Foundation		2,000	(2,000)	-
Zurich Community Trust		11,000	(11,000)	-
The Enjoolala Foundation		6,498	(5,665)	833
The National Lottery 1		9,866	(5,376)	4,490
The National Lottery 2		50,000	(50,000)	-
Chalk Cliff		5,000	(5,000)	-
Eastbourne BC		500	(500)	-
Make a Difference Locality		700	(700)	-
MGMT		5,000	(2,200)	2,800
Focus Foundation		4,745	(2,371)	2,374
The Blakemore Foundation		100	(100)	-
Shanly Foundation		3,000	(2,010)	990
<b>TOTAL FUNDS</b>	<b>10,350</b>	<b>105,209</b>	<b>(104,072)</b>	<b>11,487</b>

**YOU RAISE ME UP LIMITED**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2023**

<b>INCOME</b>	<b>2023</b>	<b>2022</b>
Unrestricted funds	82,266	47,434
Support centre donations	42,958	53,428
Community donations	46,651	42,563
Corporate donations	18,033	5,022
Events gross	15,636	22,842
Unrestricted grants	76,625	34,286
Restricted grants	105,209	161,028
<b>Income total</b>	<b><u>387,380</u></b>	<b><u>366,603</u></b>
<b>RESOURCES EXPENDED</b>		
Counselling	74,666	69,743
Funeral costs	4,247	7,599
Family activities	1,715	9,367
Helpline	12,256	11,598
<b>SUPPORT CENTRE</b>		
Centre rent	10,342	10,300
Premises	6,064	4,755
Centre utility bills	12,749	9,980
Centre staff wages	112,856	78,940
Equipment and maintenance	8,677	8,810
Supplies	395	77
Stock	21,709	22,204
<b>OFFICE</b>		
Office rent	26,149	10,347
Office staff wages & Pensions	76,871	82,899
Sundries	16	-
Training	1,227	2,886
Travel	1,065	480
Stationery and postage	435	812
IT costs	2,303	3,244
HR costs	2,582	2,700
Printing	678	1,029
Insurance	937	6,945
Memberships	1,916	76
Accounts	2,023	2,573
Marketing	1,848	3,836
Fundraising events	11,577	23,707
Bank charges	383	72
Depreciation	2,868	3,824
<b>Total resources expended</b>	<b><u>398,554</u></b>	<b><u>378,843</u></b>
<b>Net income total</b>	<b><u>(11,174)</u></b>	<b><u>(12,240)</u></b>

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

England & Wales - Charity number 1147534

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# Accounts

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## **Trustees Annual Report**

**01/08/2021 to 31/07/2022**

**You Raise Me Up Ltd**

**Charity Number 1147534**

**58b High Street**

**Polegate**

**BN26 6AD**

### **Trustees**

**Chairman - Anne-Marie Field**

Sarah Pearce

Claire Hall

Type of Governing Document – Memorandum

How Charity is constituted – Company

Trustee Selection Method – Appointed by

### **Objectives**

1. To relieve the mental and physical sickness of persons resident in the UK suffering from bereavement or loss by the provision of counselling and support
2. To assist in the treatment and care of persons suffering from mental or physical illness of any description or in need of rehabilitation because of such illness, by the provision of facilities for work and recreation
3. To promote and protect the physical and mental health of sufferers of illness of any description in the UK through the provision of financial assistance, support, education and practical advice.
4. The relief of financial hardship, either generally or individually, of people living in the UK by making grants of money or paying for items, services or facilities connected with bereavement or loss.

### **Activities & Performance**

You Raise Me Up is a local volunteer community led charity based in Polegate.

Our sole purpose is to provide emotional and mental health support to families after the death of an adult child between the age of 16 and 25. We provide compassion, support and simply to be able to say, “we totally understand” rather than “we cannot imagine what you are going through!”

Our whole-family approach supports surviving family members and friends to work through the unimaginable grief and pain of losing a child. We support the whole family not just the parents but grandparents, siblings, cousins, aunts, uncles, and their peers.

Our support is not limited to the cause of death as with some organisations. Our support groups are open to bereaved families regardless of the age of the child or length of loss.

