

STILL THE HUNGER

England & Wales · Charity number 1151004

Details

Status Registered

Legal form Charitable company

Company number [08324984](#)

Registered 2013-02-28

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

Contact

Address Caladh
Western Avenue
Woodley
Reading
RG5 3BH

Phone 07733300705

Email Beverley@stillthehunger.co.uk

Website www.stillthehunger.co.uk

Activities

Objects: THE CHARITY'S OBJECTS ARE, FOR THE PUBLIC BENEFIT IN ACCORDANCE WITH THE STATEMENT OF BELIEFS TO ASSIST IN THE TREATMENT AND CARE OF PERSONS SUFFERING FROM MENTAL ILLNESS OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, BY THE PROVISION OF FACILITIES FOR EMOTIONAL SUPPORT AND RECREATION.

Activities: A Christian Recovery Programme open to both male and females, of any faith or none, suffering with emotional difficulties such as eating disorders, self harm and other dysfunctional coping mechanisms. Offers a supportive environment providing group and individual support that aims to build self esteem and overcome negative patterns of thinking and behaviour.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** People With Disabilities, Other Defined Groups

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£73,357	£72,082	-	-
2023-12-31	£90,192	£99,731	-	-
2022-12-31	£88,346	£78,992	-	-
2021-12-31	£62,353	£62,603	-	-
2020-12-31	£53,083	£46,241	-	-

Trustees

Name	Role	Appointed
STEPHEN HOGG	Chair	2013-01-14
Catrina Elaine Barlow		2025-05-11
RACHEL HOGG		2021-06-30

STILL THE HUNGER

England & Wales - Charity number 1151004

Accounts



Still the Hunger

(A company limited by guarantee)

**Report and Unaudited Financial Statements
For the year ended 31 December 2024**

Charity number 1151004

Company number 8324984

(Registered in England and Wales)

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Reference and Administrative Information

Charity Name Still the Hunger

Charity Registration No. 1151004

Company Registration No. 8324984

Registered Office Caladh, Western Avenue, Woodley, Reading, RG5 3BH

Trustees

Stephen Hogg, Chair (Appointed 10 December 2012)

David Metson (Appointed 29 January 2015)

Rachel Hogg (Appointed 30 June 2021)

Secretary

Beverley Hutton

Steering Group

Beverley Hutton (Project Director)

Stephen Hogg

David Metson

Paul Hutton

Independent Examiner

Holy Brook Associates

Accountant

Rachel Belshaw

Bankers

Barclays PLC, 4 - 5 Southgate Street, Bath, BA1 1AQ

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 10th December 2012 and registered as a charity on 28th February 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Trustee Body

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Trustee Body. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

New Trustees are recruited by direct invitation from the existing Board of Trustees and are identified either by the Board of Trustees or by referral to the Trustees. In extending invitations, account is taken of the skills present and needed around the Board table. Potential Trustees are invited to attend Trustee meetings as observers and enabled to familiarise themselves with the organisation. Once mutual agreement as to the suitability of the appointment has been established new Trustees may be appointed to serve in association with the Board of Trustees until the next round of Board elections.

Risk Management

The trustees have continued to assess risk on an ongoing basis and have produced a new policy on Lone Working in addition to our policy on risk.

Organisational Structure

Day to day operational leadership is delegated by the Board of Trustees to a Project Director (PD) who is supported by a Steering Group. The Board of Trustees is a policy making Board, having adopted the Carver principles of governance. It sets policies that limit the freedom of the Project Director where that is needed and sets policies for the strategic ends of the charity for a rolling 3-5 year plan that are reviewed each year. For governance, the Board of Trustees liaises only with the Project Director, who is free to make decisions within the bounds of the strategic plan and governance parameters. The PD reports back to the Board of Trustees and to the Steering Group about ongoing process and developments, that records progress against objectives and the strategic plan, and any exceptions to governance parameters.

