

PANDAS FOUNDATION

England & Wales · Charity number 1149485

Details

Other names PRE AND POST NATAL DEPRESSION ADVICE AND SUPPORT

Status Registered

Legal form Charitable company

Company number [07740327](#)

Registered 2012-10-25

Register [View on the Charity Commission register](#)

Contact

Address The Fort Offices
Artillery Business Park
Oswestry
Shropshire
SY11 4AD

Phone 07788562037

Email annie.belasco@pandasfoundation.org.uk

Website www.pandasfoundation.org.uk

Activities

Objects: 4.TO PROMOTE AND PROTECT THE GOOD HEALTH OF PEOPLE AFFECTED BY PRE AND POSTNATAL ILLNESSES IN PARTICULAR BUT NOT EXCLUSIVELY BY:- A)PROVIDING SUPPORT, ASSISTANCE AND INFORMATION DIRECTLY OR INDIRECTLY TO PEOPLE AFFECTED BY PRE AND POSTNATAL ILLNESSES;B) FURTHERING AND BUILDING PRE AND POSTNATAL ILLNESS AWARENESS, EDUCATION AND RESEARCH;C)PROMOTING EFFECTIVE CARE, INVOLVEMENT AND SUPPORT FOR PEOPLE AFFECTED BY PRE AND POSTNATAL ILLNESSES.

Activities: PANDAS is the leading UK charity in supporting familie suffering from pre (antenatal) and postnatal illnesses. PANDAS vision is to support every individual and their network,suffering with perinatal mental health illnesses. We campaign to raise awareness and remove the stigma. We provide our PANDAS Help Line, Support Groups, and online advice to all and much more. We operate in England and Wales.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£432,430	£285,403	-	-
2023-12-31	£228,270	£215,951	-	-
2022-12-31	£247,490	£221,636	-	-
2021-12-31	£165,897	£162,912	-	-
2020-12-31	£110,232	£92,977	-	-

Trustees

Name	Role	Appointed
Harriet Bowley	Chair	2018-06-25
Arabella Warden Miss		2014-03-12
Catriona Watkin		2024-02-09
Charlotte Eisenhart		2024-02-16
Edwina Tate		2018-06-25
Heather Burnand		2024-01-01
Laura Jones		2024-01-23
Sharon Phillips		2022-03-01

PANDAS FOUNDATION

England & Wales - Charity number 1149485

Accounts

REGISTERED COMPANY NUMBER: 07740327 (England and Wales)
REGISTERED CHARITY NUMBER: 1149485

PANDAS FOUNDATION
(A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

PANDAS FOUNDATION

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

	Page
Reference and Administrative Details	1
Trustees' Report	2 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Statement of Financial Position	8
Notes to the Financial Statements	9 to 15

PANDAS FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2024

TRUSTEES	Mrs H Bowley Ms S Bradshaw (appointed 23.1.24) Ms H Burnand (appointed 1.1.24) Ms H Cameron (appointed 23.1.24) Ms C Eisenhart (appointed 16.2.24) Mrs L Holden (resigned 1.1.24) Ms L Jones (appointed 23.1.24) Mrs A Lavender (resigned 10.2.24) Mrs S D Phillips Ms A Sharp (appointed 1.2.24) Mrs E Tate Ms A L Warden Ms C Watkin (appointed 9.2.24)
COMPANY SECRETARY	Ms A L Warden
REGISTERED OFFICE	c/o The Fort Offices Artillery Business Park Oswestry SY11 4AD
REGISTERED COMPANY NUMBER	07740327 (England and Wales)
REGISTERED CHARITY NUMBER	1149485
INDEPENDENT EXAMINER	TCA (Shrewsbury) LLP Third Floor 21 St Mary's Street Shrewsbury Shropshire SY1 1ED

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

The Trustees present their report and the unaudited financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014 (as amended by Update Bulletin 1 published on 2 February 2016).

Trustees of the charity

The directors of the charitable company are its trustees for the purposes of charity law. The trustees who have served during the year and since the year end are set out on page 1.

OBJECTIVES AND ACTIVITIES

Objectives and aims

As stated in the Articles of Association, the objectives for which PANDAS is established for the public benefit are:

To promote and protect the good health of people affected by pre and postnatal illnesses, in particular but not exclusively by:

- Providing support, assistance and information directly or indirectly to people affected by pre and postnatal illnesses;
- Furthering and building pre and postnatal illness awareness, education and research;
- Promoting effective care, involvement and support for people affected by pre and postnatal illnesses.

PANDAS Foundation has 5 aims, all providing a variety of support mechanisms for families with pre and postnatal illnesses.

- 1) Offering five accessible support channels which individuals, families and carers can use, with the aim of receiving a reply within 72 hours for everyone who may be affected by perinatal mental health
- 2) Providing a website that provides information on depressive illnesses and how to help
- 3) Co-ordinating Support Groups for individuals, families and carers to attend to help with their recovery;
- 4) Offering an online community for individuals, families and carers to receive support from others at any time.
- 5) Offering trained and education internally and externally to people and their families, students, professionals and organisations to upskill them on their knowledge around PMH and to inform their workplace strategies going forward with PANDAS speaking events and HR toolkit.

Public benefit

All of the above activities have been undertaken with reference to the Charity Commission guidance on public benefit.

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

STRATEGIC REPORT

Achievement and performance

Charitable activities

We are delighted as Trustees of PANDAS to provide an update on the progress made by the PANDAS Foundation over the last 12 months.

Perinatal mental health is very much still an under resourced sector throughout the UK, evidenced by significant learnings taken from the MMBRACE UK report and learnings in 2023 and 2024, yet to improve, significantly noting that maternal deaths are still the number one cause of death within the first year of maternity. PANDAS Foundation provides a leading and UK wide critical role in bridging the gap between service users and the NHS for early interventional support.

We would like to thank the outgoing and incoming Board of Trustees for their support and commitment, and to thank, longstanding trustees as they leave their term served with PANDAS Foundation, contributing a huge amount of value and ambition. PANDAS Foundation welcomed six new trustees at the beginning of 2024, all experts within their own fields who without doubt have strengthened the board in all department areas.

The Chair of Trustees would also like to thank the exceptional performances of the CEO and all of the management team in what has been our most significant year to date, in terms of growth and much needed expansion.

We are extremely proud of the progress made by PANDAS since its creation in 2010 supporting more than 55,000 parents to date. Since our last report we have continued to widen our services, by adding an eight-support service in 2024, our in-house therapy which we resourced by raising vital funds for limited therapeutic workshops to benefit parents who are struggling with their perinatal mental health. This service has been extremely popular and all to date have been fully resourced with continued waiting lists. Therapeutic services are the number one most signposted resource that the Foundation suggests to service users, knowing that waiting lists are somewhat a postcode lottery throughout the UK with potentially long waiting lists.

Our CEO continues to lead the management team working together, tirelessly with an outcome to reach every parent who needs us as per our mission statement. The charity acknowledges that it is a 90% remote working model for its teams and the service users with 10% of the charity's offering being face to face group support. This model was set in 2010, prior to COVID, and has only benefited the charity, increasing productivity and reducing core costs. The management team have, as part of their communications strategy, committed to meeting twice yearly, joined by the Chair of Trustees for training for part of this. Meetings are held across two days and give an opportunity to bring to the table the charity's vision, challenges, progress, feedback and new strategies going forward to ensure that we keep working in an efficient and effective way.

We continue to offer the best possible training and development for our management team and volunteers, ensuring they are fully equipped and confident in their peer support, whilst supervised under our rigorous safeguarding repeated and updated training each year. We also aim to develop our existing strategy of reaching every community with full inclusion of race, disability and gender, ensuring we are working with other organisations who can support our signposting and education of these groups. We have been active in this, this year with our continued partnership with The Muslim community charity, The Lantern initiative, and offered the whole team training.

We have had our most diverse year in terms of our training including eight different providers with large charity operations such as Women's Aid, Relate counselling and smaller scale charities such as ND Birth, a neurodiversity charity for parents, so that we can be fully aware, upskilled and confident to support a wider audience, triggering more growth in the breadth of issues that our service users are presenting with.

PANDAS Foundation have been proud to continue and progress our work around mental health in the workplace, with multiple organisations using PANDAS Foundations training package to understand what they can do to better support employees. This instigated an invitation from the Maternal Mental Health Alliance, to the House of Lords, whereby the CEO spoke representing PANDAS Foundation to demonstrate the need, based on our experiences and what we see on the ground from parents feeling they must choose between work and being a parent.

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

Funding PANDAS Foundation and its purpose is urgent and critical, and we are grateful to our ongoing relationship with corporate partner 'Huggies' and current grant funders. PANDAS in 2024, were honoured to be recognised and to receive a significant grant by the Julia Rausing Trust. The restricted grant has supported our growth and ensured for the next three years we can make changes, implementing new provision particularly with opening more face-to-face groups in areas of deprivation in London. PANDAS Foundation are excited and positive about the future changes and expansion that we will be able to carry out to extend our support, whilst our purpose and mission statement remain a priority within the third sector supporting the perinatal health of the UK.

We are grateful to have a wide portfolio of partnerships from social media influencers that are appropriate for our audience in a non-triggering way, business partnerships and our new partner of 2024, international baby prams and equipment brand iCandy. We are delighted with our working relationships with fellow charities ongoing work, such as the Maternal Health Alliance whom we hope to strengthen our work around mental health in the workplace for parents and support organisations.

Financial review
Financial position

The charity had income of £432,430 compared to £228,270 in the prior year. 2024 has been an exceptional year for PANDAS, with a significant increase in donations and grant income. During the year, funding has also been received from NHS England to support PANDAS and its staff.

Expenditure has increased from £215,951 in 2023 to £285,403 in 2024, primarily a reflection of the investment of charity funds towards the expansion of the charity, including a new website and the appointment of a new services manager.

Reserves policy

The charitable company has £85,173 (2023: £nil) of restricted funds and £224,448 (2023: £162,594) of unrestricted funds of which £139,825 (2023: £93,200) have been designated to cover six months of running costs of the charity in the event of a decline in income.

At the year end the free reserves of the charity were therefore £84,090 (2023: £69,394) representing unrestricted funds less designated funds and fixed assets.

Going concern

After making appropriate enquiries the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Principal risks and uncertainties

The trustees assess the major risks to which the charitable company is exposed on an ongoing basis, in particular those related to the operations and finances of the charitable company. They are satisfied that systems are in place to mitigate, wherever possible, their exposure to those risks.

Future plans

Our aims for 2025 are to strengthen the charities knowledge base, enabling us to open the charity up to more service users and diversify our training offering, expanding our group offering to ensure we have presence accessibly all over the UK and to stretch our services and expand to the full capability for the charities mission. It is evident from our impact in 2024, with 75% of service users having used us for the first time, the presence, and impact is greatening for families struggling with their mental health.

We look forward to working more closely with our PANDAS teams and other organisations in the coming years to ensure PANDAS goes from strength to strength, enabling us to support more families.

