

A woman and a young girl are walking away from the camera on a gravel path in a forest. The woman is wearing a pink jacket and a backpack, and the girl is wearing a purple jacket. They are holding hands. The background is a dense forest with trees and foliage.

REPORT OF THE TRUSTEES

Unaudited Financial Statements
for the Year ended 31 March 2021

OUR MISSION

To empower the nation to sleep better



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CHAIR'S WELCOME

It is estimated that 40% of the population suffer with sleep issues impacting on their mental health.*

The Sleep Charity's mission is to empower the nation to sleep better. Our dedicated team provide vital evidence-based sleep information and support to those in need across the country. Our work is diverse to enable us to reach those most in need and involves training professionals so that they are equipped with the knowledge and techniques to improve sleep on a wider scale. Unfortunately, the impact of sleep issues are often not recognised and support is often a postcode lottery. To address this health inequality the charity campaign to raise awareness about the value of a good night's sleep and to ensure those with sleep issues get the support that they need and deserve.

Covid-19 has presented us all with significant challenges. During the last year there has been a huge increase in sleep issues because of increased anxiety levels, disruption of routines, reduced opportunity to exercise and more screen usage. Our work is needed now more than ever before.

Our staff team is small, consisting of just 5 employees of which only 3 are full-time. The task they have faced in offering support to those with sleep issues over the last year has been enormous. Due to financial limitations the decision had to be made to furlough two members of the team for a short period of time. Despite this, we continued to keep our doors open and provide our regular services to those in need.



The pandemic has brought significant financial challenges for the charity. In previous years approximately 80% of our income was self-generated through the delivery of face-to-face training. We are proud to be trusted to train NHS staff across the country.

Unfortunately, this income stream which provides core funding was no longer available and it became necessary to adapt quickly to the challenges that Covid-19 was presenting us with.

Despite the difficulties faced, the last 12 months have been a period of incredible transformation and growth to meet the needs of our beneficiaries. We have developed an e-learning platform, new IT systems and successfully merged with The Sleep Council, a not-for-profit information sharing board. We have appointed an expert advisory board to ensure our materials are of the highest quality. The team were honoured to receive the Queen's Award for Voluntary Services, the highest accolade a charity can receive.

As we continue to work against the backdrop of Covid-19, sleep issues continue to rise and become more complex. We have developed a new strategic plan which will navigate us through these difficult times and we have strengthened our Board of Trustees with the addition of a trustee with specialism around safeguarding.

I would like to thank our staff, volunteers, our supporters and partners for their tremendous efforts. We are determined to continue to develop our offering to ensure improved sleep at a national level with wide reaching effects on mental, physical and emotional wellbeing.

A handwritten signature in dark blue ink, reading "T. Shah".

Tariq Shah
Chair of Trustees

*Formulate Health 2019

MESSAGE FROM OUR FOUNDER AND CEO

Being a leader with lived experience, I know first-hand, the devastating impact that sleep issues can have, particularly when there is no support available. I am passionate about developing the reach of the charity to support those in need. We have made great advances during the last 12 months to strengthen our offering at a national level despite the challenges that Covid-19 has presented us with; loss of income and increased demand for support.

The launch of our Teen Sleep Hub has provided a platform to offer young people support, empowering them to learn about sleep through the use of our e-learning book. Our volunteer Sleep Practitioners provide an online live chat facility. This project has reached 24,305 young people since its launch in October 2020.

Our sleep services have continued to flourish, we have provided support to 2,193 families during the year. In addition to our services in Doncaster and Bassetlaw we have established services this year in Lincolnshire and North Yorkshire, more than doubling the number of sleep clinics we provide. Enquiries from Clinical Commissioning Groups are rising, and we are confident that we will add more services to our offering within the next 12 months.

24,305

young people helped from the Sleep Practitioners online live chat

2.2hrs

sleep duration increased for youngsters by on average 2.2 hours per night during lockdown

The Sleep Charity mounted an incredible response to the pandemic, keeping our services open throughout. Virtual sleep clinics have been highly successful, and technology has been used to support members of our community feeling isolated. It was key that those who needed our support during these uncertain times should be able to access it. Evaluation by the team at Sheffield Children's Hospital clearly evidences the success of this approach with sleep duration increasing for youngsters by on average 2.2 hours per night during lockdown. These changes have provided solid a foundation on which to build, extending our reach significantly.