We are addressing the problem to lack of access to timely appropriate mental health support for families after the death of young adult aged 16-25 as a sibling or family member or friend.

To look to reduce the stigma related to depression and mental health issues. To provide earlier identification of risky, suicidal, and self-harm behaviours.

We are increasingly supporting adolescent mental health as statutory services are overwhelmed and able to provide free immediate specialist support that saves lives.

## **Our Services**

### **Nationwide 24-hour helpline:**

Our Mental Health crisis helpline it is manned by our trained professionals who have shared lived experience giving advice, support, and an empathetic ear. Those seeking help are assessed at this point for our own services as well as signposted to other support and help. We have a crisis engagement support worker who is a bereaved parent and mans the helpline

The rate of calls, texts, Facebook messages and email to this service continues to increase with over 240 contacts per month not only from newly bereaved family members, families already know to us, those bereaved months or years ago but increasing others looking for mental health support they could not find anywhere else.

### **Specialist bereavement counselling:**

Our counselling service is immediate, bespoke, specialist and free of charge to our users. Our counsellors are not just fully qualified but are bereaved parents themselves too providing their expertise at a reduced rate for the Charity.

The Counselling service we provide means that we can offer support as soon as it is needed, which can be crucial for some particularly in those early days when they are trying to come to terms with the shock of their loss.

We continue to see an increase in the demand for our services as the NHS and other organisations are stretched or suspended and unable to provide timely appropriate support.

In 2020 we provided an average of 40 sessions a month in 2021 this increased to 90 a month.

In 2022 this is now up to 155 sessions a month – an increase of 72.2% on last year.

### **Group support sessions:**

We provide 3 three-hour support groups which are free of charge to parents and siblings every month. The groups are set up with men, women, and siblings separately.

Through these sessions, families meet with others who have experienced the same loss to share thoughts and feelings, gaining emotional and moral support for all family members in a safe environment. Two counsellors lead the sessions which are held as discussion groups allowing one counsellor to give one to one support if needed.

### **Drop-in support centre:**

Our busy drop-in support centre in Polegate is a safe space for community, offering bereavement guidance, advice and somewhere to turn to helping maintain and improve the mental and emotional health of people living with bereavement and grief. Some just want a quiet place and may not say why they are there not just for a cuppa and cake. The local community use it for meetings

We also provide a signposting service within the Support Centre too to give help and advice to anyone in need with a full time member of staff who links up with other services and charities.

All the staff are mental health first aid trained.

**Respite activities:**

We organise up to 4 respite activities such as picnics, meals out, socials and a remembrance service at Christmas and visits to local attractions as a group enable families to feel “normal” and make new memories to give them strength going forward.

Attended by up to 100 people, the activities provide an opportunity for families to communicate and speak about their emotions helping the families with the grieving process. Feelings are shared that would be difficult to express to other family and friends.

In addition to our five services, we occasionally also support families with funeral costs. We set aside a small pot of unrestricted funding each year to contribute to funeral costs and hardship payments in accordance with the charity objectives.

We assess each request on a case-by-case basis and generally contribute up to £3,500 towards funerals for the poorest families. We pay the funds to the funeral directors. We support between four and six families in this way each year.

**Fundraising**

This year we have built on our Trust and Foundations fundraising and grown our Team.

We have developed relationships with funders and have been successful with Mental Health Sustainability Fund, The Shanly Foundation, Mrs. A. Lacy Trust, The Pixel Fund, The Beer Harris Trust, The Sussex Community Fund, The Sussex Crisis Fund with their Winter Recovery Fund, DHSC Suicide Prevention Fund, The Edward Gostling Foundation, The Duke of Devonshire Trust, and the National Lottery.

We are so grateful for the continued support our beneficiaries and supporters through personal donations, events, community fundraising, and corporate donations.

We were supported by several larger companies this year as their chosen charity including Zurich Community Trust. We have worked with Arnold Clark, Tesco, Asda, and Nisa through their Make a Difference campaign to raise funds for and awareness of our work.

A significant area of awareness growth has been achieved via social media with 4508 on Facebook followers. Our social media presence is increasing with our twitter and Instagram growing and now on Tik Tok too to connect with young people.