PANDAS FOUNDATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

PANDAS Foundation is a charitable company limited by guarantee incorporated on 15th August 2011. The Company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles of Association. The liability of members is limited and in the event of the charitable company being wound up members may be required to contribute an amount not exceeding ten pounds. The Directors of the charitable company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees.

Recruitment and appointment of new trustees

The management of the charitable company is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. In accordance with the Articles of Association at the Annual General Meeting to be held every year one third of the Board, or if their number is not three or a multiple of three, the number nearest to one-third, shall retire from office. Members may offer themselves for re-election. The members of the Board to retire shall be those who have been longest in office since their last election or appointment.

Organisational structure

The organisation is governed by its Memorandum and Articles of Association. The Trustees making up the Board are drawn from the community served by the organisation. The Trustees have no pecuniary interest in the company and give their services voluntarily.

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of PANDAS Foundation for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trustees' report, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 31/12/25 and signed on the board's behalf by:


.....
Mrs H Bowley - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
PANDAS FOUNDATION**

Independent examiner's report to the trustees of PANDAS Foundation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 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') and the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply.

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') and under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005. In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the Charities Act 2011 and in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006.

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.

During this period, my firm has provided bookkeeping services to the charity. I am satisfied that the required protocols have been implemented in my firm to ensure my independence and that there are no matters that would impact my ability to carry out the examination in a wholly objective manner. In line with the guidance provided by the Charity Commission under CC32 Direction 2, I confirm the following:

- I am a member of one of the approved bodies because I am a member of the Institute of Chartered Accountants in England and Wales;
- There is documentary evidence in respect of the bookkeeping arrangements and that the Trustees have the necessary understanding of the bookkeeping work performed to be considered 'informed management';
- I am not the bookkeeper, nor do I report directly to the bookkeeper; and
- In carrying out my independent examination I have complied with the requirements of the Financial Reporting Council's Ethical Standard for Auditors 2024

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 and Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; 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 and Regulation 8 of the 2006 Accounts Regulations 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.

C Moelwyn-Williams

C Moelwyn-Williams FCA BSc

TCA (Shrewsbury) LLP
Third Floor
21 St Mary's Street
Shrewsbury
Shropshire
SY1 1ED

Date: *18th August 2025*

PANDAS FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		109,921	-	109,921	100,904
Charitable activities					
General		148,373	172,500	320,873	126,386
Investment income	2	<u>1,636</u>	<u>-</u>	<u>1,636</u>	<u>980</u>
Total		<u>259,930</u>	<u>172,500</u>	<u>432,430</u>	<u>228,270</u>
EXPENDITURE ON					
Raising funds		27,272	-	27,272	15,140
Charitable activities					
General		<u>170,804</u>	<u>87,327</u>	<u>258,131</u>	<u>200,811</u>
Total		<u>198,076</u>	<u>87,327</u>	<u>285,403</u>	<u>215,951</u>
NET INCOME		61,854	85,173	147,027	12,319
RECONCILIATION OF FUNDS					
Total funds brought forward		162,594	-	162,594	150,275
TOTAL FUNDS CARRIED FORWARD		<u>224,448</u>	<u>85,173</u>	<u>309,621</u>	<u>162,594</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	8	533	-	533	-
CURRENT ASSETS					
Debtors	9	13,052	-	13,052	-
Cash at bank		<u>213,151</u>	<u>85,173</u>	<u>298,324</u>	<u>164,914</u>
		226,203	85,173	311,376	164,914
CREDITORS					
Amounts falling due within one year	10	(2,288)	-	(2,288)	(2,320)
NET CURRENT ASSETS		<u>223,915</u>	<u>85,173</u>	<u>309,088</u>	<u>162,594</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>224,448</u>	<u>85,173</u>	<u>309,621</u>	<u>162,594</u>
NET ASSETS		<u>224,448</u>	<u>85,173</u>	<u>309,621</u>	<u>162,594</u>
FUNDS	11				
Unrestricted funds				224,448	162,594
Restricted funds				<u>85,173</u>	-
TOTAL FUNDS				<u>309,621</u>	<u>162,594</u>

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

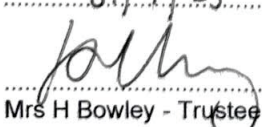
The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2024 in accordance with Section 476 of the Companies Act 2006.

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.

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 31/7/25 and were signed on its behalf by:


Mrs H Bowley - Trustee

The notes form part of these financial statements

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 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.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

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.

- Computer Equipment: 3 years 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 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.

PANDAS FOUNDATION

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

1. ACCOUNTING POLICIES - continued

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Debtors and Prepayments

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	<u>1,636</u>	<u>980</u>

3. NET INCOME/(EXPENDITURE)

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

	2024	2023
	£	£
Depreciation - owned assets	<u>266</u>	<u>-</u>

4. INDEPENDENT EXAMINERS' REMUNERATION

The Independent Examiners remuneration amounts to an Independent Examination fee of £1,512 (2023: £1,440)

5. TRUSTEES' REMUNERATION AND BENEFITS

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

PANDAS FOUNDATION

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

5. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

Trustees expenses of £154 were reimbursed for the year ended 31 December 2024 (2023: £nil)

6. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	189,570	167,197
Social security costs	12,838	10,169
Other pension costs	<u>4,134</u>	<u>1,767</u>
	<u><u>206,542</u></u>	<u><u>179,133</u></u>

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

	2024	2023
CEO	1	1
Service delivery	4	4
Business development	<u>2</u>	<u>2</u>
	<u><u>7</u></u>	<u><u>7</u></u>

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

The total remuneration and benefits paid to the key management personnel, to whom the Trustees delegate the day-to-day running of the charity was £159,363 (2023: £142,968).

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	100,904	-	100,904
Charitable activities			
General	56,386	70,000	126,386
Investment income	<u>980</u>	<u>-</u>	<u>980</u>
Total	<u><u>158,270</u></u>	<u><u>70,000</u></u>	<u><u>228,270</u></u>
EXPENDITURE ON			
Raising funds	15,140	-	15,140
Charitable activities			
General	<u>130,811</u>	<u>70,000</u>	<u>200,811</u>
Total	<u><u>145,951</u></u>	<u><u>70,000</u></u>	<u><u>215,951</u></u>
NET INCOME	12,319	-	12,319
RECONCILIATION OF FUNDS			
Total funds brought forward	150,275	-	150,275

PANDAS FOUNDATION

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

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued				
	Unrestricted funds £	Restricted funds £	Total funds £	
	<u> </u>	<u> </u>	<u> </u>	
TOTAL FUNDS CARRIED FORWARD	<u>162,594</u>	<u>-</u>	<u>162,594</u>	
8. TANGIBLE FIXED ASSETS				
			Computer equipment £	
COST				
Additions			<u>799</u>	
DEPRECIATION				
Charge for year			<u>266</u>	
NET BOOK VALUE				
At 31 December 2024			<u>533</u>	
At 31 December 2023			<u>-</u>	
9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR				
		2024 £	2023 £	
Prepayments and accrued income		<u>13,052</u>	<u>-</u>	
10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR				
		2024 £	2023 £	
Other creditors		2,034	2,320	
Social security and other taxes		<u>254</u>	<u>-</u>	
		<u>2,288</u>	<u>2,320</u>	
11. MOVEMENT IN FUNDS				
	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
General fund	69,394	61,854	(46,625)	84,623
Continuity fund	<u>93,200</u>	<u>-</u>	<u>46,625</u>	<u>139,825</u>
	162,594	61,854	-	224,448
Restricted funds				
The Julia Rausing Trust	-	73,173	-	73,173
Bristol Council	-	5,000	-	5,000
The Balcombe Charitable Trust	<u>-</u>	<u>7,000</u>	<u>-</u>	<u>7,000</u>
	<u>-</u>	<u>85,173</u>	<u>-</u>	<u>85,173</u>
TOTAL FUNDS	<u>162,594</u>	<u>147,027</u>	<u>-</u>	<u>309,621</u>

PANDAS FOUNDATION

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

11. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	259,930	(198,076)	61,854
Restricted funds			
The National Lottery Community Fund	52,500	(52,500)	-
The Julia Rausing Trust	100,000	(26,827)	73,173
Bristol Council	5,000	-	5,000
The Balcombe Charitable Trust	<u>15,000</u>	<u>(8,000)</u>	<u>7,000</u>
	<u>172,500</u>	<u>(87,327)</u>	<u>85,173</u>
TOTAL FUNDS	<u><u>432,430</u></u>	<u><u>(285,403)</u></u>	<u><u>147,027</u></u>

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	57,075	12,319	69,394
Continuity fund	<u>93,200</u>	<u>-</u>	<u>93,200</u>
	<u>150,275</u>	<u>12,319</u>	<u>162,594</u>
TOTAL FUNDS	<u><u>150,275</u></u>	<u><u>12,319</u></u>	<u><u>162,594</u></u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	158,270	(145,951)	12,319
Restricted funds			
The National Lottery Community Fund	<u>70,000</u>	<u>(70,000)</u>	<u>-</u>
TOTAL FUNDS	<u><u>228,270</u></u>	<u><u>(215,951)</u></u>	<u><u>12,319</u></u>

PANDAS FOUNDATION

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

11. MOVEMENT IN FUNDS - continued

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

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
General fund	57,075	74,173	(46,625)	84,623
Continuity fund	<u>93,200</u>	<u>-</u>	<u>46,625</u>	<u>139,825</u>
	150,275	74,173	-	224,448
Restricted funds				
The Julia Rausing Trust	-	73,173	-	73,173
Bristol Council	-	5,000	-	5,000
The Balcombe Charitable Trust	<u>-</u>	<u>7,000</u>	<u>-</u>	<u>7,000</u>
	<u>-</u>	<u>85,173</u>	<u>-</u>	<u>85,173</u>
TOTAL FUNDS	<u><u>150,275</u></u>	<u><u>159,346</u></u>	<u><u>-</u></u>	<u><u>309,621</u></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 £
Unrestricted funds			
General fund	418,200	(344,027)	74,173
Restricted funds			
The National Lottery Community Fund	122,500	(122,500)	-
The Julia Rausing Trust	100,000	(26,827)	73,173
Bristol Council	5,000	-	5,000
The Balcombe Charitable Trust	<u>15,000</u>	<u>(8,000)</u>	<u>7,000</u>
	<u>242,500</u>	<u>(157,327)</u>	<u>85,173</u>
TOTAL FUNDS	<u><u>660,700</u></u>	<u><u>(501,354)</u></u>	<u><u>159,346</u></u>

Designated Funds

Continuity Fund

In 2022, it was considered appropriate to increase the continuity fund to reflect 6 months running cost for the charity.

This is reviewed annually by the board to ensure that the amount designated remains to be an accurate reflection of 6 months running costs.

Restricted Funds

The National Lottery Community Fund

The Charity received restricted funding from The National Lottery Community Fund to support with the running costs of the Charity, including salaries, overheads, training and volunteer costs. This funding has been spent in full during the year.

PANDAS FOUNDATION

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

11. MOVEMENT IN FUNDS - continued

Bristol Council

In 2024, the Charity received restricted funding from Bristol Council for external training for Bristol parents through the local council. This continues to be an ongoing project with Bristol Council and will run into early 2025.