There have been many highlights during this year, acquiring The Sleep Council in July was amongst these. Working together we are stronger, and this has significantly strengthened our offering allowing us to raise our profile to influence policy, change attitudes about sleep and secure sleep support for those in need across the nation. Receiving the Queen's Award was an honour and well-deserved recognition for our volunteers who support our work in many different ways.

Looking to the future we have developed an ambitious but realistic strategic plan to support organisational growth. Our finances were already stretched and the increased demand for support has increased our challenges. We have identified new sources of income with corporate partnerships playing an increasingly important role in our work. I would like to thank all those who have provided funding to support our mission during the last year, your support is greatly appreciated.

We know that our work makes a significant difference to mental health and wellbeing and is needed more than ever before. We are committed to build on the success of this year and explore new, efficient ways to offer support to help as many people suffering sleep issues as possible.



Vicki Dawson
CEO of The Sleep Charity



**The Queen's Award
for Voluntary Service**



REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The trustees delegate day-to-day responsibility to the Founder and Chief Executive Officer. The trustees wish to record their thanks to all the staff and volunteers at the charity who are essential to the provision of the high quality support that families and professionals receive.

OBJECTIVES AND ACTIVITIES



OBJECTIVES AND AIMS

The objects of The Sleep Charity are:

1. The advancement of health in the UK and elsewhere through the provision of service which encourage and promote the importance of sleep for mental, emotional and physical wellbeing
2. Such other charitable purposes as the trustees shall from time to time think fit



SIGNIFICANT ACTIVITIES

The Sleep Charity's principal means of achieving its objectives is by providing information and support through the delivery of training, online and face to face support from Sleep Practitioners. They also deliver training to practitioners to deliver sleep support to families in their local communities. The Sleep Charity provide evidence-based information to support those with sleep issues nationally and campaign to raise awareness about the importance of sleep to support good health and wellbeing.



PUBLIC BENEFIT

The trustees have considered this purpose, the aims and objectives of the charity and its current and planned activities against the Charity Commission's general guidance on public benefit. The trustees are satisfied the charity's purpose, aims, objectives and activities are fully consistent with charity purposes as defined in the Charities Act 2011.

The charity takes a holistic approach engaging with all in order to offer its services without discrimination.

WHY OUR WORK MATTERS

1/6

1 in 6 accidents resulting in death and injury on motorways and A roads were fatigue related

<6

Fewer than 6 hours sleep a night increases risk of heart disease and stroke

£40.2bn

£40.2 billion is the estimated cost to the economy in loss of productivity in the UK workforce due to sleep deprivation
4 in 5 poor sleepers suffer with low mood

86%

86% of children with disabilities experience sleep issues

21%

21% GP consultations in the UK have tiredness and fatigue as the primary cause

66%

66% of teenagers stated that sleeping badly impacted on their mental health (MHF sleep report 2020)

ACHIEVEMENTS AND PERFORMANCE

OUR WORK WITH FAMILIES

2,193

The Sleep Charity has directly supported 2,193 families over the last year with evidence-based sleep support and information

“

Your support has been life changing

“

You saved our family, we were unable to function without sleep. Thank you

“

Nobody liked me, no one wanted to play with me because I was a butterfly locked in a box with broken wings. But now someone has opened the box and my wings are mended

ACHIEVEMENTS AND PERFORMANCE

OUR WORK WITH YOUNG PEOPLE

Teen
Sleep
Hub

52,000

We have reached over 52,000 young people over the last 12 months thanks to the introduction of our Teen Sleep Hub



THE SLEEP CHARITY

ACHIEVEMENTS AND PERFORMANCE

OUR WORK WITH PROFESSIONALS

127

The Sleep Charity has delivered training to 127 professionals through our Sleep Practitioner course this year

“

Thanks for such an excellent course. It is the best training course I have been on for a long time. The sessions were so well planned and you have really made the transition to online well. I really was very impressed with all of it. The materials, especially the notebook etc. Really excellent.

- Laura Beesley, Together We Grow

ACHIEVEMENTS AND PERFORMANCE

COVID 19 AND SLEEP

Sleep issues have increased over the last year with Covid-19 having a significant impact.

Several factors have contributed including increased anxiety levels, reduced opportunities for exercise, disruptions to routine and more screen time. Many of those that we have supported have experienced cancelled appointments and assessments from statutory services. We were already supporting families at crisis point, in many cases we are now the only support they are receiving.