Objectives and Activities

Charitable Objects

1. To provide a Recovery Programme for people with mental health needs.
2. To provide a supportive environment within which individuals can work together to overcome dysfunctional life patterns and negative cycles of behaviour and thinking.
3. For the public benefit, in accordance with the Statement of Beliefs, to assist in the treatment and care of persons suffering from mental illness of any description, or in need of rehabilitation, as a result of such illness, by the provision of facilities for emotional support and recreation

Primary Objective

Still the Hunger aims to help bridge the gap that exists between church and the NHS, and to bring a more holistic approach to the treatment and support of those suffering with enduring emotional difficulties. We aim to:

1. Respond to need at the point of referral and integrate individuals into an individually tailored programme, where appropriate, and as soon as possible to alleviate suffering and deterioration.
2. Enable individuals to reach their full potential, take an active role within society, including stable relationships, and engage in work or education.
3. Build self-esteem, and reduce the stigma and isolation associated with mental illness.
4. Enable individuals to explore their spirituality in a safe environment and, if desired, help them to develop their faith and understanding of the nature of their difficulties from a Christian perspective.

Our Approach

We provide a service where individuals can receive individual psychotherapy, EMDR, and/or weekly group therapy.

Following referral, we meet with potential clients as soon as possible to discuss an individually tailored care package and aim to integrate them into a suitable care plan within 1-4 weeks from first point of contact. Our service is therefore extremely valuable and unique as it can be accessed immediately, either directly by the individual or through a referring clinician or community organisation. Anyone over the age of 18 with longstanding emotional difficulties is eligible to access our evening therapy group, and we accept clients of all faiths and none.

We now exclusively operate out of Somerset and online, having let go of the Reading office part way through this year due to Charles French retiring from clinical services. Beverley Hutton has continued to develop the intensive EMDR programme in Somerset, with regular bookings throughout the year. We continue to work in association with Mercy UK and have supported them by providing low cost therapy over a time limited period (up to 16 weeks) for those undergoing their online course.

Future Plans

There has been a drop in weekly therapy sessions and therefore a drop in income since reducing to a single therapist. Our focus has been on developing the intensive EMDR project and to do this it's been necessary to reduce the number of weekly appointments. However, with the introduction of a longer intensive EMDR retreat – which is more beneficial to the client – we hope that this will also generate an increase in income for the charity over time. This longer programme more closely replicates the long-standing residential programme in Holland. This involves 8 days of intensive EMDR and psychoeducation with a 3 day break half way through. This produces better results and means that clients can cover more areas of difficulty within this time frame, with potentially less likely need for ongoing weekly EMDR beyond the programme. We will continue to manage the number of referrals by onward referral to other therapists post intensive EMDR as opposed to continuing to work with everyone ourselves, which isn't sustainable.

We are looking to increase our number of trustees, looking for those with specific areas of expertise in trauma.

Financial Review

Presentation of the financial statements

The financial statements have been prepared in accordance with The Charities Act (Accounts and Reports) Regulations and The Charity Commission 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 2015.

Reserves Policy

The Trustees have set a policy on reserves that there should be sufficient for normal expenditure of a minimum of 2 months, and a maximum of 12 months.

Principle funding resources

The total income from all sources for the year ended 31 December 2024 was £73,358 and total expenditure was £72,082.

Income generated by client fees is now our major source of income, alongside a small number of regular monthly donations.

The Charity is no longer dependent on fundraising and has managed to cover its costs through an increasing number of referrals for EMDR therapy specifically. Referrals are coming in from a variety of sources, and we have seen an increase in applications from higher earning clients due to raised awareness of the benefits of EMDR. This has enabled us to continue offering low cost therapy to those on lower incomes/benefits according to our sliding scale of fees on a discretionary basis.

Statement of Directors Responsibilities

The Charities Act and the Companies Act require the Directors (who are also the trustees for Charity Law) to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those financial statements, the directors should follow best practice and:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgments and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Directors are responsible for maintaining 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. The Directors 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.

The Directors are also responsible for the contents of the Directors' Report, and the responsibility of the independent examiner in relation to the Directors' Report is limited to examining the report and that ensuring on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.

This report has been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities (FRS 102) and in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Members of the Trustee Body

The Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 3.

In accordance with company law, as the directors of the company, we certify that:

- So far as we are aware, there is no relevant financial information of which the company's Independent Examiner was unaware; and
- We have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information and to establish that the charity's Independent Examiner is aware of that information.

Independent Examiner

Rachel Eden on behalf of Holy Brook Associates was appointed as the charitable company's Independent Examiner and has expressed her willingness to act in that capacity.

Approved by the Trustees on 10 August 2025 and signed on their behalf by:

A handwritten signature in blue ink, appearing to read 'S. Hogg'.