The Julia Rausing Trust

In 2024, the Charity received restricted funding from The Julia Rausing Trust for the expansion of PANDAS, to include the launch of new groups in underserved areas of London, new training and resource material and the recruitment of new volunteers to the charity for group opening.

The Balcombe Charitable Trust

In 2024, the Charity received restricted funding from the Balcombe Charitable Trust to support with staff costs, including salaries, staff wellbeing and training and new group openings.

12. EMPLOYEE BENEFIT OBLIGATIONS

The charity operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The pension cost charge represents contributions payable by the company to the fund and amounted to £4,134 (2023: £1,767). Contributions totalling £nil (2023: £nil) were payable to the fund at the balance sheet date.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024 (2023: £nil)

PANDAS FOUNDATION

England & Wales - Charity number 1149485

Accounts

REGISTERED COMPANY NUMBER: 07740327 (England and Wales)
REGISTERED CHARITY NUMBER: 1149485 (England and Wales)
SC051814 (Scotland)

PANDAS FOUNDATION
(A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

PANDAS FOUNDATION

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

	Page
Reference and Administrative Details	1
Trustees' Report	2 to 6
Independent Examiner's Report	7
Statement of Financial Activities	8
Statement of Financial Position	9
Notes to the Financial Statements	10 to 15

PANDAS FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2023

TRUSTEES	Mrs H Bowley Ms S Bradshaw (appointed 23.1.24) Ms H Burnand (appointed 1.1.24) Ms H Cameron (appointed 23.1.24) Ms C Eisenhart (appointed 16.2.24) Mrs L Holden (resigned 1.1.24) Ms L Jones (appointed 23.1.24) Mrs A Lavender (resigned 10.2.24) Mrs S D Phillips Ms A Sharp (appointed 1.2.24) Mrs E Tate Ms A L Warden Ms C Watkin (appointed 9.2.24)
COMPANY SECRETARY	Ms A L Warden
REGISTERED OFFICE	c/o The Fort Offices Artillery Business Park Oswestry SY11 4AD
REGISTERED COMPANY NUMBER	07740327 (England and Wales)
REGISTERED CHARITY NUMBER	1149485 (England and Wales) SC051814 (Scotland)
INDEPENDENT EXAMINER	TCA (Shrewsbury) LLP Third Floor 21 St Mary's Street Shrewsbury Shropshire SY1 1ED

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

The Trustees present their report and the unaudited financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014 (as amended by Update Bulletin 1 published on 2 February 2016).

Trustees of the charity

The directors of the charitable company are its trustees for the purposes of charity law. The trustees who have served during the year and since the year end are set out on page 1.

OBJECTIVES AND ACTIVITIES

Objectives and aims

As stated in the Articles of Association, the objectives for which PANDAS is established for the public benefit are:

To promote and protect the good health of people affected by pre and postnatal illnesses, in particular but not exclusively by:

- o Providing support, assistance and information directly or indirectly to people affected by pre and postnatal illnesses;
- o Furthering and building pre and postnatal illness awareness, education and research;
- o Promoting effective care, involvement and support for people affected by pre and postnatal illnesses.

PANDAS Foundation has 5 aims, all providing a variety of support mechanisms for families with pre and postnatal illnesses.

- 1) Offering five accessible support channels which individuals, families and carers can use, with the aim of receiving a reply within 72 hours for everyone who may be affected by perinatal mental health
- 2) Providing a website that provides information on depressive illnesses and how to help
- 3) Co-ordinating Support Groups for individuals, families and carers to attend to help with their recovery;
- 4) Offering an online community for individuals, families and carers to receive support from others at any time.
- 5) Offering trained and education internally and externally to people and their families, students, professionals and organisations to upskill them on their knowledge around PMH and to inform their workplace strategies going forward with PANDAS speaking events and HR toolkit.

Public benefit

All of the above activities have been undertaken with reference to the Charity Commission guidance on public benefit.

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

STRATEGIC REPORT

Achievement and performance

We are delighted as Trustees of PANDAS to provide an update on the progress made by the PANDAS Foundation over the last 12 months.

We would like to thank the outgoing and incoming Board of Trustees for their support and commitment, and to thank, longstanding trustees as they leave their term served with PANDAS Foundation, contributing a huge amount of value and ambition. PANDAS Foundation looks forward to the recruitment of more trustees for a larger board, to strengthen the board in all department areas as we go into the new year.

We are extremely proud of the progress made by PANDAS since its creation in 2010 supporting more than 44,000 parents to date. Since our last report we have continued to widen our services, by bringing our text service in house, and running internally ensuring that all our services, and the support received is aligned with the PANDAS model training attached to this. This was recognised by technology company Zendesk who granted PANDAS with IT support systems through their grant programmes to fund this rollout and continuous service. Providing the charity, with their desktop programme. The cost savings has reduced the ongoing running costs for PANDAS which is an ongoing concern for the charity.

Our Head of Charity continues to lead the management team working together, tirelessly with an outcome to reach every parent who needs us as per our mission statement. PANDAS Foundation has continued to progress its excellent reputation and responsibility of its offering, for parents and their networks. We continue to offer the best possible training and development for our management team and volunteers ensuring they are fully equipped and confident in their peer support, whilst supervised under our rigorous safeguarding repeated and updated training each year. We also aim to develop our existing strategy of reaching every community with full inclusion of race, disability and gender ensuring we are working with other organisations who can support our signposting and education of these groups. We have been active in this, this year with our most recent collaborations of Jewish community 'Menucha' and 'The Lantern initiative' Muslim community support for women.

During 2023, PANDAS rolled out a survey with over a thousand respondents resulting in alarming findings regarding parent and careers experiences with the NHS and their mental health, during and beyond their parental journey. Finding, 4 in 10 new parents who were offered mental health treatment through the NHS say they had to wait too long to receive it, and 76% said their conditions worsened in that time. This included intrusive thoughts, being unable to bond with their child and even suicidal thoughts.

This is evident from the rise of service users. In 2023, PANDAS has seen a 24% increase in our text service usage and a 79% increase against last year 2022 in the recruitment of volunteers for PANDAS. The ongoing recruitment has given experience, education and support for many healthcare professionals in the early stages of their careers, in turn supporting several hundreds of families over each month.

PANDAS has had to ensure that it is for filing the needs of the 'backlog' of parents waiting to see NHS teams and have produced a 'I need help' resources document to support mental health conversations with healthcare teams. This was rolled out in collaboration with Birth Trauma charity 'Make Birth Better' and has a fantastic response triggering the need for more resources to be produced for parents as communication aids. We are delighted that this work was clinically supervised by our ambassador and TV personality Dr Punam and hope to continue the relationship.

Funding PANDAS foundation and its purpose is urgent and critical, and we are grateful to our ongoing relationship with corporate partner 'Huggies' and current grant funders. Our purpose and mission statement remain a priority within the third sector supporting the perinatal health of the UK.

We know through our early intervention campaigns that the crucial need for early intervention is as pertinent as it could ever be. We have creatively developed multiple income streams over the past year, despite the cost of living, which is testimony to the support we are offering on a nationwide scale.

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

We have strategically focused on wider fundraising streams such as our 'Dropping the struggle course' which is a paid PANDAS product available to people who want to learn more about perinatal mental health and learn coping mechanisms. This has been hugely popular and we have ensured that we have been able to raise enough income to offer the option of funding some limited places for parents who are on low incomes and this will be the focus to fund much needed therapy for parents who are placed on huge lengthy wait lists, to fund therapy through PANDAS services as an ambition for an eight support service, free with no waiting list.

We know that through feedback, our HR toolkit has been a valuable and reliable resource for companies, and we are aiming to extend the publicity and accessibility of this to make a difference across all workplaces and embedded into their wellbeing policies, encouraging wellbeing for parents and, higher retention levels internally.

Continuation of funding is a key focus for PANDAS as we are being recognised and our fantastic reputation grows. Our impact reporting will be more heavily monitored by the Head of Charity so that we can analyse where the need is continuing and where change may be needed. As a remotely working team high on productivity and saving in costs, there is a need for a greater 'coming together' in person- for the management team so we can strategically plan and focus on the charities and individual department objectives as we maintain and expand our services. Longer term, due to the charities demand and success, there will be a need to discuss and potentially re position the team to ensure that we have full resource, efficiency and effectiveness across each department as we fully anticipate that our audience will continue to grow.

We look forward to working more closely with our PANDAS teams and other organisations in the coming years to ensure PANDAS goes from strength to strength enabling us to support more families.

Financial review

Financial position

The charity had income of £228,270 compared to £247,490 in the prior year. 2022 was an exceptional year for Donations and Grant funding and this has reduced slightly in 2023, resulting in an overall decrease in income when comparing to 2022 results.

Expenditure has reduced from £221,636 in 2022 to £215,951 in 2023, primarily due to savings seen in the text service costs. This saving has been offset slightly following inflationary increases seen across other Charitable costs throughout the year.

Reserves policy

The charitable company has no restricted funds and £162,594 (2022: £150,275) of unrestricted funds of which £93,200 have been designated to cover six months of running costs of the charity in the event of a decline in income.

At the year end the free reserves of the charity were therefore £69,394 (2022: £57,075) representing unrestricted funds less designated funds.

Going concern

After making appropriate enquiries the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Principal risks and uncertainties

The trustees assess the major risks to which the charitable company is exposed on an ongoing basis, in particular those related to the operations and finances of the charitable company. They are satisfied that systems are in place to mitigate, wherever possible, their exposure to those risks.

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

STRATEGIC REPORT

Future plans

The board plan to continue to work closely with our PANDAS teams and other organisations in the coming years to ensure PANDAS goes from strength to strength enabling us to support more families.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

PANDAS Foundation is a charitable company limited by guarantee incorporated on 15th August 2011. The Company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles of Association. The liability of members is limited and in the event of the charitable company being wound up members may be required to contribute an amount not exceeding ten pounds. The Directors of the charitable company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees.

Recruitment and appointment of new trustees

The management of the charitable company is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. In accordance with the Articles of Association at the Annual General Meeting to be held every year one third of the Board, or if their number is not three or a multiple of three, the number nearest to one-third, shall retire from office. Members may offer themselves for re-election. The members of the Board to retire shall be those who have been longest in office since their last election or appointment.

Organisational structure

The organisation is governed by its Memorandum and Articles of Association. The Trustees making up the Board are drawn from the community served by the organisation. The Trustees have no pecuniary interest in the company and give their services voluntarily.

PANDAS FOUNDATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of PANDAS Foundation for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trustees' report, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on ...15/08/2024..... and signed on the board's behalf by:



.....
Mrs H Bowley - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
PANDAS FOUNDATION**

Independent examiner's report to the trustees of PANDAS Foundation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act') and the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply.

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') and under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005. In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the Charities Act 2011 and in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006.

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 and Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; 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 and Regulation 8 of the 2006 Accounts Regulations 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.