The Sleep Charity chose to continue to operate despite the challenges faced which included a reduction in staff as a result of financial constraints. We are proud that we have been able to provide:

32

Webinars for 32 organisations to support their staff to improve their sleep and wellbeing

1,084

Virtual drop-in sessions for 1,084 families, allowing them to access sleep information and support at their convenience

399

E-learning training for 399 parent/carers to empower them with sleep information to support them to make changes to improve their family's sleep thanks to the launch of our new platform

4,489%

More evidence-based sleep support information through the launch of our new website resulting in 57,658 visitors to the site from December to March, this is an increase of 4,489%.

54

Sleep journals for the hardest to reach young people in South Yorkshire by training 54 practitioners who engage with them within the community

585

Establish an Instagram presence (with 585 followers) to allow us to engage with young people more effectively

710

Sleep clinics virtually to 710 families, reducing their feelings of isolation and loneliness and supporting improved sleep patterns

76%

76% of parent/carers have seen the support they received stopped because of the pandemic

Disabled Children's Partnership -
Left in Lockdown Survey 2020

2,167

2,167 children, young people and their families directly supported

3,550

3,550 support calls provided to families

550

Over 550 professionals received information and guidance from our team

ACHIEVEMENTS AND PERFORMANCE

SLEEP WELL LINCOLNSHIRE PROJECT

KINDLY FUNDED BY THE NATIONAL LOTTERY COMMUNITY FUND



100% of families
would recommend
our services



4,218 beneficiaries in
the first year



Average increase
of 2.2 hours sleep
per night



100% of parents saw
an improvement in
their mental health as a
result of improved sleep



All measures of child
wellbeing improved, with
the greatest improvement
being in reported daytime
behaviour and happiness



The social worker said she's
maybe not the placement for
you, but sleep has enabled her to
stay. Maybe forever

- Foster Carer



It was having such a
negative impact on the
whole of our lives
- you've saved it all



ACHIEVEMENTS AND PERFORMANCE

TEEN SLEEP HUB

KINDLY FUNDED BY THE CORONAVIRUS MENTAL HEALTH RESPONSE FUND



15,650+

15,650+ visits to our
Teen Sleep Hub

1,310

1,310 sign ups to our
teen sleep newsletter

24,305

24,305 downloads of our teen eBook
co-produced with young people



ACHIEVEMENTS AND PERFORMANCE

ESTABLISHING AN ADVISORY BOARD

To ensure our work is of the highest quality and evidence base we have developed an advisory board named 'The Sleep Council'.

Made up of a 20-strong team, the Advisory Board helps to shape the future of sleep support nationally and plays a vital role around providing advice, challenge and scrutiny on key issues and programmes. The professionals' expertise spans across sleep, sport science, nutrition, menopause, mental health, sleep research, primary care, public health, sensory processing, CBTi and medical sleep disorders.

PARTNERSHIP WORKING

We cannot achieve all that we do by working alone.

Partnership working whether that be with families, young people, individuals or organisations is at the heart of our work. We have been delighted to work with a number of leading organisations during the year to strengthen our cause.

These include:



National Bed Federation



Aardman Productions

Back to School with Shaun campaign



Kidscape

Anti-Bullying Week



mattressonline

Mattress Online



Royal Society for Public Health



Snuz

Sleep Support Month

FUNDING FOR OUR WORK

We are hugely grateful to every single supporter, without you we would not be able to offer the vital support that the Sleep Charity provides.

NATIONAL LOTTERY COMMUNITY FUND

In Lincolnshire we were awarded a three year grant from the National Lottery Community Fund to set up sleep support services for families. This service has been inundated with requests for help and we reached our annual target within the first six months. The lottery also kindly funded an extension grant that helped us to move our training to an e-learning platform. This support was of vital importance in allowing us to transform our service delivery and maintain income that we rely so heavily on for our core costs.

NATIONAL LOTTERY COVID-19 FUND

The National Lottery have also provided Covid-19 funding for vital work to support the most hard to reach young people in South Yorkshire. This has allowed us to pilot training for professionals and to develop journals to support the young people in making change. We able to build on this learning and develop the materials further with a view to expanding the scheme nationally. We also secured funding from The Coronavirus Mental Health Response Fund to develop our Teen Sleep Hub, a much needed resource to support young people during the pandemic. The Fore provided important funding to support the strategic development of the charity. We had planned to grow the charity to meet the increased demand that we were facing, this is now even more important given the impact that Covid-19 has had on the nation's sleep. The Masonic Charitable Foundation continued to support our work by providing funding towards our administrative support allowing us to respond to those in need in a timely manner, for which we are extremely grateful.