Stephen Hogg (Chair of Trustees)

**Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 December 2024**

	Note	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Income from:					
Donations and legacies					
Grants	5	-	-	-	-
Donations		1,966	4,749	6,716	4,934
Charitable activities					
Fees Charged		64,565	-	64,565	83,178
Other trading activities					
Fundraising Events		-	-	-	-
Book sales and other income		2,077	-	2,077	2,080
Total income		68,608	4,749	73,358	90,192
Expenditure on:					
Raising funds	3	-	-	-	-
Charitable activities	3	70,337	1,385	71,722	99,331
Other	3	360	-	360	400
Total expenditure		70,697	1,385	72,082	99,731
Net income / (expenditure) for the year		(2,089)	3,364	1,276	(9,539)
Reconciliation of funds					
Total funds brought forward		3,577	3,453	7,030	16,569
Total funds carried forward		1,488	6,817	8,306	7,030

Balance Sheet as at 31 December 2024

		2024	2023
	Note	£	£
Fixed assets			
Tangible assets	7	1,459	950
Total fixed assets		<u>1,459</u>	<u>950</u>
Current assets			
Debtors	8	576	5,466
Stock	9	3,992	1,774
Cash at bank and in hand		12,787	5,619
Total current assets		<u>17,355</u>	<u>12,859</u>
Creditors: amounts falling due within one year	10	<u>10,508</u>	<u>6,779</u>
Net current assets		6,847	6,080
Total net assets	11	<u><u>8,306</u></u>	<u><u>7,030</u></u>
The funds of the charity			
Unrestricted funds		1,488	3,577
Restricted income funds		6,817	3,453
Total charity funds	12	<u><u>8,306</u></u>	<u><u>7,030</u></u>

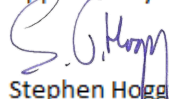
For the year ending [your company's year end date], the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Trustees on 10 August 2025 and signed on their behalf by:



Stephen Hogg
Chair of Trustees

Company Registration No. 8324984

Notes forming part of the financial statements for the year ended 31 December 2024

1 Accounting policies.

- a) Still the Hunger is a registered charity and a charitable company limited by guarantee incorporated in England and Wales. The registered office is 11 Glebe Road, Reading, RG2 7AG.
- b) The financial statements have been prepared in accordance with 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 2015) -(Charities SORP FRS 102) the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant accounting policy notes.
- The accounts are prepared in sterling which is the functional currency of the company. Monetary amounts in these accounts are rounded to the nearest £.
- The charity constitutes a public benefit entity as defined by FRS 102.
- The charity has a reasonable expectation that there are adequate resources to continue in operational existence for the foreseeable future. It has therefore continued to adopt the going concern basis in preparing its financial statements.
- c) Voluntary income is received by way of donations and grants, and is included in the Statement of Financial Activities when there is entitlement, sufficient certainty that receipt of the income is probable and the amount can be measured reliably. The value of services provided by volunteers has not been included.
- d) Expenditure is recognised on an accruals basis. Details of the allocation of this expenditure is shown under Note 3 headed "Total Expenditure". Support costs include central functions and have been allocated on the basis of resources used.
- e) Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, which in all cases is estimated at 4 years. Items of equipment are capitalised where the purchase price exceeds £500.
- f) Debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.
- g) Cash at bank and in hand includes cash held at a bank current account.
- h) Creditors and provisions are recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure where it is probable that settlement will be required and the obligation can be measured reliably.
- i) 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.
- j) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose.
- k) Restricted funds are to be used for specific purposes as laid down by the donors.

2 Taxation

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

3 Total Expenditure

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2024	Total 2023
Unrestricted	£	£	£	£	£	£
Staff costs	-	55,963	-	-	55,963	49,988
Pension costs	-	2,763	-	-	2,763	2,642
Discounts	-	292	-	-	292	-
Training and travel	-	457	-	-	457	949
Rent	-	1,710	-	-	1,710	2,280
EMDR equipment	-	-	-	-	-	2,851
Courses, materials and books	-	265	-	-	265	-
Telephone	-	296	-	-	296	688
Postage, freight and courier	-	509	-	-	509	1,065
Marketing	-	20	-	-	20	599
Computer costs and website	-	1,427	-	-	1,427	1,065
Sundry expenses	-	427	-	-	427	593
Insurance	-	666	-	-	666	593
Fund raising Costs	-	-	-	-	-	-
Therapist fees	-	-	-	-	-	25,948
Professional Fees	-	4,715	-	-	4,715	3,645
Bookkeeping Fees	-	989	-	-	989	1,064
Subscriptions	-	537	-	-	537	236
Independent Examiner	-	-	360	-	360	400
Minor office equipment and repairs	-	227	-	-	227	70
Depreciation	-	459	-	-	459	651
Total Unrestricted	-	71,722	360	-	72,082	95,327