C Moelwyn Williams

C Moelwyn-Williams FCA BSc

TCA (Shrewsbury) LLP
Third Floor
21 St Mary's Street
Shrewsbury
Shropshire
SY1 1ED

Date: *21st August 2024*

PANDAS FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		100,904	-	100,904	123,288
Charitable activities					
General		56,386	70,000	126,386	124,100
Investment income	2	<u>980</u>	<u>-</u>	<u>980</u>	<u>102</u>
Total		<u>158,270</u>	<u>70,000</u>	<u>228,270</u>	<u>247,490</u>
EXPENDITURE ON					
Charitable activities					
General		<u>145,951</u>	<u>70,000</u>	<u>215,951</u>	<u>221,636</u>
NET INCOME		12,319	-	12,319	25,854
RECONCILIATION OF FUNDS					
Total funds brought forward		150,275	-	150,275	124,421
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD		<u>162,594</u>	<u>-</u>	<u>162,594</u>	<u>150,275</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

PANDAS FOUNDATION (REGISTERED NUMBER: 07740327)

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
CURRENT ASSETS					
Cash at bank		164,914	-	164,914	152,711
CREDITORS					
Amounts falling due within one year	7	(2,320)	-	(2,320)	(2,436)
NET CURRENT ASSETS		<u>162,594</u>	<u>-</u>	<u>162,594</u>	<u>150,275</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>162,594</u>	<u>-</u>	<u>162,594</u>	<u>150,275</u>
NET ASSETS		<u>162,594</u>	<u>-</u>	<u>162,594</u>	<u>150,275</u>
FUNDS	8				
Unrestricted funds				<u>162,594</u>	<u>150,275</u>
TOTAL FUNDS				<u>162,594</u>	<u>150,275</u>

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 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 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.

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 15/08/2024..... and were signed on its behalf by:



.....
Mrs H Bowley - Trustee

The notes form part of these financial statements

PANDAS FOUNDATION

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

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.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

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.

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.

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

1. ACCOUNTING POLICIES - continued

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	<u>980</u>	<u>102</u>

3. INDEPENDENT EXAMINERS' REMUNERATION

The Independent Examiners remuneration amounts to an Independent Examination fee of £1,440 (2022: £1,380)

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

Trustees expenses of £nil were reimbursed for the year ended 31 December 2023 (2022: £nil)

5. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	167,197	167,806
Social security costs	10,169	10,322
Other pension costs	<u>1,767</u>	<u>-</u>
	<u>179,133</u>	<u>178,128</u>

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

	2023	2022
Charitable activities	<u>7</u>	<u>7</u>

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

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	112,688	10,600	123,288
Charitable activities			
General	124,100	-	124,100
Investment income	<u>102</u>	<u>-</u>	<u>102</u>
Total	<u>236,890</u>	<u>10,600</u>	<u>247,490</u>
EXPENDITURE ON			
Charitable activities			
General	<u>211,036</u>	<u>10,600</u>	<u>221,636</u>
NET INCOME	25,854	-	25,854
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>124,421</u>	<u>-</u>	<u>124,421</u>
TOTAL FUNDS CARRIED FORWARD	<u>150,275</u>	<u>-</u>	<u>150,275</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Other creditors	<u>2,320</u>	<u>2,436</u>

8. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	57,075	12,319	69,394
Continuity fund	<u>93,200</u>	<u>-</u>	<u>93,200</u>
	<u>150,275</u>	<u>12,319</u>	<u>162,594</u>
TOTAL FUNDS	<u>150,275</u>	<u>12,319</u>	<u>162,594</u>

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

8. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	158,270	(145,951)	12,319
Restricted funds			
The National Lottery Community Fund	70,000	(70,000)	-
	<u>228,270</u>	<u>(215,951)</u>	<u>12,319</u>
TOTAL FUNDS			

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.22 £
Unrestricted funds				
General fund	68,421	25,854	(37,200)	57,075
Continuity fund	<u>56,000</u>	<u>-</u>	<u>37,200</u>	<u>93,200</u>
	<u>124,421</u>	<u>25,854</u>	<u>-</u>	<u>150,275</u>
TOTAL FUNDS				
	<u>124,421</u>	<u>25,854</u>	<u>-</u>	<u>150,275</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	236,890	(211,036)	25,854
Restricted funds			
Helpline	10,000	(10,000)	-
Support Group	<u>600</u>	<u>(600)</u>	<u>-</u>
	<u>10,600</u>	<u>(10,600)</u>	<u>-</u>
TOTAL FUNDS			
	<u>247,490</u>	<u>(221,636)</u>	<u>25,854</u>

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

8. MOVEMENT IN FUNDS - continued

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

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
General fund	68,421	38,173	(37,200)	69,394
Continuity fund	<u>56,000</u>	<u>-</u>	<u>37,200</u>	<u>93,200</u>
	<u>124,421</u>	<u>38,173</u>	<u>-</u>	<u>162,594</u>
TOTAL FUNDS	<u><u>124,421</u></u>	<u><u>38,173</u></u>	<u><u>-</u></u>	<u><u>162,594</u></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 £
Unrestricted funds			
General fund	395,160	(356,987)	38,173
Restricted funds			
Helpline	10,000	(10,000)	-
Support Group	600	(600)	-
The National Lottery Community Fund	<u>70,000</u>	<u>(70,000)</u>	<u>-</u>
	<u>80,600</u>	<u>(80,600)</u>	<u>-</u>
TOTAL FUNDS	<u><u>475,760</u></u>	<u><u>(437,587)</u></u>	<u><u>38,173</u></u>

Designated Funds

Continuity Fund

In 2022, it was considered appropriate to increase the continuity fund to reflect 6 months running cost for the charity.

Restricted Funds

In the previous year, restricted grant funding of £10,000 was received to support the Charity with helpline costs and £600 received for support groups. This restricted income was spent in full during the prior year.

The National Lottery Community Fund

In 2023, the Charity received restricted funding from The National Lottery Community Fund to support with the running costs of the Charity, including salaries, overheads, training and volunteer costs. This funding has been spent in full during this year.

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

9. EMPLOYEE BENEFIT OBLIGATIONS

The charity operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The pension cost charge represents contributions payable by the company to the fund and amounted to £1,767 (2022: £nil). Contributions totalling £nil (2022: £nil) were payable to the fund at the balance sheet date.

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023 (2022: £nil)

PANDAS FOUNDATION

England & Wales - Charity number 1149485

Accounts

REGISTERED COMPANY NUMBER: 07740327 (England and Wales)
REGISTERED CHARITY NUMBER: 1149485 (England and Wales)
SC051814 (Scotland)

PANDAS FOUNDATION
(A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

PANDAS FOUNDATION

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

	Page
Reference and Administrative Details	1
Chair's Report	2 to 3
Trustees' Report	4 to 6
Independent Examiner's Report	7
Statement of Financial Activities	8
Statement of Financial Position	9
Notes to the Financial Statements	10 to 15

PANDAS FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2022

TRUSTEES	Mrs H Bowley Mrs L Holden Mrs S D Phillips (appointed 13.4.22) Ms A Stuart-Mills Mrs E Tate Mrs P Thakar (resigned 31.12.22) Ms A L Warden
COMPANY SECRETARY	Ms A L Warden
REGISTERED OFFICE	c/o The Fort Offices Artillery Business Park Oswestry SY11 4AD
REGISTERED COMPANY NUMBER	07740327 (England and Wales)
REGISTERED CHARITY NUMBER	1149485 (England and Wales) SC051814 (Scotland)
INDEPENDENT EXAMINER	TCA (Shrewsbury) LLP Third Floor 21 St Mary's Street Shrewsbury Shropshire SY1 1ED

PANDAS FOUNDATION

CHAIR'S REPORT **FOR THE YEAR ENDED 31 DECEMBER 2022**

We are delighted as Trustees of PANDAS to provide an update on the progress made by the PANDAS Foundation over the last 12 months.

We would like to thank the outgoing and incoming Board of Trustees for their support and commitment, the team have provided solid leadership, knowledge, and accountability over the last period of account. And we look forward to building on these strong foundations for the year to come. Trustee Board meetings are held quarterly by conference call however, Trustees are kept abreast of developments for each department and the foundation by the management team on a regular and consistent basis.

We are extremely proud of the progress made by PANDAS since its creation in 2010 supporting more than 40,000 parents to date. Since our last report we have continued to widen our services, embedding our services into the community and serviced the spectrum of issues of support we offer around parental mental health. In 2022 we hit a record number of support, offering support to 10,000 people in relation to their mental health, due to different factors triggered by the pandemic, that continue to impact parents from conception through to birth and beyond. Our reach, and demographic of audience has hugely expanded, and we have seen significant increase in the rise and demand of our support services.

Our Head of Charity continues to lead the management team working together, tirelessly with an outcome to reach every parent who needs us as per our mission statement. PANDAS Foundation has continued to progress its excellent reputation and responsibility of its offering, for parents and their networks. Our offering for Dad's has increased in its demand resulting in further recruitment for our dad's closed group. As the lock down restrictions start to ease PANDAS have been able to soft re open its group support, which is a welcome relief to those families within the communities we serve as a face-to-face offering of support.

We remain the leading 'go - to' charity for expert opinion and advice from media outlets, including Broadcast, radio and print, and regularly contribute to research studies, collaborate with other organisations and charities to ensure we are maintaining our reach and learning best practice from other providers. Due to demand for our services, we have doubled our recruitment capacity within our helpline and email team, to ensure we have no gaps or people waiting for support which has resulted in recruiting and retaining a high level of calibre of volunteer who have fantastic lived, work and academic experience to meet the needs of every parent, carer or network we support.

We continue to offer the best possible training and development for our management team and volunteers ensuring they are fully equipped and confident in their peer support, whilst supervised under our rigorous safeguarding repeated and updated training each year. We also aim to develop our existing strategy of reaching every community with full inclusion of race, disability and gender ensuring we are working with other organisations who can support our signposting and education of these groups.

We have creatively developed multiple income streams over the past year, despite the pandemic and cost of living, which is testimony to the support we are offering on a nationwide scale. We have strategically focused on wider fundraising streams such as our new 'Dropping the struggle course' which is a paid PANDAS product available to people who want to learn more about perinatal mental health and learn coping mechanisms. This has been hugely popular, and we have ensured that we have been able to raise enough income to offer the option of funding some limited places for parents who are on low incomes.

We have also gained our first major corporate partner, international healthcare brand 'Huggies' who have agreed a significant sponsorship to fund a new service that we plan to launch next year, to ensure we are providing support in every possible communication channel. Our fundraising and donors, and success of our grant applications has ensured that we have remained sustained, maintained and developed our services.

We have paid attention to our policy making and updating to ensure we are responsible and stringent on every policy that may affect our external user and our internal employee or volunteer. This included our new wellbeing policy for our biggest asset, our volunteers to ensure that our volunteers are invested in, looked after and supported.

PANDAS FOUNDATION

CHAIR'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

Our strategic focus for the 2023 period will be to continue to expand our financial income, whilst still operating on a modest income, maintaining plans to develop our grant strategy, to ensure that we don't just cover the costs of core costs, but we able to develop and amplify our charities offering to the people we support and develop the talent we have on board.