OTHER FUNDING

With our team all based at home, we were grateful for funding from The Clothworkers Foundation to support with the provision of equipment to work remotely. Our volunteers continue to play an important role in our work and we were grateful to receive funding from the Archer Trust and Doncaster Rotary Club, St George, to support them.

Sharing our message more widely is a key part of our strategic plan. A grant from Sheffield Social Enterprise Exchange has allowed us to develop our website and access support around marketing.

We have continued to provide sleep services to Clinical Commissioning Groups in Doncaster, Bassetlaw, Bury and more recently North Yorkshire. The funding allows us to provide services to families in these geographical areas.

We have received several kind donations from both individuals and from corporate organisations. Thanks to Christine Jackson, Issy Fale Choir, Boots, Dr Sophie Bostock, Manchester United Foundation and the team at Mattress Online. Our special thanks go to the family and friends of Sam Peacock who donated in memory of his life.

As part of our acquisition of The Sleep Council, the National Bed Federation have kindly agreed to donate to our organisation for a three year period.

FINANCIAL REVIEW

RESERVES POLICY

Our level of reserves is monitored monthly by our CEO and trustees with an aim to secure sufficient to cover a 6-month period.

Our levels of unrestricted funds currently stand at £259,095. Building reserves is a significant challenge in the current economic climate.

STRUCTURE, GOVERNANCE AND MANAGEMENT

GOVERNING DOCUMENT

The charity (which was established in March 2012) was set up as a CIO on 24 January 2013. It is governed by its constitution which sets out the objectives and powers of the CIO.

RECRUITMENT AND APPOINTMENT OF NEW TRUSTEES

The charity is managed by a Board of Trustees who are sought by advertisement and personal contact. New trustees are appointed by a resolution passed at a properly convened meeting. In selecting individuals for appointment as charity trustees, the board must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

New Trustees undergo an induction process to brief them on their legal obligations, the strategic plan and the financial performance of the CIO. During this process they will also meet key employees, other trustees and volunteers.

ORGANISATIONAL STRUCTURE

The Board of Trustees administers the charity and meet at least quarterly. The Chief Executive and Founder, Mrs Vicki Dawson and Deputy Chief Executive Lisa Artis, has been appointed by the trustees to manage the day-to-day operations of the organisation.

REFERENCE AND ADMINISTRATIVE DETAILS

REGISTERED CHARITY NUMBER

1150585

PRINCIPAL ADDRESS

Kale Lodge
Woodfield Park
Tickhill Road,
Balby
DONCASTER
DN4 8FD

WAYS TO SUPPORT THE CHARITY

Your support makes our work possible, improving the nation's sleep and supporting improved mental health and wellbeing. There are a number of ways you can get involved:

- Make a donation
- Fundraise for us
- Volunteer
- Partner with us
- Join in our awareness events
- Help us to campaign

REPORT OF THE TRUSTEES

TRUSTEES



TARIQ N SHAH
CHAIR



MARK DICKINSON
TREASURER



**PROFESSOR
HEATHER ELPHICK**



DR RUTH SLATE



DR MICHAEL BOYLE



SARAH L STABLES



LAURA GARNETT
APPOINTED 16.6.20



ROBERT KENIWELL
APPOINTED 15.9.20

PATRONS



BARONESS GOUDIE



ZOE SALMON



VICKY THORNLEY

THE SLEEP ADVISORY BOARD

Dr Heather Elphick (Chair)

Consultant in Paediatric Respiratory and Sleep Medicine

Dr Ruth Kingshott

Sleep Physiologist at Sheffield Children's Hospital

Dr Mike Farquhar

Sleep Medicine Consultant at Evelina London Children's Hospital

Dr Sarah Gilchrist

Specialist in Sleep and Athletic performance

Dr Roxane Gervais

Chartered Psychologist

Dr Neil Bindemann

Director at Innervate, Executive Director of P-CNS and community Therapists Network

Dr Alanna Hare

Consultant in Sleep and Respiratory failure at Royal Brompton and Harefield NHS Foundation Trust