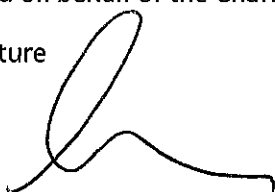
These platforms are used to promote all fundraising events alongside the website.

**Declaration**

The trustees declare that they have approved the Trustees report above

Signed on behalf of the Charity's Trustees

Signature



Sarah Pearce Position – Trustee

**REGISTERED COMPANY NUMBER: 07711231 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1147534**

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 JULY 2022  
FOR**

**YOU RAISE ME UP LIMITED**

**Watson Associates (Professional Services) Ltd  
30-34 North Street  
Hailsham  
East Sussex  
BN27 1DW**

**YOU RAISE ME UP LIMITED**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 JULY 2022**

Report of the Trustees	1
Independent Examiner's Report	2
Statement of Financial Activities	3
Balance Sheet	4
Notes to the Financial Statements	5 to 6
Detailed Statement of Financial Activities	7

**YOU RAISE ME UP LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 JULY 2022**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 July 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

**INCORPORATION**

The charitable company was incorporated on 20 July 2011.

**REFERENCE AND ADMINISTRATIVE**

**Registered Company Number**

07711231 (England and Wales)

**Registered Charity Number** 1147534

**Registered Office**

58b High Street  
Polegate  
East Sussex  
BN26 6AD

**Trustees**

Miss A Field  
Ms S A Pearce  
Mrs C Hall

**Independent Examiner**

Watson Associates (Professional Services) Ltd  
30-34 North Street  
Hailsham  
East Sussex  
BN27 1DW

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing Document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**Risk Management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

**ON BEHALF OF THE BOARD:**

  
.....  
Miss A Field - Trustee

**Date:** 1/3/2023  
.....

**INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES OF  
YOU RAISE ME UP LIMITED**

I report on the accounts for the year ended 31 July 2022 set out on pages three to six.

**Respective responsibilities of trustees and examiner**

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for the period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 1245(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention

**Basis of the independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 386 and 387 of the Companies Act 2006; and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting Charities

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*Watson Associates*

Watson Associates (Professional Services) Ltd  
30-34 North Street  
Hailsham  
East Sussex  
BN27 1DW

Date: 08.03.23

**YOU RAISE ME UP LIMITED**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2022**

	2022 Restricted Funds	2022 Unrestricted Funds	2022 Total	2021 Restricted Funds	2021 Unrestricted Funds	2021 Total
<b>INCOMING RESOURCES</b> Incoming resources from charitable activities YRMU	161,028	205,575	366,603	106,344	162,868	269,212
<b>RESOURCES EXPENDED</b> Charitable activities YRMU	<u>(198,867)</u>	<u>(179,976)</u>	<u>378,843</u>	<u>(63,174)</u>	<u>(196,312)</u>	<u>(259,486)</u>
<b>NET INCOMING RESOURCES</b>	<u>(37,839)</u>	<u>25,599</u>	<u>(12,240)</u>	<u>43,170</u>	<u>(33,444)</u>	<u>9,726</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>(37,839)</u></u>	<u><u>25,599</u></u>	<u><u>(12,240)</u></u>	<u><u>43,170</u></u>	<u><u>(33,444)</u></u>	<u><u>9,726</u></u>

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

**BALANCE SHEET  
AS AT 31 JULY 2022**

	2022 Restricted Funds	2022 Unrestricted Funds	2022 Total	2021 Restricted Funds	2021 Unrestricted Funds	2021 Total
Notes						
<b>FIXED ASSETS</b>						
Tangible assets	-	11,472	11,472	-	8,605	8,605
<b>CURRENT ASSETS</b>						
Cash at bank	10,350	43,365	53,715	48,189	20,633	68,822
<b>NET CURRENT</b>	<u>10,350</u>	<u>54,837</u>	<u>65,187</u>	<u>48,189</u>	<u>20,633</u>	<u>68,822</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<u>10,350</u>	<u>54,837</u>	<u>65,187</u>	<u>48,189</u>	<u>29,238</u>	<u>77,427</u>
<b>NET ASSETS</b>	<u>10,350</u>	<u>54,837</u>	<u>65,187</u>	<u>48,189</u>	<u>29,238</u>	<u>77,427</u>
<b>FUNDS</b>						
Unrestricted	10,350	54,837	65,187	48,189	29,238	77,427
<b>TOTAL FUNDS</b>	<u>10,350</u>	<u>54,837</u>	<u>65,187</u>	<u>48,189</u>	<u>29,238</u>	<u>77,427</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 July 2022.