We plan to invest into our training and resources for all our teams and their support services and look at areas for significant, supportive development and expansion. We also plan on developing our employment assistance programme to educate, upskill and widen the knowledge of perinatal mental health and impacts this may have within the workplace, alongside a workshop for employers to be able to support their employees who may be impacted by perinatal mental illness.

We look forward to working more closely with our PANDAS teams and other organisations in the coming years to ensure PANDAS goes from strength to strength enabling us to support more families.

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

The Trustees present their report and the unaudited financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014 (as amended by Update Bulletin 1 published on 2 February 2016).

Trustees of the charity

The directors of the charitable company are its trustees for the purposes of charity law. The trustees who have served during the year and since the year end are set out on page 1.

OBJECTIVES AND ACTIVITIES

Objectives and aims

As stated in the Articles of Association, the objectives for which PANDAS is established for the public benefit are:

To promote and protect the good health of people affected by pre and postnatal illnesses, in particular but not exclusively by:

- o Providing support, assistance and information directly or indirectly to people affected by pre and postnatal illnesses;
- o Furthering and building pre and postnatal illness awareness, education and research;
- o Promoting effective care, involvement and support for people affected by pre and postnatal illnesses.

PANDAS Foundation has 5 aims, all providing a variety of support mechanisms for families with pre and postnatal illnesses.

- 1) Offering five accessible support channels which individuals, families and carers can use, with the aim of receiving a reply within 72 hours for everyone who may be affected by perinatal mental health
- 2) Providing a website that provides information on depressive illnesses and how to help
- 3) Co-ordinating Support Groups for individuals, families and carers to attend to help with their recovery;
- 4) Offering an online community for individuals, families and carers to receive support from others at any time.
- 5) Offering trained and education internally and externally to people and their families, students, professionals and organisations to upskill them on their knowledge around PMH and to inform their workplace strategies going forward with PANDAS speaking events and HR toolkit.

Public benefit

All of the above activities have been undertaken with reference to the Charity Commission guidance on public benefit.

STRATEGIC REPORT

Achievement and performance

See the Chair's Report on pages 2 - 3

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

STRATEGIC REPORT

Financial review

Financial position

The charity had income of £247,490 compared to £165,897 in the prior year, resulting from a greater level of Grant Income received in the year. Expenditure increased from £162,912 in the prior year to £221,636, following the recruitment of new staff and the introduction of the text support service.

Reserves policy

The charitable company has no restricted funds and £150,275 of unrestricted funds of which £93,200 have been designated for future projects. At the year end the free reserves of the charity were therefore £57,075 (2021: £68,421) representing unrestricted funds less designated funds. Six months of running costs have been designated in the event of a decline in income.

The trustees are aware of the need to ensure an appropriate level of reserve is held to support the charity into the future.

Going concern

After making appropriate enquiries the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Principal risks and uncertainties

The trustees assess the major risks to which the charitable company is exposed on an ongoing basis, in particular those related to the operations and finances of the charitable company. They are satisfied that systems are in place to mitigate, wherever possible, their exposure to those risks.

Future plans

The board plan to continue to work closely with our PANDAS teams and other organisations in the coming years to ensure PANDAS goes from strength to strength enabling us to support more families.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

PANDAS Foundation is a charitable company limited by guarantee incorporated on 15th August 2011. The Company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles of Association. The liability of members is limited and in the event of the charitable company being wound up members may be required to contribute an amount not exceeding ten pounds. The Directors of the charitable company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees.

Recruitment and appointment of new trustees

The management of the charitable company is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. In accordance with the Articles of Association at the Annual General Meeting to be held every year one third of the Board, or if their number is not three or a multiple of three, the number nearest to one-third, shall retire from office. Members may offer themselves for re-election. The members of the Board to retire shall be those who have been longest in office since their last election or appointment.

Organisational structure

The organisation is governed by its Memorandum and Articles of Association. The Trustees making up the Board are drawn from the community served by the organisation. The Trustees have no pecuniary interest in the company and give their services voluntarily.

PANDAS FOUNDATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of PANDAS Foundation for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trustees' report, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 26th September 2023 and signed on the board's behalf by:



Ms A Stuart-Mills - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
PANDAS FOUNDATION**

Independent examiner's report to the trustees of PANDAS Foundation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2022.

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') and the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply.

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') and under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005. In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the Charities Act 2011 and in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006.

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 and Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; 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 and Regulation 8 of the 2006 Accounts Regulations 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.

C Moelwyn-Williams

C Moelwyn-Williams FCA BSc

TCA (Shrewsbury) LLP
Third Floor
21 St Mary's Street
Shrewsbury
Shropshire
SY1 1ED

Date: *26 July 2023*

PANDAS FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		112,688	10,600	123,288	157,870
Charitable activities					
General		124,100	-	124,100	8,000
Investment income	2	<u>102</u>	<u>-</u>	<u>102</u>	<u>27</u>
Total		<u>236,890</u>	<u>10,600</u>	<u>247,490</u>	<u>165,897</u>
EXPENDITURE ON					
Charitable activities					
General		<u>211,036</u>	<u>10,600</u>	<u>221,636</u>	<u>162,912</u>
NET INCOME		25,854	-	25,854	2,985
RECONCILIATION OF FUNDS					
Total funds brought forward		124,421	-	124,421	121,436
TOTAL FUNDS CARRIED FORWARD		<u>150,275</u>	<u>-</u>	<u>150,275</u>	<u>124,421</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

PANDAS FOUNDATION (REGISTERED NUMBER: 07740327)

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
CURRENT ASSETS					
Cash at bank		152,711	-	152,711	126,341
CREDITORS					
Amounts falling due within one year	7	(2,436)	-	(2,436)	(1,920)
NET CURRENT ASSETS		<u>150,275</u>	<u>-</u>	<u>150,275</u>	<u>124,421</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>150,275</u>	<u>-</u>	<u>150,275</u>	<u>124,421</u>
NET ASSETS		<u>150,275</u>	<u>-</u>	<u>150,275</u>	<u>124,421</u>
FUNDS	8				
Unrestricted funds				<u>150,275</u>	<u>124,421</u>
TOTAL FUNDS				<u>150,275</u>	<u>124,421</u>

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 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 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.

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 26th September 2023 and were signed on its behalf by:



Ms A Stuart-Mills - Trustee

The notes form part of these financial statements

PANDAS FOUNDATION

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

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.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

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.

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.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

1. ACCOUNTING POLICIES - continued

Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	<u>102</u>	<u>27</u>

3. INDEPENDENT EXAMINERS' REMUNERATION

The Independent Examiners remuneration amounts to an Independent Examination fee of £1,380 (2021: £1,320)

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

Trustees' expenses

Trustees expenses of £nil were reimbursed for the year ended 31 December 2022 (2021: £nil)

5. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	<u>178,128</u>	<u>114,625</u>
	<u>178,128</u>	<u>114,625</u>

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

	2022	2021
Charitable activities	<u>7</u>	<u>4</u>

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

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	157,870	-	157,870
Charitable activities			
General	8,000	-	8,000
Investment income	<u>27</u>	<u>-</u>	<u>27</u>
Total	<u>165,897</u>	<u>-</u>	<u>165,897</u>
EXPENDITURE ON			
Charitable activities			
General	<u>162,912</u>	<u>-</u>	<u>162,912</u>
NET INCOME	2,985	-	2,985
Transfers between funds	<u>5,000</u>	<u>(5,000)</u>	<u>-</u>
Net movement in funds	7,985	(5,000)	2,985
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>116,436</u>	5,000	<u>121,436</u>
TOTAL FUNDS CARRIED FORWARD	<u>124,421</u>	<u>-</u>	<u>124,421</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Other creditors	<u>2,436</u>	<u>1,920</u>

8. MOVEMENT IN FUNDS

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.22 £
Unrestricted funds				
General fund	68,421	25,854	(37,200)	57,075
Continuity fund	<u>56,000</u>	<u>-</u>	<u>37,200</u>	<u>93,200</u>
	<u>124,421</u>	<u>25,854</u>	<u>-</u>	<u>150,275</u>
TOTAL FUNDS	<u>124,421</u>	<u>25,854</u>	<u>-</u>	<u>150,275</u>

PANDAS FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022**

8. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	236,890	(211,036)	25,854
Restricted funds			
Helpline	10,000	(10,000)	-
Support Group	600	(600)	-
	<u>10,600</u>	<u>(10,600)</u>	<u>-</u>
TOTAL FUNDS	<u>247,490</u>	<u>(221,636)</u>	<u>25,854</u>

Comparatives for movement in funds

	At 1.1.21 £	Net movement in funds £	Transfers between funds £	At 31.12.21 £
Unrestricted funds				
General fund	27,436	35,985	5,000	68,421
Website fund	18,000	(18,000)	-	-
Continuity fund	56,000	-	-	56,000
Infrastructure fund	5,000	(5,000)	-	-
Training fund	10,000	(10,000)	-	-
	116,436	2,985	5,000	124,421
Restricted funds				
Restricted	5,000	-	(5,000)	-
	<u>121,436</u>	<u>2,985</u>	<u>-</u>	<u>124,421</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	165,897	(129,912)	35,985
Website fund	-	(18,000)	(18,000)
Infrastructure fund	-	(5,000)	(5,000)
Training fund	-	(10,000)	(10,000)
	<u>165,897</u>	<u>(162,912)</u>	<u>2,985</u>
TOTAL FUNDS	<u>165,897</u>	<u>(162,912)</u>	<u>2,985</u>

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

8. MOVEMENT IN FUNDS - continued

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

	At 1.1.21 £	Net movement in funds £	Transfers between funds £	At 31.12.22 £
Unrestricted funds				
General fund	27,436	61,839	(32,200)	57,075
Website fund	18,000	(18,000)	-	-
Continuity fund	56,000	-	37,200	93,200
Infrastructure fund	5,000	(5,000)	-	-
Training fund	<u>10,000</u>	<u>(10,000)</u>	-	-
	116,436	28,839	5,000	150,275
Restricted funds				
Restricted	5,000	-	(5,000)	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>121,436</u>	<u>28,839</u>	<u>-</u>	<u>150,275</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 £
Unrestricted funds			
General fund	402,787	(340,948)	61,839
Website fund	-	(18,000)	(18,000)
Infrastructure fund	-	(5,000)	(5,000)
Training fund	<u>-</u>	<u>(10,000)</u>	<u>(10,000)</u>
	402,787	(373,948)	28,839
Restricted funds			
Helpline	10,000	(10,000)	-
Support Group	<u>600</u>	<u>(600)</u>	<u>-</u>
	<u>10,600</u>	<u>(10,600)</u>	<u>-</u>
TOTAL FUNDS	<u>413,387</u>	<u>(384,548)</u>	<u>28,839</u>

During the year, restricted grant funding of £10,000 was received to support the Charity with helpline costs and £600 received for support groups. All restricted income has been spent in full during the year.

In 2021, it was considered appropriate to increase the continuity fund to reflect a 4 month running cost for the charity.

As the organisation continues to develop, it was considered appropriate to increase the continuity fund to more accurately reflect 6 months running costs for the charity and so this fund has been increased accordingly.