Notes forming part of the financial statements for the year ended 31 December 2024 (cont'd)

3 Total Expenditure cont'd

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2024	Total 2023
Restricted	£	£	£	£	£	£
Staff Costs	-	3,344	-	-	3,344	3,344
Therapist fees	-	1,060	-	-	-	-
Client discounts	-	-	-	-	-	-
Minor items of equipment	-	-	-	-	-	-
	-	4,404	-	-	4,404	4,404

4 Staff Costs

	2024	2023
	£	£
Staff Costs	55,269	53,332
Pension costs	2,763	2,642
	<u>58,032</u>	<u>55,974</u>

The average number of full time equivalent employees:

All categories

1 1

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

5 Grants Received

	2024	2023
	£	£
Unrestricted	-	-
	<u>-</u>	<u>-</u>
Restricted	-	-
	<u>-</u>	<u>-</u>

6 Trustees expenses and remuneration

	2024	2023
	£	£
Costs of meetings, briefings and conferences	-	-
Remuneration	-	-
	<u>-</u>	<u>-</u>

No remuneration or reimbursed expenses were paid to any of the trustees in the year.

7 Tangible fixed assets

	2024	2023
	Office & IT equipment	Office & IT equipment
Cost	£	£
At 1 January 2024	3,365	2,454
Additions in the year	968	911
Disposals in the year	-	-
At 31 December 2024	<u>4,333</u>	<u>3,365</u>
Depreciation		
At 1 January 2024	2,415	1,764
Charge for the year	459	651
Disposals in the year	-	-
At 31 December 2024	<u>2,874</u>	<u>2,415</u>
Net book value at 31 December 2024	<u>1,459</u>	<u>950</u>

Notes forming part of the financial statements for the year ended 31 December 2024 (cont'd)

	2024	2023
8 Debtors		
	£	£
Clients' fees	183	714
PAYE	-	4,213
Prepayments	393	539
	<u>576</u>	<u>5,466</u>

	2024	2023
9 Stock		
	£	£
Touchpoint equipment	3,992	1,774
	<u>3,992</u>	<u>1,774</u>

	2024	2023
10 Creditors: amounts falling due within one year		
	£	£
Taxation and social security	4,629	582
Other creditors and accruals	5,879	6,197
	<u>10,508</u>	<u>6,779</u>

11 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	2024 Total Funds	2023 Total Funds
	£	£	£	£
Tangible fixed assets	1,459	-	1,459	950
Current assets	17,355	-	17,355	12,859
Current liabilities	(10,508)	-	(10,508)	(6,779)
Total net assets at 31 December 2024	<u>8,306</u>	<u>-</u>	<u>8,306</u>	<u>7,030</u>

12 Movement in funds

	At 1 Jan 2024	Income	Expenditure	At 31 Dec 2024
	£	£	£	£
Unrestricted funds	3,577	68,608	70,697	1,488
Restricted fund - bursary	2,637	600	1,385	1,852
Restricted fund - residential	816	4,149	-	4,965
Total funds	<u>7,030</u>	<u>73,358</u>	<u>72,082</u>	<u>8,306</u>

Restricted funds exist for the following purposes:

1. Bursary fund - to enable clients to receive therapy at reduced rates who would be otherwise unable to afford treatment
2. Residential fund - to enable the set up and ongoing service of a residential service to clients in need of more intensive treatment

13 Control

The Company is under the joint control of the 3 Directors who guarantee the liabilities of the Company up to a maximum of £1 each. There is no one ultimate controlling party.

14 Related Party Transactions

Donations from Trustees in the year amounted to £480 (2023: £480)
There were no other related party transactions.



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Trustees

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David Metson (Appointed 29 January 2015)

Rachel Hogg (Appointed 30 June 2021)

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Beverley Hutton

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Beverley Hutton (Project Director)

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The total income from all sources for the year ended 31 December 2024 was £73,358 and total expenditure was £72,082.