The members have not required the charitable company to obtain an audit of its financial statements for the period ended 31 July 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 286 and 287 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared with the special provision of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Trustees on Mar 1 2023 and were signed on its behalf by:

  
Miss A Field - Trustee

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 JULY 2022**

**1. ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

**Incoming resources**

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

**Resources expended**

Expenditures is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

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

25% straight line.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

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

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

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

**2. TRUSTEES' REMUNERATION AND RELATED PARTY TRANSACTIONS**

**Trustees' expenses**

There were no trustees' expenses paid for the period ended 31 July 2022.

**3. TANGIBLE FIXED ASSETS**

**NET BOOK VALUE**

at 31 July 2022

at 31 July 2021

Plant and  
machinery etc  
£

11,472

8,605

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS – CONTINUED  
FOR THE YEAR ENDED 31 JULY 2022**

**4. MOVEMENT IN FUNDS**

	at 01.08.21 £	Net movement in funds £	at 31.07.22 £
<b>Unrestricted funds</b>			
General fund	<u>29,239</u>	<u>25,599</u>	<u>54,838</u>
<b>TOTAL FUNDS</b>	<u>29,239</u>	<u>25,599</u>	<u>54,838</u>

	at 01.08.21 £	Income £	Outgoing £	at 31.07.22 £
<b>Restricted funds</b>				
Zurich	-	-	-	-
Community Trust	8,169	29,042	37,211	-
Tesco	1,000	-	1,000	-
Eastbourne BC	1,000	-	1,000	-
Sussex Crisis Fund	7,020	-	7,020	-
Arnold Clark Community Fund	1,000	1,000	2,000	-
The Mount Trust	5,000	-	5,000	-
The National Lottery Community Fund	25,000	37,500	62,500	-
Voluntary Sector	-	925	925	-
Assura	-	5,000	5,000	-
Pixel	-	3,120	3,120	-
SCF Winter	-	10,000	10,000	-
Hampden Park Panel	-	1,000	1,000	-
DHSC Suicide Prevention	-	53,341	53,341	-
Shanley Trust	-	5,000	5,000	-
MADL	-	750	750	-
Hlall and Woodhouse	-	1,000	1,000	-
Beer Harris	-	500	-	500
Albert Hunt	-	3,000	3,000	-
Duke of Devonshire	-	2,500	-	2,500
Rank Foundation	-	600	-	600
Hendy	-	1,750	-	1,750
The Sussex Community	-	<u>5,000</u>	-	<u>5,000</u>
<b>TOTAL FUNDS</b>	<u>48,189</u>	<u>161,028</u>	<u>198,867</u>	<u>10,350</u>

**YOU RAISE ME UP LIMITED****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2022**

<b>INCOME</b>	<b><u>2022</u></b>	<b><u>2021</u></b>
Unrestricted funds	47,434	14,573
Support centre donations	53,428	94,321
Community donations	42,563	40,279
Corporate donations	5,022	8,479
Events gross	22,842	3,066
Unrestricted grants	34,286	-
Restricted grants	161,028	101,896
Unrestricted government grants	-	-
Restricted government grants	-	6,598
<b>Income total</b>	<b><u>366,603</u></b>	<b><u>269,212</u></b>
<b>RESOURCES EXPENDED</b>		
Counselling	69,743	48,664
Funeral costs	7,599	12,429
Family activities	9,367	680
Helpline	11,598	9,508
<b>SUPPORT CENTRE</b>		
Centre rent	10,300	11,063
Premises	4,755	4,481
Centre utility bills	9,980	8,045
Centre staff wages	78,980	50,900
Equipment and maintenance	8,810	1,708
Sundries	77	1,286
PPE	-	305
Stock	22,204	15,454
<b>OFFICE</b>		
Office rent	10,347	7,144
Office staff wages & Pensions	82,899	66,703
Sundries	-	205
Training	2,886	948
Travel	480	190
Stationery and postage	812	740
IT costs	3,244	3,154
HR costs	2,700	1,918
Printing	1,029	1,825
Insurance	6,945	859
Memberships	76	121
Accounts	2,573	661
Marketing	3,836	1,812
Fundraising events	23,707	5,785
Bank charges	72	30
Depreciation	<u>3,824</u>	<u>2,868</u>
<b>Total resources expended</b>	<b><u>378,843</u></b>	<b><u>259,486</u></b>
<b>Net income total</b>	<b><u>(12,240)</u></b>	<b><u>9,726</u></b>