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2022 (2021: £nil)

PANDAS FOUNDATION

England & Wales - Charity number 1149485

Accounts

REGISTERED COMPANY NUMBER: 07740327 (England and Wales)
REGISTERED CHARITY NUMBER: 1149485

PANDAS FOUNDATION
(A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

PANDAS FOUNDATION

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

	Page
Reference and Administrative Details	1
Chair's Report	2 to 3
Trustees' Report	4 to 7
Independent Examiner's Report	8
Statement of Financial Activities	9
Statement of Financial Position	10
Notes to the Financial Statements	11 to 15

PANDAS FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2021

TRUSTEES	Mrs H Bowley Ms A Stuart-Mills Mrs E Tate Ms A L Warden Mrs P Thakar (appointed 11.5.21) Mrs L Holden (appointed 11.5.21) Mrs S D Phillips (appointed 13.4.22)
COMPANY SECRETARY	Ms A L Warden
REGISTERED OFFICE	c/o The Fort Offices Artillery Business Park Oswestry SY11 4AD
REGISTERED COMPANY NUMBER	07740327 (England and Wales)
REGISTERED CHARITY NUMBER	1149485
INDEPENDENT EXAMINER	TCA (Shrewsbury) LLP Third Floor 21 St Mary's Street Shrewsbury Shropshire SY1 1ED

PANDAS FOUNDATION

CHAIR'S REPORT **FOR THE YEAR ENDED 31 DECEMBER 2021**

We are delighted as Trustees of PANDAS to provide an update on the progress made by the PANDAS Foundation over the last 12 months.

We would like to thank the outgoing and incoming Board of Trustees for their support and commitment, the team have provided solid leadership, knowledge and accountability over the last period of account. And we look forward to building on these strong foundations for the year to come. Trustee Board meetings are held quarterly by conference call however, Trustees are kept abreast of developments for each department and the foundation as a whole by the management team on a regular and consistent basis.

We are extremely proud of the progress made by PANDAS since its creation in 2010 supporting in excess of 40,000 parents to date. Since our last report we have continued to widen our services, embedding our services into the community and serviced the spectrum of issues of support we offer around parental mental health. Due to different factors triggered by the pandemic, that continue to impact parents from conception through to birth and beyond. Our reach, and demographic of audience has hugely expanded and we have seen significant increase in the rise and demand of our support services.

Our Head of Charity continues to lead the management team working together, tirelessly with an outcome to reach every parent who needs us as per our mission statement. PANDAS Foundation has continued to progress its excellent reputation and responsibility of its offering, for parents and their networks. Our offering for Dads has increased in its demand resulting in further recruitment for our dad's closed group. As the lock down restrictions start to ease PANDAS have been able to soft re open its group support, which is a welcome relief to those families within the communities we serve as a face-to-face offering of support.

We still remain the leading 'go - to' charity for expert opinion and advice from media outlets, including Broadcast, radio and print, and regularly contribute to research studies, collaborate with other organisations and charities to ensure we are maintaining our reach and learning best practice from other providers. Due to demand for our services, we have doubled our recruitment capacity within our helpline and email team, to ensure we have no gaps or people waiting for support which has resulted in recruiting and retaining a high level of calibre of volunteer who have fantastic lived, work and academic experience to meet the needs of every parent, carer or network we support.

We continue to offer the best possible training and development for our management team and volunteers ensuring they are fully equipped and confident in their peer support, whilst supervised under our rigorous safeguarding repeated and updated training each year. We also aim to develop our existing strategy of reaching every community with full inclusion of race, disability and gender ensuring we are working with other organisations who can support our signposting and education of these groups.

We have creatively developed multiple income streams over the past year, despite the pandemic and cost of living, which is testimony to the support we are offering on a nationwide scale. We have strategically focused on wider fundraising streams such as our new 'Dropping the struggle course' which is a paid PANDAS product available to people who want to learn more about perinatal mental health, and learn coping mechanisms. This has been hugely popular and we have ensured that we have been able to raise enough income to offer the option of funding some limited places for parents who are on low incomes.

We have also gained our first major corporate partner, international healthcare brand 'Huggies' who have agreed a significant sponsorship to fund a new service that we plan to launch next year, to ensure we are providing support in every possible communication channel. Our fundraising and donors, and success of our grant applications has ensured that we have remained sustained, maintained and developed our services.

With the above development of income streams, the Trustee board made the decision in June 2021 to transfer the management team of 7 from self-contracting roles to PAYE contracted roles, formally offering paid charity led employment for the first time. Offering reward, engagement but most importantly offering security resulting in high retention for our dedicated and excellent teams. Whilst this has had a significant cost added to our charities core costs but we believe that our people that are now employed deserve the security of a paid contracted role to ensure we continue to develop our charity and invest into our volunteers. We have successfully managed to fund this through our fundraising streams.

PANDAS FOUNDATION

CHAIR'S REPORT **FOR THE YEAR ENDED 31 DECEMBER 2021**

We have paid attention to our policy making and updating to ensure we are responsible and stringent on every policy that may affect our external user and our internal employee or volunteer. This included our new wellbeing policy for our biggest asset, our volunteers to ensure that our volunteers are invested in, looked after and supported.

Our strategic focus for the 2022 period will be to continue to expand our financial income, whilst still operating on a modest income, maintaining plans to develop our grant strategy, to ensure that we don't just cover the costs of core costs, but we able to develop and amplify our charities offering to the people we support and develop the talent we have on board.

We plan to invest into our training and resources for all of our teams and their support services and look at areas for significant, supportive development and expansion. We also plan on developing our employment assistance programme to educate, upskill and widen the knowledge of perinatal mental health and impacts this may have within the work place, alongside a workshop for employers to be able to support their employees who may be impacted by perinatal mental illness.

Focusing on IT into 2022 is a key focus for PANDAS, as IT is at the heart of our daily operations for the majority of the services we deliver. PANDAS plans to develop our IT and systems operations, to ensure that we have the best possible IT led service with suitable and accessible functionality for its service users.

We look forward to working more closely with our PANDAS teams and other organisations in the coming years to ensure PANDAS goes from strength to strength enabling us to support more families.

PANDAS FOUNDATION

TRUSTEES' REPORT **FOR THE YEAR ENDED 31 DECEMBER 2021**

The Trustees present their report and the unaudited financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014 (as amended by Update Bulletin 1 published on 2 February 2016).

Trustees of the charity

The directors of the charitable company are its trustees for the purposes of charity law. The trustees who have served during the year and since the year end are set out on page 1.

OBJECTIVES AND ACTIVITIES

Objectives and aims

As stated in the Articles of Association, the objectives for which PANDAS is established for the public benefit are:

To promote and protect the good health of people affected by pre and postnatal illnesses, in particular but not exclusively by:

- o Providing support, assistance and information directly or indirectly to people affected by pre and postnatal illnesses;
- o Furthering and building pre and postnatal illness awareness, education and research;
- o Promoting effective care, involvement and support for people affected by pre and postnatal illnesses.

PANDAS Foundation has 6 aims, all providing a variety of support mechanisms for families with pre and postnatal illnesses.

- 1) Offering email support which individuals, families and carers can use, with the aim of receiving a reply within 48 hours;
- 2) Providing a website that provides information on depressive illnesses and how to help;
- 3) Running a dedicated helpline for individuals, families and carers affected by pre or postnatal mental health;
- 4) Co-ordinating Support Groups for individuals, families and carers to attend to help with their recovery;
- 5) Releasing publications accessible as a download from the website, and
- 6) Offering an online community for individuals, families and carers to receive support from others at any time.

Public benefit

All of the above activities have been undertaken with reference to the Charity Commission guidance on public benefit.

STRATEGIC REPORT

Achievement and performance

See the Chair's Report on pages 2 - 3

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021.

STRATEGIC REPORT

Financial review

Financial position

The charity had income of £165,897 compared to £110,232 in the prior year. Expenditure increased from £92,977 in the prior year to £162,912, which is due to almost a full year of employment for the charity's new staff.

Reserves policy

The charitable company has no restricted funds and £124,421 of unrestricted funds of which £56,000 have been designated for future projects. At the year end the free reserves of the charity were therefore £68,421 (2020: £27,436) representing unrestricted funds less those designated for future use.

The trustees are aware of the need to ensure an appropriate level of reserve is held to support the charity into the future.

Going concern

After making appropriate enquiries the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Principal risks and uncertainties

The trustees assess the major risks to which the charitable company is exposed on an ongoing basis, in particular those related to the operations and finances of the charitable company. They are satisfied that systems are in place to mitigate, wherever possible, their exposure to those risks.

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

STRATEGIC REPORT

Future plans

The board plan to continue to work closely with our PANDAS teams and other organisations in the coming years to ensure PANDAS goes from strength to strength enabling us to support more families.

Response to COVID19

PANDAS Foundation have seen a significant increase in the number of parents from conception through to birth and beyond struggling with their perinatal mental illness.

Suicide is still the number one cause of death within the first year of maternity. During March 2020 to March 2021, our helpline demand increased by 240%.

We have extended the expertise within our management team, utilised the knowledge on the ground from our CAB board, and amended our fundraising strategy for our foundation, successfully sustaining our charity.

Whilst the communication and support provided by the NHS and organisations supporting parents such as the crisis teams and perinatal mental remains in place the communication has changed, therefore the rates of high-risk safe guarding cases are rising. Whilst we act as an early intervention support for the NHS, we have responded to the national pandemic by adapting our helpline times running until 10pm at night to ensure every parent has the privacy and space to contact us at the end of a busy day, predominantly at home. We have also doubled our recruitment - upskilled current volunteers and ensuring that every person with lived experience and or academic experience has the opportunity to access the best training we can provide so that their knowledge is only extended and updated.

We have ensured by doing this, that we now have complete coverage of the helpline. This is now our backbone of support as the majority of our groups are on hold due to social distancing and government legislation.

Our group support model has also amended to reach every parent who would normally utilise our group support as a coping mechanism for their perinatal mental illness. We are offering a limited and government guideline - pending advice on group support with a maximum of six participants. We have adapted our group model to offer zoom support group sessions to offer an alternative to face to face groups at this moment in time.

Our media presence has significantly amplified with key prime time air time on national news, radio and day time talk shows highlighting the crucial need for our services.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

PANDAS Foundation is a charitable company limited by guarantee incorporated on 15th August 2011. The Company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles of Association. The liability of members is limited and in the event of the charitable company being wound up members may be required to contribute an amount not exceeding ten pounds. The Directors of the charitable company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees.

Recruitment and appointment of new trustees

The management of the charitable company is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. In accordance with the Articles of Association at the Annual General Meeting to be held every year one third of the Board, or if their number is not three or a multiple of three, the number nearest to one-third, shall retire from office. Members may offer themselves for re-election. The members of the Board to retire shall be those who have been longest in office since their last election or appointment.

Organisational structure

The organisation is governed by its Memorandum and Articles of Association. The Trustees making up the Board are drawn from the community served by the organisation. The Trustees have no pecuniary interest in the company and give their services voluntarily.

