

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.

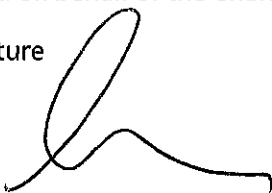
These platforms are used to promote all fundraising events alongside the website.

Declaration

The trustees declare that they have approved the Trustees report above

Signed on behalf of the Charity's Trustees

Signature

A handwritten signature in black ink, appearing to be 'Sarah Pearce', written over a horizontal line.

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**

	Notes	2022 Restricted Funds	2022 Unrestricted Funds	2022 Total	2021 Restricted Funds	2021 Unrestricted Funds	2021 Total
INCOMING RESOURCES							
Incoming resources from charitable activities							
YRMU		161,028	205,575	366,603	106,344	162,868	269,212
RESOURCES EXPENDED							
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>
NET INCOMING RESOURCES		<u>(37,839)</u>	<u>25,599</u>	<u>(12,240)</u>	<u>43,170</u>	<u>(33,444)</u>	<u>9,726</u>
TOTAL FUNDS CARRIED FORWARD		<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						
FIXED ASSETS						
Tangible assets	-	11,472	11,472	-	8,605	8,605
CURRENT ASSETS						
Cash at bank	10,350	43,365	53,715	48,189	20,633	68,822
NET CURRENT	10,350	54,837	65,187	48,189	20,633	68,822
TOTAL ASSETS LESS CURRENT LIABILITIES	10,350	54,837	65,187	48,189	29,238	77,427
NET ASSETS	10,350	54,837	65,187	48,189	29,238	77,427
FUNDS						
Unrestricted	10,350	54,837	65,187	48,189	29,238	77,427
TOTAL FUNDS	10,350	54,837	65,187	48,189	29,238	77,427

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

- 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 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 £
Unrestricted funds			
General fund	29,239	25,599	54,838
TOTAL FUNDS	<u>29,239</u>	<u>25,599</u>	<u>54,838</u>

	at 01.08.21 £	Income £	Outgoing £	at 31.07.22 £
Restricted funds				
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	-	5,000	-	5,000
TOTAL FUNDS	<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**

INCOME	<u>2022</u>	<u>2021</u>
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
Income total	<u>366,603</u>	<u>269,212</u>
RESOURCES EXPENDED		
Counselling	69,743	48,664
Funeral costs	7,599	12,429
Family activities	9,367	680
Helpline	11,598	9,508
SUPPORT CENTRE		
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
OFFICE		
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>
Total resources expended	<u>378,843</u>	<u>259,486</u>
Net income total	<u>(12,240)</u>	<u>9,726</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 2022

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 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.

Signed:

John Males

Date:

10.02.23

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.