Nathalie Winn

Nutritionist at Waitrose and Partners

Rachel Wallbank

Specialist Occupational Therapist

Simon Blake OBE

CEO of Mental Health First Aid England

Dr Elizabeth Pal

Child Health Lead at Better Start Bradford

Jessica Alexander

Executive Director at the National Bed Federation

Dr Rob Meadows

Reader at University of Surrey

Jenny Featherstone

Physiotherapist, Specialising in Paediatric Neuro-disability

Dr Theodora Kalentzi

Specialist in Women's Health and Menopause Care

Dr Karen McDonnell

Occupational Health and Safety Policy Advisor at RoSPA

Shaun Fenton OBE

Headmaster at Reigate Grammar School

Dr Simon Durrant

Director of the Sleep Research Centre at the University of Lincoln

Dr Sophie Bostock

Specialist in Sleep and CBTi

Dr Jonathan Sunkersing

GP

INDEPENDENT EXAMINER

J Mellor

Mrs Jane Mellor

Institute of Chartered Accountants in England and Wales
Glover & Co
Chartered Accountants
13/15 Netherhall Road
DONCASTER
DN1 2PH

Approved by order of the board of trustees on 04 January 2022
and signed on its behalf by:

M Dickinson

M Dickinson - Trustee

SLEEP AMBASSADOR

SHAUN THE SHEEP





THE SLEEP CHARITY

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2021

	NOTES	2021 Unrestricted fund (£)	2021 Restricted fund (£)	2021 Total funds (£)	2020 Total funds (£)
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary Income		10,415	0	10,415	6,308
Incoming resources from charitable activities					
Workshops and training		210,814	250,138	460,952	229,741
TOTAL INCOMING RESOURCES		221,229	250,138	471,367	236,049
RESOURCES EXPENDED					
Charitable activities					
Workshops and training		122,365	260,729	383,094	248,622
NET INCOMING RESOURCES		98,864	-10,591	88,273	-12,573
RECONCILIATION OF FUNDS					
Total funds brought forward		80,875	7,733	88,608	101,181
TOTAL FUNDS CARRIED FORWARD		179,739	-2,858	176,881	88,608


The notes form part of these financial statements

BALANCE SHEET

31 MARCH 2021

	NOTES	2021 Unrestricted fund (£)	2021 Restricted fund (£)	2021 Total funds (£)	2020 Total funds (£)
FIXED ASSETS					
Tangible assets	5	6,711	4,115	10,826	10,611
CURRENT ASSETS					
Debtors	6	18,361	0	18,361	68,046
Cash at bank		251,040	56,069	307,109	105,894
		269,401	56,069	325,470	173,940
CREDITORS					
Amounts falling due within one year	7	-96,373	-63,042	-159,415	-95,943
NET CURRENT ASSETS		173,028	-6,973	166,055	77,997
TOTAL ASSETS LESS CURRENT LIABILITIES		179,739	-2,858	176,881	88,608
FUNDS					
Unrestricted funds				179,739	80,875
Restricted funds				-2,858	7,733
TOTAL FUNDS				176,881	88,608

The financial statements were approved by the Board of Trustees and authorised for issue on 04 January 2022 and were signed on its behalf by



M Dickinson – Trustee

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 – reduced disclosure exemptions

The charity 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 Section 3 Financial Statement Presentation paragraph 3.17(d);
- the requirements of Section 11 Financial Instruments paragraphs 11.41(b), 11.41(c), 11.41(e), 11.41(f), 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 Section 12 Other Financial Instruments paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of Section 33 Related Party Disclosures 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.

- Fixtures and fittings – 25% on cost
- Computer equipment – 25% on cost

TAXATION

The charity is exempt from 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.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

2. TRUSTEES' REMUNERATION AND BENEFITS

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

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

3. STAFF COSTS

The average monthly number of employees during the year was 5 (2020 - 6).

One employee received a salary during the year which exceeded £60,000 but was less than £70,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	NOTES	Unrestricted fund (£)	Restricted fund (£)	Total funds (£)
INCOMING RESOURCES				
Incoming resources from generated funds				
Voluntary Income		6,308	0	6,308
Incoming resources from charitable activities				
Workshops and training		206,455	23,286	229,741
Total Incoming resources		212,763	23,286	236,049
RESOURCES EXPENDED				
Charitable activities				
Workshops and training		223,050	25,572	248,622
NET INCOMING RESOURCES		-10,287	-2,286	-12,573
RECONCILIATION OF FUNDS				
Total funds brought forward		91,162	10,019	101,181
TOTAL FUNDS CARRIED FORWARD		80,875	7,733	88,608