PANDAS FOUNDATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of PANDAS Foundation for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trustees' report, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on15/05/2022..... and signed on the board's behalf by:


.....
Ms A Stuart-Mills - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
PANDAS FOUNDATION**

Independent examiner's report to the trustees of PANDAS Foundation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2021.

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.

C Moelwyn-Williams

C Moelwyn-Williams
FCA BSc
TCA (Shrewsbury) LLP
Third Floor
21 St Mary's Street
Shrewsbury
Shropshire
SY1 1ED

Date: *2nd September 2022*

PANDAS FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted funds £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		157,870	-	157,870	110,172
Charitable activities					
General		8,000	-	8,000	-
Investment income	2	<u>27</u>	<u>-</u>	<u>27</u>	<u>60</u>
Total		165,897	-	165,897	110,232
EXPENDITURE ON					
Charitable activities					
General		162,912	-	162,912	92,977
NET INCOME					
		2,985	-	2,985	17,255
Transfers between funds	8	<u>5,000</u>	<u>(5,000)</u>	<u>-</u>	<u>-</u>
Net movement in funds		7,985	(5,000)	2,985	17,255
RECONCILIATION OF FUNDS					
Total funds brought forward		116,436	5,000	121,436	104,181
TOTAL FUNDS CARRIED FORWARD		<u>124,421</u>	<u>-</u>	<u>124,421</u>	<u>121,436</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

PANDAS FOUNDATION (REGISTERED NUMBER: 07740327)

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2021

	Notes	Unrestricted funds £	Restricted fund £	2021 Total funds £	2020 Total funds £
CURRENT ASSETS					
Cash at bank		126,341	-	126,341	124,472
CREDITORS					
Amounts falling due within one year	7	(1,920)	-	(1,920)	(3,036)
NET CURRENT ASSETS		<u>124,421</u>	<u>-</u>	<u>124,421</u>	<u>121,436</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>124,421</u>	<u>-</u>	<u>124,421</u>	<u>121,436</u>
NET ASSETS		<u>124,421</u>	<u>-</u>	<u>124,421</u>	<u>121,436</u>
FUNDS	8				
Unrestricted funds				68,421	27,436
Designated funds				56,000	89,000
Restricted funds				-	5,000
TOTAL FUNDS				<u>124,421</u>	<u>121,436</u>

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

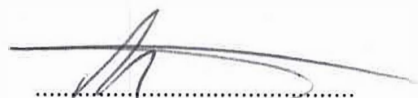
The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 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 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 15/03/2022 and were signed on its behalf by:


.....
Ms A Stuart-Mills - Trustee

The notes form part of these financial statements

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

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.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

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.

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.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

2. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	<u>27</u>	<u>60</u>

3. INDEPENDENT EXAMINERS' REMUNERATION

The Independent Examiners remuneration amounts to an Independent Examination fee of £1,302 (2020: £1,200)

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

Trustees' expenses

Trustees expenses of £nil were reimbursed for the year ended 31 December 2021 (2020: £nil)

5. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	<u>114,625</u>	<u>31,221</u>
	<u>114,625</u>	<u>31,221</u>

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

	2021	2020
Charitable activities	<u>4</u>	<u>1</u>

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

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted fund	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	110,172	-	110,172
Investment income	<u>60</u>	<u>-</u>	<u>60</u>
Total	110,232	-	110,232
 EXPENDITURE ON			
Charitable activities			
General	<u>87,977</u>	<u>5,000</u>	<u>92,977</u>
NET INCOME/(EXPENDITURE)	22,255	(5,000)	17,255
 RECONCILIATION OF FUNDS			
Total funds brought forward	94,181	10,000	104,181

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued	Unrestricted funds £	Restricted fund £	Total funds £
TOTAL FUNDS CARRIED FORWARD	<u>116,436</u>	<u>5,000</u>	<u>121,436</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2021 £	2020 £
Other creditors	<u>1,920</u>	<u>3,036</u>

8. MOVEMENT IN FUNDS	At 1.1.21 £	Net movement in funds £	Transfers between funds £	At 31.12.21 £
Unrestricted funds				
General fund	27,436	35,985	5,000	68,421
Website fund	18,000	(18,000)	-	-
Continuity fund	56,000	-	-	56,000
Infrastructure fund	5,000	(5,000)	-	-
Training fund	<u>10,000</u>	<u>(10,000)</u>	-	-
	116,436	2,985	5,000	124,421
Restricted funds				
Restricted	5,000	-	(5,000)	-
TOTAL FUNDS	<u>121,436</u>	<u>2,985</u>	<u>-</u>	<u>124,421</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	165,897	(129,912)	35,985
Website fund	-	(18,000)	(18,000)
Infrastructure fund	-	(5,000)	(5,000)
Training fund	<u>-</u>	<u>(10,000)</u>	<u>(10,000)</u>
	<u>165,897</u>	<u>(162,912)</u>	<u>2,985</u>
TOTAL FUNDS	<u>165,897</u>	<u>(162,912)</u>	<u>2,985</u>

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.20 £	Net movement in funds £	Transfers between funds £	At 31.12.20 £
Unrestricted funds				
General fund	46,181	22,255	(41,000)	27,436
Website fund	18,000	-	-	18,000
Continuity fund	15,000	-	41,000	56,000
Infrastructure fund	5,000	-	-	5,000
Training fund	<u>10,000</u>	<u>-</u>	<u>-</u>	<u>10,000</u>
	94,181	22,255	-	116,436
Restricted funds				
Restricted	10,000	(5,000)	-	5,000
	<u>104,181</u>	<u>17,255</u>	<u>-</u>	<u>121,436</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	110,232	(87,977)	22,255
Restricted funds			
Restricted	-	(5,000)	(5,000)
	<u>110,232</u>	<u>(92,977)</u>	<u>17,255</u>

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

	At 1.1.20 £	Net movement in funds £	Transfers between funds £	At 31.12.21 £
Unrestricted funds				
General fund	46,181	58,240	(36,000)	68,421
Website fund	18,000	(18,000)	-	-
Continuity fund	15,000	-	41,000	56,000
Infrastructure fund	5,000	(5,000)	-	-
Training fund	<u>10,000</u>	<u>(10,000)</u>	<u>-</u>	<u>-</u>
	94,181	25,240	5,000	124,421
Restricted funds				
Restricted	10,000	(5,000)	(5,000)	-
	<u>104,181</u>	<u>20,240</u>	<u>-</u>	<u>124,421</u>

PANDAS FOUNDATION

England & Wales - Charity number 1149485

Accounts

REGISTERED COMPANY NUMBER: 07740327 (England and Wales)
REGISTERED CHARITY NUMBER: 1149485

PANDAS FOUNDATION
(A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

PANDAS FOUNDATION

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

	Page
Reference and Administrative Details	1
Chair's Report	2 to 3
Trustees' Report	4 to 7
Independent Examiner's Report	8
Statement of Financial Activities	9
Statement of Financial Position	10
Notes to the Financial Statements	11 to 16
Detailed Statement of Financial Activities	17

PANDAS FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2020

TRUSTEES	Mrs H Bowley Ms A Stuart-Mills Mrs E Tate Ms A L Warden Mrs P Thakar (appointed 11.5.21) Mrs L Holden (appointed 11.5.21)
COMPANY SECRETARY	Ms A L Warden
REGISTERED OFFICE	c/o The Fort Offices Artillery Business Park Oswestry SY11 4AD
REGISTERED COMPANY NUMBER	07740327 (England and Wales)
REGISTERED CHARITY NUMBER	1149485
INDEPENDENT EXAMINER	TCA (Shrewsbury) LLP 4 Claremont Bank Shrewsbury Shropshire SY1 1RW

PANDAS FOUNDATION
CHAIR'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

We are delighted as Trustees of PANDAS to provide an update on the progress made by the PANDAS Foundation over the last 12 months.

We would like to thank the outgoing and incoming Board of Trustees for their support and commitment, the team have provided solid leadership, knowledge and accountability over the last period of account. And we look forward to building on these strong foundations for the year to come. Trustee Board meetings are held quarterly by conference call however, Trustees are kept abreast of everyday development for each department and the foundation as a whole by the management team on a regular and consistent basis.

We are extremely proud of the progress made by PANDAS since its creation in 2010 supporting in excess of 40,000 parents to date.

Since our last report we re- strategized due to the global pandemic, focusing on continuous support and including additional support for our parents through three lockdowns and circumstances which dramatically affected parents' experiences from conception through to birth and beyond.

During the Autumn of 2020, we relaunched and re branded PANDAS kindly funded by a generous donor trust foundation. This has allowed us to have an updated, clearer and more detailed information signposting service for all parents, evidently increasing engagement for PANDAS presence.

Our Head of Charity continues to lead the management team working together, tirelessly with an outcome to reach every parent who needs us as per our mission statement. We saw a rise in calls to our free helpline by 240% from March 2020- March 2021 which is testimony to the extent and quality of support provided by PANDAS teams and its volunteers.

PANDAS Foundation has had consistent positive national press attention via press and TV broadcast highlighting its services and ultimately bridging the gap for parents who cannot access the support due to the over stretched and under resourced NHS.

Over the past year focus has been shifted on our business model and developing multiple income streams for the charity to further expand and to sustain the work and support that is provided. Including the introductions of media packs, refreshed funding KPI targets and working with external financial partners to develop our grant application strategy.

The ongoing generous funding from our donors has allowed us to create two new roles of Fundraising Manager and Social media manager, to work in a collaborative way to humanise the fundraising and parents lived experience, increasingly working on highlighting the key challenges for parents facing a perinatal mental illness.

During 2020 we have increased our volunteer recruitment by 40% with an additional support service opened as our 'Dads Closed Facebook' community for fathers which has been very popular. Our email services, Facebook Closed Group and social media channels remain essential to provide multiple channels of support to any service users who need the support of our volunteers.

Due to the government restrictions around social distancing, we paused our support groups and transferred the model to online. We plan a soft launch for when restrictions are lifted and will continue to develop and group our group support offering, ultimately to provide local support in every community within England, Scotland and Wales.

As part of the Local Support Group reviews, we have identified the need to use more online technology and tools, to ensure that our teams based across the UK feel we are one. We have now developed and rolled out our online resource library for all volunteers, with an additional online downloadable resource pack for service users. Ensuring our systems are regularly updated we have also implemented our One Drive which allows us to have an organised and historical record of all documents relevant for PANDAS.

Our strategic focus for the 2021 period will be to continue to expand our charity with the view of working on our grant applications process to ensure matched income to the generosity we have already achieved through local communities and their fundraising. With support from a new Clinical Advisory Board, we will be focusing on our diversity approach and ensuring that every parent has access to our services, focusing on black and brown communities.

PANDAS FOUNDATION

CHAIR'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

We plan to transfer our team of 7 self-contractors onto PAYE contractual roles offering reward and recognition and to sustain the excellence in work provided.

We would like to take this opportunity to thank all of the PANDAS volunteers, ambassadors, families and supporters for their ongoing enthusiasm, drive and energy in making 2020 a successful and progressive year.