The notes form part of these financial statements



**Section A Independent Examiner's Report**

<b>Report to the trustees/ members of</b>	Charity Name YOU RAISE ME UP LIMITED		
<b>On accounts for the year ended</b>	31 JULY 2022	<b>Charity no (if any)</b>	1147534
<b>Set out on pages</b>	1-2 <small>(remember to include the page numbers of additional sheets)</small>		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 July 2022.

**Responsibilities and basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

*\* Please delete the words in the brackets if they do not apply.*

<b>Signed:</b>	<i>John Males</i>	<b>Date:</b>	10.02.23
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<b>Name:</b>	John Charles Males
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<b>Relevant professional qualification(s) or body (if any):</b>	ICAEW FCA
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**Address:** 30-34 North Street  
Hailsham  
East Sussex BN27 1DW

**Section B Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

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**YOU RAISE ME UP LIMITED**

England & Wales - Charity number 1147534

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# Accounts

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**Trustees Annual Report**

**01/08/2020 to 31/07/2021**

**You Raise Me Up Ltd**

**Charity Number 1147534**

**58b High Street**

**Polegate**

**BN26 6AD**

**Trustees**

**Chairman - Anne-Marie Field**

Sarah Pearce

Claire Hall

Type of Governing Document – Memorandum

How Charity is constituted – Company

Trustee Selection Method – Appointed by

**Objectives**

1. To relieve the mental and physical sickness of persons resident in the UK suffering from bereavement or loss by the provision of counselling and support
2. To assist in the treatment and care of persons suffering from mental or physical illness of any description or in need of rehabilitation because of such illness, by the provision of facilities for work and recreation
3. To promote and protect the physical and mental health of sufferers of illness of any description in the UK through the provision of financial assistance, support, education and practical advice.
4. The relief of financial hardship, either generally or individually, of people living in the UK by making grants of money or paying for items, services or facilities connected with bereavement or loss.

**Activities & Performance**

You Raise Me Up's sole purpose is to provide emotional and mental health support to families after the death of an adult child between the age of 16 and 25. We provide compassion, support and simply to be able to say, "we totally understand" rather than "we cannot imagine what you are going through!"

Our whole-family approach supports surviving family members and friends to work through the unimaginable grief and pain of losing a child. We support the whole family not just the parents but grandparents, siblings, cousins, aunts, uncles, and their peers.

Our support is not limited to the cause of death as with some organisations. Our support groups are open to bereaved families regardless of the age of the child or length of loss.

## **Our Services**

### **Nationwide 24-hour helpline:**

Our Mental Health crisis helpline is manned by our trained professionals who have shared lived experience giving advice, support, and an empathetic ear. Those seeking help are assessed at this point for our own services as well as signposted to other support and help.

The rate of calls, texts, Facebook messages and email to this service continues to increase with over 50 contacts a week not only from newly bereaved family members, families already known to us, those bereaved months or years ago but increasing others looking for mental health support they could not find anywhere else.

### **Specialist bereavement counselling:**

Our counselling service is immediate, bespoke, specialist and free of charge to our users. Our counsellors are not just fully qualified but are bereaved parents themselves too providing their expertise at a reduced rate for the Charity.

The Counselling service we provide means that we can offer support as soon as it is needed, which can be crucial for some particularly in those early days when they are trying to come to terms with the shock of their loss.

We continue to see an increase in the demand for our services as the NHS and other organisations are stretched or suspended and unable to provide timely appropriate support.