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

5. TANGIBLE FIXED ASSETS

	Fixtures and fittings (£)	Computer equipment (£)	Totals (£)
COST	11,788	6,125	17,913
Additions	0	4,925	4,925
	11,788	11,050	22,838
DEPRECIATION	4,677	2,625	7,302
Charge for year	2,947	1,763	4,710
At 31 March 2021	7,624	4,388	12,012
NET BOOK VALUE			
At 31 March 2021	4,164	6,662	10,826
At 31 March 2020	7,111	3,500	10,611

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 (£)	2020 (£)
Trade debtors	13,405	63,322
Prepayments	4,956	4,724
	18,361	68,046

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 (£)	2020 (£)
Trade creditors	218	0
Other creditors	159,197	95,943
	159,415	95,943

8. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2021 (£)	2020 (£)
Within one year	7,000	7,000
Between one and five years	28,000	28,000
In more than five years	14,583	21,583
TOTAL	49,583	56,583

9. MOVEMENT IN FUNDS

	At 1.4.20 (£)	Net movement in funds (£)	At 31.3.21 (£)
UNRESTRICTED FUNDS			
General fund	80,875	98,864	179,739
RESTRICTED FUNDS			
Restricted	7,733	-10,591	-2,858
TOTAL FUNDS	88,608	88,273	176,881

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

	Incoming resources (£)	Resources expended (£)	Movement in funds (£)
UNRESTRICTED FUNDS			
General fund	221,229	-122,365	98,864
RESTRICTED FUNDS			
Restricted	250,138	-260,729	-10,591
TOTAL FUNDS	471,367	-383,094	88,273

Comparatives for movement in funds

	At 1.4.19 (£)	Net movement in funds (£)	At 31.3.20 (£)
UNRESTRICTED FUNDS			
General fund	91,162	-10,287	80,875
RESTRICTED FUNDS			
Restricted	10,019	-2,286	7,733
TOTAL FUNDS	101,181	-12,573	88,608

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

	Incoming resources (£)	Resources expended (£)	Movement in funds (£)
UNRESTRICTED FUNDS			
General fund	212,763	-223,050	-10,287
RESTRICTED FUNDS			
Restricted	23,286	-25,572	-2,286
TOTAL FUNDS	236,049	-248,622	-12,573

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

	At 1.4.19 (£)	Net movement in funds (£)	At 31.3.21 (£)
UNRESTRICTED FUNDS			
General fund	91,162	88,577	179,739
RESTRICTED FUNDS			
Restricted	10,019	-12,877	-2,858
TOTAL FUNDS	101,181	75,700	176,881

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	433,992	-345,415	88,577
RESTRICTED FUNDS			
Restricted	273,424	-286,301	-12,877
TOTAL FUNDS	707,416	-631,716	75,700

10. OTHER FINANCIAL COMMITMENTS

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the year end the CIO did not have any outstanding guarantees to third parties nor any outstanding debts secured on assets of the CIO.

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.



DETAILED STATEMENT OF FINANCIAL ACTIVITIES

31 MARCH 2021

	YEAR END 31.3.21 (£)	YEAR END 31.3.20 (£)
INCOMING RESOURCES		
Voluntary Income		
Donations	10,415	6,308
Income Resources from Charitable activities		
Training and Sleep Services	196,195	206,455
CJRS Income	4,619	0
Grants	260,138	23,286
	460,952	229,741
Total Income Resources	471,367	236,049
EXPENDITURE		
Charitable activities		
Wages	173,557	144,039
Social Security	13,346	0
Pension	5,018	0
Rent and rates	9,702	9,697
Insurance	1,718	1,721
Telephone	4,170	3,547
Printing, post and stationery	13,592	9,719
Marketing and exhibitions	14,665	6,459
Sundries	4,484	2,921
Practitioners fees	30,676	22,495
Practitioners expenses	451	14,397
Training, travel & accomodation	2,767	7,243
Repairs and renewals	1,428	117
Catering	0	12,412
Venue hire	0	2,794
Fixtures and fittings	2,947	2,858
Computer equipment	1,762	1,052
Loss on sale of tangible fixed assets	0	385
	280,283	241,856
Support costs		
Independent examination	900	780
Legal fees	0	1,718
Consultancy fees	78,265	1,308
Website fees	14,189	2,640
Software fees	4,808	320
Administration Services	4,649	0
	102,811	6,766
Total resources expended	383,094	248,622
Net income	88,273	-12,573



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