We look forward to working more closely with our PANDAS teams and other organisations in the coming years to ensure PANDAS goes from strength to strength enabling us to support more families.

Amy Stuart-Mills, Trustee

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

The Trustees present their report and the unaudited financial statements of the charity for the year ended 31 December 2019. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014 (as amended by Update Bulletin 1 published on 2 February 2016).

Trustees of the charity

The directors of the charitable company are its trustees for the purposes of charity law. The trustees who have served during the year and since the year end are set out on page 1.

OBJECTIVES AND ACTIVITIES

Objectives and aims

As stated in the Articles of Association, the objectives for which PANDAS is established for the public benefit are:

To promote and protect the good health of people affected by pre and postnatal illnesses, in particular but not exclusively by:

- Providing support, assistance and information directly or indirectly to people affected by pre and postnatal illnesses;
- Furthering and building pre and postnatal illness awareness, education and research;
- Promoting effective care, involvement and support for people affected by pre and postnatal illnesses.

PANDAS Foundation has 6 aims, all providing a variety of support mechanisms for families with pre and postnatal illnesses.

- 1)Offering email support which individuals, families and carers can use, with the aim of receiving a reply within 48 hours;
- 2)Providing a website that provides information on depressive illnesses and how to help;
- 3)Running a dedicated helpline for individuals, families and carers affected by pre or postnatal mental health;
- 4)Co-ordinating Support Groups for individuals, families and carers to attend to help with their recovery;
- 5)Releasing publications accessible as a download from the website, and
- 6)Offering an online community for individuals, families and carers to receive support from others at any time.

Public benefit

All of the above activities have been undertaken with reference to the Charity Commission guidance on public benefit.

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

STRATEGIC REPORT

Achievement and performance

See the Chair's Report on pages 2-3.

Financial review

Financial position

The charity had net income of £17,255 compared to £88,867 in the previous year. Whilst income fell by £30k our costs increased by £40k, demonstrating the increasing demand for our services and the importance of building a sustainable charity.

Reserves policy

The charitable company has £10,000 of restricted funds and £94,181 of unrestricted funds of which £48,000 have been designated for future projects. At the year end the free reserves of the charity were therefore £46,181 (2018: £ £13,814) representing unrestricted funds less those designated for future use.

The trustees are aware of the need to ensure an appropriate level of reserve is held to support the charity into the future.

Going concern

After making appropriate enquiries the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Principal risks and uncertainties

The trustees assess the major risks to which the charitable company is exposed on an ongoing basis, in particular those related to the operations and finances of the charitable company. They are satisfied that systems are in place to mitigate, wherever possible, their exposure to those risks.

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

STRATEGIC REPORT

Future plans

The board plan to continue to work closely with our PANDAS teams and other organisations in the coming years to ensure PANDAS goes from strength to strength enabling us to support more families.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

PANDAS Foundation is a charitable company limited by guarantee incorporated on 15th August 2011. The Company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles of Association. The liability of members is limited and in the event of the charitable company being wound up members may be required to contribute an amount not exceeding ten pounds. The Directors of the charitable company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees.

Recruitment and appointment of new trustees

The management of the charitable company is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. In accordance with the Articles of Association at the Annual General Meeting to be held every year one third of the Board, or if their number is not three or a multiple of three, the number nearest to one-third, shall retire from office. Members may offer themselves for re-election. The members of the Board to retire shall be those who have been longest in office since their last election or appointment.

PANDAS FOUNDATION
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The organisation is governed by its Memorandum and Articles of Association. The Trustees making up the Board are drawn from the community served by the organisation. The Trustees have no pecuniary interest in the company and give their services voluntarily.

Trustees' report, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on29/10/2021..... and signed on the board's behalf by:

Amy Stuart-Mills
.....
Ms A Stuart-Mills - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
PANDAS FOUNDATION**

Independent examiner's report to the trustees of PANDAS Foundation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2020.

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.

C Moelwyn-Williams

C Moelwyn-Williams
FCA BSc
TCA (Shrewsbury) LLP
4 Claremont Bank
Shrewsbury
Shropshire
SY1 1RW

Date:31st October 2021.....

PANDAS FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	Unrestricted funds £	Restricted fund £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		110,172	-	110,172	139,631
Investment income	2	<u>60</u>	<u>-</u>	<u>60</u>	<u>81</u>
Total		110,232	-	110,232	139,712
 EXPENDITURE ON					
Charitable activities					
General		<u>87,977</u>	<u>5,000</u>	<u>92,977</u>	<u>50,845</u>
NET INCOME/(EXPENDITURE)		22,255	(5,000)	17,255	88,867
 RECONCILIATION OF FUNDS					
Total funds brought forward		<u>94,181</u>	<u>10,000</u>	<u>104,181</u>	<u>15,314</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>116,436</u></u>	<u><u>5,000</u></u>	<u><u>121,436</u></u>	<u><u>104,181</u></u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

PANDAS FOUNDATION (REGISTERED NUMBER: 07740327)

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2020

	Notes	Unrestricted funds £	Restricted fund £	2020 Total funds £	2019 Total funds £
CURRENT ASSETS					
Debtors	6	-	-	-	79
Cash at bank		<u>119,472</u>	<u>5,000</u>	<u>124,472</u>	<u>107,656</u>
		119,472	5,000	124,472	107,735
CREDITORS					
Amounts falling due within one year	7	<u>(3,036)</u>	-	<u>(3,036)</u>	<u>(3,554)</u>
NET CURRENT ASSETS		<u>116,436</u>	<u>5,000</u>	<u>121,436</u>	<u>104,181</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>116,436</u>	<u>5,000</u>	<u>121,436</u>	<u>104,181</u>
NET ASSETS		<u>116,436</u>	<u>5,000</u>	<u>121,436</u>	<u>104,181</u>
FUNDS	8				
Unrestricted funds				27,436	46,181
Designated funds				89,000	48,000
Restricted funds				<u>5,000</u>	<u>10,000</u>
TOTAL FUNDS				<u>121,436</u>	<u>104,181</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2020 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 386 and 387 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 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 on29/10/2021..... and were signed on its behalf by:

Amy Stuart-Mills
.....
Ms A Stuart-Mills - Trustee

The notes form part of these financial statements

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 31 DECEMBER 2020**

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.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

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.

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.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020

2. INVESTMENT INCOME

	2020 £	2019 £
Deposit account interest	<u>60</u>	<u>81</u>

3. INDEPENDENT EXAMINERS' REMUNERATION

The Independent Examiners remuneration amounts to an Independent Examination fee of £1,236 (2019: £1,200)

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 nor for the year ended 31 December 2019.

Trustees' expenses

Trustees expenses of £nil were reimbursed for the year ended 31 December 2020 (2019: £nil)

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	124,631	15,000	139,631
Investment income	<u>81</u>	<u>-</u>	<u>81</u>
Total	124,712	15,000	139,712
EXPENDITURE ON			
Charitable activities			
General	50,845	-	50,845
NET INCOME	73,867	15,000	88,867
Transfers between funds	<u>6,500</u>	<u>(6,500)</u>	<u>-</u>
Net movement in funds	80,367	8,500	88,867
RECONCILIATION OF FUNDS			
Total funds brought forward	13,814	1,500	15,314
TOTAL FUNDS CARRIED FORWARD	<u>94,181</u>	<u>10,000</u>	<u>104,181</u>

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
	2020	2019
	£	£
Trade debtors	<u>-</u>	<u>79</u>
7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
	2020	2019
	£	£
Trade creditors	-	2,354
Other creditors	<u>3,036</u>	<u>1,200</u>
	<u>3,036</u>	<u>3,554</u>

8. MOVEMENT IN FUNDS				
	At 1.1.20	Net	Transfers	At
	£	movement	between	31.12.20
		in funds	funds	£
		£	£	
Unrestricted funds				
General fund	46,181	22,255	(41,000)	27,436
Designated funds				
Website fund	18,000	-	-	18,000
Continuity fund	15,000	-	41,000	56,000
Infrastructure fund	5,000	-	-	5,000
Training fund	10,000	-	-	10,000
	<u>94,181</u>	<u>22,255</u>	<u>-</u>	<u>116,436</u>
Restricted funds				
Restricted	10,000	(5,000)	-	5,000
	<u>104,181</u>	<u>17,255</u>	<u>-</u>	<u>121,436</u>

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

	Incoming	Resources	Movement
	resources	expended	in funds
	£	£	£
Unrestricted funds			
General fund	110,232	(87,977)	22,255
Restricted funds			
Restricted	-	(5,000)	(5,000)
	<u>110,232</u>	<u>(92,977)</u>	<u>17,255</u>

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.19 £	Net movement in funds £	Transfers between funds £	At 31.12.19 £
Unrestricted funds				
General fund	13,814	73,867	(41,500)	46,181
Designated funds				
Website fund	-	-	18,000	18,000
Continuity fund	-	-	15,000	15,000
Infrastructure fund	-	-	5,000	5,000
Training fund				
	<u>-</u>	<u>-</u>	<u>10,000</u>	<u>10,000</u>
	13,814	73,867	6,500	94,181
Restricted funds				
Restricted	1,500	15,000	(6,500)	10,000
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>15,314</u>	<u>88,867</u>	<u>-</u>	<u>104,181</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	124,712	(50,845)	73,867
Restricted funds			
Restricted	15,000	-	15,000
	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>139,712</u>	<u>(50,845)</u>	<u>88,867</u>

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020

8. MOVEMENT IN FUNDS - continued

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

	At 1.1.19 £	Net movement in funds £	Transfers between funds £	At 31.12.20 £
Unrestricted funds				
General fund	13,814	96,122	(82,500)	27,436
Website fund	-	-	18,000	18,000
Continuity fund	-	-	56,000	56,000
Infrastructure fund	-	-	5,000	5,000
Training fund				
	<u>-</u>	<u>-</u>	<u>10,000</u>	<u>10,000</u>
	13,814	96,122	6,500	116,436
Restricted funds				
Restricted	1,500	10,000	(6,500)	5,000
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>15,314</u>	<u>106,122</u>	<u>-</u>	<u>121,436</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 £
Unrestricted funds			
General fund	234,944	(138,822)	96,122
Restricted funds			
Restricted	15,000	(5,000)	10,000
	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>249,944</u>	<u>(143,822)</u>	<u>106,122</u>

During the previous year a restricted fund of £15,000 was received to support the charity over the next 3 years and will be released to unrestricted funds accordingly.

The Trustees designated some funds in the prior year including £18,000 for the website re-launch and re-branding of PANDAS in 2020, a £15,000 continuity fund to include the ongoing salary and support costs for a 6 month period, a £10,000 training fund for anticipated staff, volunteers and consultants during 2020 and a £5,000 fund for the re-building the internal infrastructure.

The COVID pandemic meant that much of this work had to be postponed until 2021 and therefore the Trustees feel it appropriate to continue to hold these designated funds. Furthermore, as the organisation continues to develop it is considered appropriate to increase the continuity fund to more accurately reflect a 4 month running cost for the charity, so this fund has been increased accordingly.

PANDAS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2020 (2019: £Nil)