In 2020 we provided an average of 40 sessions a month in 2021 this increased to 90 a month.

### **Group support sessions:**

We provide 3 three-hour support groups which are free of charge to parents and siblings every month. The groups are set up with men, women, and siblings separately. A group for Mothers who have lost their only child meets regularly too.

Through these sessions, families meet with others who have experienced the same loss to share thoughts and feelings, gaining emotional and moral support for all family members in a safe environment. Two counsellors lead the sessions which are held as discussion groups allowing one counsellor to give one to one support if needed.

We have been able to hold our Support Groups with the additional cost of hiring COVID premises.

### **Drop-in support centre:**

Our busy drop-in support centre in Polegate is a safe space for community, offering bereavement guidance, advice and somewhere to turn to helping maintain and improve the mental and emotional health of people living with bereavement and grief. Some just want a quiet place and may not say why they are there not just for a cuppa and cake. The local community use it for meetings

We also provide a signposting service within the Support Centre too to give help and advice to anyone in need with a full time member of staff who links up with other services and charities.

We were able to carry the necessary work to comply with COVID guidelines ready to reopen in August 2020 and though it was closed for 2 months at the start of 2021 the coffee shop continues to provide a very valuable source of donated income.

### **Respite activities:**

We were unable to have our family events this year.

In normal times we organise up to 4 respite activities such as picnics, meals out, socials and a remembrance service at Christmas and visits to local attractions as a group enable families to feel "normal" and make new memories to give them strength going forward.

Attended by up to 100 people, the activities provide an opportunity for families to communicate and speak about their emotions helping the families with the grieving process. Feelings are shared that would be difficult to express to other family and friends.

In addition to our five services, we occasionally also support families with funeral costs. We set aside a small pot of unrestricted funding each year to contribute to funeral costs and hardship payments in accordance with the charity objectives.

We assess each request on a case-by-case basis and generally contribute up to £3,500 towards funerals for the poorest families. We pay the funds to the funeral directors. We support between four and six families in this way each year.

### **Fundraising**

This year we have built on our Trust and Foundations fundraising. We have developed relationships with funders and have been successful with The Chalk Cliff Trust, The Albert Hunt Trust, The Sussex Community Fund, The Sussex Crisis Fund, The Edward Gostling Foundation, and the National Lottery. We received the local authority's emergency funding and reduced our staff costs by using the government furlough scheme.

We are so grateful for the continued support our beneficiaries and supporters through personal donations, events, community fundraising, and corporate donations.

We were supported by several larger companies this year as their chosen charity including Zurich Community Trust. We continue to be supported by many local businesses too

A significant area of awareness growth has been achieved via social media with 3500 followers on all platforms. Our social media presence is increasing with our twitter and Instagram growing too.

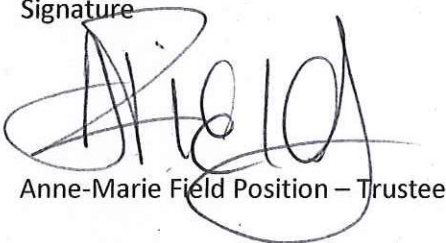
These platforms are used to promote all fundraising events alongside the website

### **Declaration**

The trustees declare that they have approved the Trustees report above

Signed on behalf of the Charity's Trustees

Signature

A handwritten signature in black ink, appearing to read 'Anne-Marie Field', written over a circular stamp or watermark.

Anne-Marie Field Position – Trustee

**REGISTERED COMPANY NUMBER: 07711231 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1147534**

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 JULY 2021  
FOR**

**YOU RAISE ME UP LIMITED**

Watson Associates (Professional Services) Ltd  
30-34 North Street  
Hailsham  
East Sussex  
BN27 1DW

**YOU RAISE ME UP LIMITED**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 JULY 2021**

Report of the Trustees	1
Independent Examiner's Report	2
Statement of Financial Activities	3
Balance Sheet	4
Notes to the Financial Statements	5 to 6
Detailed Statement of Financial Activities	7

**YOU RAISE ME UP LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 JULY 2021**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 July 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

**INCORPORATION**

The charitable company was incorporated on 20 July 2011.

