

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 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.

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 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.

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.

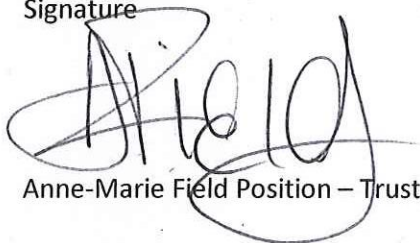
These platforms are used to promote all fundraising events alongside the website

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 'A. Field', written over a circular stamp or seal.

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**

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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
INCOMING RESOURCES							
Incoming resources from charitable activities							
YRMU		106,344	162,868	269,212	20,600	193,669	214,269
RESOURCES EXPENDED							
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>
NET INCOMING RESOURCES		<u>43,170</u>	<u>(33,444)</u>	<u>9,726</u>	<u>5,019</u>	<u>27,360</u>	<u>32,379</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>43,170</u></u>	<u><u>(33,444)</u></u>	<u><u>9,726</u></u>	<u><u>5,019</u></u>	<u><u>27,360</u></u>	<u><u>32,379</u></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						
FIXED ASSETS						
Tangible assets	-	8,605	8,605	-	11,474	11,474
CURRENT ASSETS						
Cash at bank	48,189	20,633	68,822	5,019	51,209	56,228
NET CURRENT	48,189	20,633	68,822	5,019	51,209	56,228
TOTAL ASSETS LESS CURRENT LIABILITIES	48,189	29,238	77,427	5,019	62,683	67,702
NET ASSETS	48,189	29,238	77,427	5,019	62,683	67,702
FUNDS						
Unrestricted	48,189	29,238	77,427	5,019	62,683	67,702
TOTAL FUNDS	48,189	29,238	77,427	5,019	62,683	67,702

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 16/9/22 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 £
Unrestricted funds			
General fund	62,683	(33,444)	29,239
TOTAL FUNDS	<u>62,683</u>	<u>(33,444)</u>	<u>29,239</u>

	at 01.08.20 £	Income £	Outgoing £	at 31.07.21 £
Restricted funds				
Sussex Community Fund	2,220	-	2,220	-
The National Lottery Awards for All	2,049	-	2,049	-
Jack Jackson	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
TOTAL FUNDS	<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	2021	2020
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
Income total	269,212	214,269
RESOURCES EXPENDED		
Counselling	48,664	22,194
Funeral costs	12,429	11,803
Family activities	680	4,660
Helpline	9,508	9,675
SUPPORT CENTRE		
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	-
OFFICE		
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
Total resources expended	259,486	181,894
Net income total	9,726	32,375



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

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Address: 30-34 North Street
Hailsham
East Sussex BN27 1DW

Section B	Disclosure
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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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