**REFERENCE AND ADMINISTRATIVE**

Registered Company Number  
07711231 (England and Wales)

Registered Charity Number 1147534

**Registered Office**

58b High Street  
Polegate  
East Sussex  
BN26 6AD

**Trustees**

Mrs A J Burnett (resigned October 2019)  
Mrs L E Henty (resigned November 2020)  
Mrs N Hughes (resigned October 2020)  
Miss A Field  
Ms S A Pearce (appointed October 2020)  
Mrs C Hall (appointed November 2020)

**Independent Examiner**

Watson Associates (Professional Services) Ltd  
30-34 North Street  
Hailsham  
East Sussex  
BN27 1DW

**STRUCTURE, GOVERNANCE AND MANAGEMENT**


**Governing Document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**Risk Management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

**ON BEHALF OF THE BOARD:**

  
.....  
Miss A Field - Trustee

Date: 16/9/22

**INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES OF  
YOU RAISE ME UP LIMITED**

I report on the accounts for the year ended 31 July 2021 set out on pages three to six.

**Respective responsibilities of trustees and examiner**

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for the period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 1245(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention

**Basis of the independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 386 and 387 of the Companies Act 2006; and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting Charities

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*Watson Associates*

Watson Associates (Professional Services) Ltd  
30-34 North Street  
Hailsham  
East Sussex  
BN27 1DW

Date: 05.10.22

**YOU RAISE ME UP LIMITED**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2021**

	Notes	2021 Restricted Funds	2021 Unrestricted Funds	2021 Total	2020 Restricted Funds	2020 Unrestricted Funds	2020 Total
<b>INCOMING RESOURCES</b>							
Incoming resources from charitable activities							
YRMU		106,344	162,868	269,212	20,600	193,669	214,269
<b>RESOURCES EXPENDED</b>							
Charitable activities							
YRMU		<u>63,174</u>	<u>196,312</u>	<u>259,486</u>	<u>15,581</u>	<u>166,309</u>	<u>181,890</u>
<b>NET INCOMING RESOURCES</b>		<u>43,170</u>	<u>(33,444)</u>	<u>9,726</u>	<u>5,019</u>	<u>27,360</u>	<u>32,379</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>43,170</u>	<u>(33,444)</u>	<u>9,726</u>	<u>5,019</u>	<u>27,360</u>	<u>32,379</u>

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

**BALANCE SHEET  
AS AT 31 JULY 2021**

	2021 Restricted Funds	2021 Unrestricted Funds	2021 Total	2020 Restricted Funds	2020 Unrestricted Funds	2020 Total
Notes						
<b>FIXED ASSETS</b>						
Tangible assets	-	8,605	8,605	-	11,474	11,474
<b>CURRENT ASSETS</b>						
Cash at bank	48,189	20,633	68,822	5,019	51,209	56,228
<b>NET CURRENT</b>	<u>48,189</u>	<u>20,633</u>	<u>68,822</u>	<u>5,019</u>	<u>51,209</u>	<u>56,228</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>						
	<u>48,189</u>	<u>29,238</u>	<u>77,427</u>	<u>5,019</u>	<u>62,683</u>	<u>67,702</u>
<b>NET ASSETS</b>	<u>48,189</u>	<u>29,238</u>	<u>77,427</u>	<u>5,019</u>	<u>62,683</u>	<u>67,702</u>
<b>FUNDS</b>						
Unrestricted	48,189	29,238	77,427	5,019	62,683	67,702
<b>TOTAL FUNDS</b>	<u>48,189</u>	<u>29,238</u>	<u>77,427</u>	<u>5,019</u>	<u>62,683</u>	<u>67,702</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 July 2021.

The members have not required the charitable company to obtain an audit of its financial statements for the period ended 31 July 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 286 and 287 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared with the special provision of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Trustees on 16/9/20 and were signed on its behalf by:

Miss A Field - Trustee

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 JULY 2021**

**1. ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

**Incoming resources**

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

**Resources expended**

Expenditures is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.  
25% straight line.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

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

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

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

**2. TRUSTEES' REMUNERATION AND RELATED PARTY TRANSACTIONS**

**Trustees' expenses**

There were no trustees' expenses paid for the period ended 31 July 2021.

**3. TANGIBLE FIXED ASSETS**

**NET BOOK VALUE**

at 31 July 2021

at 31 July 2020

Plant and  
machinery etc  
£

8,605

11,474

The notes form part of these financial statements

**YOU RAISE ME UP LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS – CONTINUED  
FOR THE YEAR ENDED 31 JULY 2021**

**4. MOVEMENT IN FUNDS**

	at 01.08.20 £	Net movement in funds £	at 31.07.21 £	
<b>Unrestricted funds</b>				
General fund	62,683	(33,444)	29,239	
<b>TOTAL FUNDS</b>	<u>62,683</u>	<u>(33,444)</u>	<u>29,239</u>	
	at 01.08.20 £	Income £	Outgoing £	at 31.07.21 £
<b>Restricted funds</b>				
Sussex Community Fund	2,220	-	2,220	-
The National Lottery Awards for All Jack Jackson	2,049	-	2,049	-
	750	-	750	-
Card Factory	-	1,560	1,560	-
Zurich Community Trust	-	9,500	1,331	8,169
Tesco	-	2,000	1,000	1,000
Wealden DC	-	476	476	-
The Chalk Cliff Trust	-	5,000	5,000	-
Eastbourne BC	-	1,000	-	1,000
Sussex Crisis Fund	-	9,360	2,340	7,020
The Albert Hunt Trust	-	2,000	2,000	-
Arnold Clark Community Fund	-	1,000	-	1,000
The John Jackson Trust	-	1,500	1,500	-
The Schreier Foundation	-	2,000	2,000	-
The Mount Trust	-	5,000	-	5,000
The National Lottery Community Fund	-	25,000	-	25,000
<b>TOTAL FUNDS</b>	<u>5,019</u>	<u>106,344</u>	<u>63,174</u>	<u>48,189</u>

**YOU RAISE ME UP LIMITED**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 JULY 2021**

INCOME	<u>2021</u>	<u>2020</u>
Unrestricted funds	14,573	21,296
Support centre donations	94,321	45,489
Community donations	40,279	41,938
Corporate donations	8,479	27,196
Events gross	3,066	10,476
Unrestricted grants	-	12,200
Restricted grants	101,896	20,462
Unrestricted government grants	-	20,000
Restricted government grants	6,598	15,212
<b>Income total</b>	<u>269,212</u>	<u>214,269</u>
<b>RESOURCES EXPENDED</b>		
Counselling	48,664	22,194
Funeral costs	12,429	11,803
Family activities	680	4,660
Helpline	9,508	9,675
<b>SUPPORT CENTRE</b>		
Centre rent	11,063	6,208
Premises	4,481	5,254
Centre utility bills	8,045	9,123
Centre staff wages	50,900	35,038
Equipment	1,708	945
Sundries	1,286	65
PPE	305	139
Stock	15,454	-
<b>OFFICE</b>		
Office rent	7,144	3,473
Office staff wages & Pensions	66,703	55,753
Sundries	205	500
Training	948	3,192
Travel	190	268
Stationery and postage	740	583
IT costs	3,154	-
HR costs	1,918	-
Printing	1,825	1,649
Insurance	859	523
Memberships	121	852
Accounts	661	13
Marketing	1,812	306
Fundraising events	5,785	6,738
Bank charges	30	72
Depreciation	2,868	2,868
<b>Total resources expended</b>	<u>259,486</u>	<u>181,894</u>
<b>Net income total</b>	<u>9,726</u>	<u>32,375</u>



# Independent examiner's report on the accounts

## Section A Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
YOU RAISE ME UP LIMITED

On accounts for the year  
ended

31 JULY 2021

Charity no  
(if any)

1147534

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 July 2021.

Responsibilities and  
basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

\* Please delete the words in the brackets if they do not apply.

Signed:

*John Males*

Date: 30.12.21

Name:

John Charles Males

Relevant professional  
qualification(s) or body  
(if any):

ICAEW FCA

--

**Address:** 30-34 North Street

Hailsham

East Sussex BN27 1DW

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

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