Income generated by client fees is now our major source of income, alongside a small number of regular monthly donations.

The Charity is no longer dependent on fundraising and has managed to cover its costs through an increasing number of referrals for EMDR therapy specifically. Referrals are coming in from a variety of sources, and we have seen an increase in applications from higher earning clients due to raised awareness of the benefits of EMDR. This has enabled us to continue offering low cost therapy to those on lower incomes/benefits according to our sliding scale of fees on a discretionary basis.

Statement of Directors Responsibilities

The Charities Act and the Companies Act require the Directors (who are also the trustees for Charity Law) to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those financial statements, the directors should follow best practice and:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgments and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Directors are responsible for maintaining 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. The Directors 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.

The Directors are also responsible for the contents of the Directors' Report, and the responsibility of the independent examiner in relation to the Directors' Report is limited to examining the report and that ensuring on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.

This report has been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities (FRS 102) and in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Members of the Trustee Body

The Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 3.

In accordance with company law, as the directors of the company, we certify that:

- So far as we are aware, there is no relevant financial information of which the company's Independent Examiner was unaware; and
- We have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information and to establish that the charity's Independent Examiner is aware of that information.

Independent Examiner

Rachel Eden on behalf of Holy Brook Associates was appointed as the charitable company's Independent Examiner and has expressed her willingness to act in that capacity.

Approved by the Trustees on 10 August 2025 and signed on their behalf by:

A handwritten signature in blue ink, appearing to read 'S. G. Hogg'.

Stephen Hogg (Chair of Trustees)

**Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 December 2024**

	Note	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Income from:					
Donations and legacies					
Grants	5	-	-	-	-
Donations		1,966	4,749	6,716	4,934
Charitable activities					
Fees Charged		64,565	-	64,565	83,178
Other trading activities					
Fundraising Events		-	-	-	-
Book sales and other income		2,077	-	2,077	2,080
Total income		68,608	4,749	73,358	90,192
Expenditure on:					
Raising funds	3	-	-	-	-
Charitable activities	3	70,337	1,385	71,722	99,331
Other	3	360	-	360	400
Total expenditure		70,697	1,385	72,082	99,731
Net income / (expenditure) for the year		(2,089)	3,364	1,276	(9,539)
Reconciliation of funds					
Total funds brought forward		3,577	3,453	7,030	16,569
Total funds carried forward		1,488	6,817	8,306	7,030

Balance Sheet as at 31 December 2024

	2024	2023
Note	£	£
Fixed assets		
Tangible assets	7	950
Total fixed assets	<u>1,459</u>	<u>950</u>
Current assets		
Debtors	8	5,466
Stock	9	1,774
Cash at bank and in hand	12,787	5,619
Total current assets	<u>17,355</u>	<u>12,859</u>
Creditors: amounts falling due within one year	<u>10</u>	<u>6,779</u>
Net current assets	6,847	6,080
Total net assets	<u>11</u>	<u>7,030</u>
The funds of the charity		
Unrestricted funds	1,488	3,577
Restricted income funds	6,817	3,453
Total charity funds	<u>12</u>	<u>7,030</u>

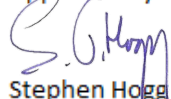
For the year ending [your company's year end date], the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Trustees on 10 August 2025 and signed on their behalf by:



Stephen Hogg
Chair of Trustees

Company Registration No. 8324984

Notes forming part of the financial statements for the year ended 31 December 2024

1 Accounting policies.

- a) Still the Hunger is a registered charity and a charitable company limited by guarantee incorporated in England and Wales. The registered office is 11 Glebe Road, Reading, RG2 7AG.
- b) The financial statements have been prepared in accordance with 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 2015) -(Charities SORP FRS 102) the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant accounting policy notes.
- The accounts are prepared in sterling which is the functional currency of the company. Monetary amounts in these accounts are rounded to the nearest £.
- The charity constitutes a public benefit entity as defined by FRS 102.
- The charity has a reasonable expectation that there are adequate resources to continue in operational existence for the foreseeable future. It has therefore continued to adopt the going concern basis in preparing its financial statements.
- c) Voluntary income is received by way of donations and grants, and is included in the Statement of Financial Activities when there is entitlement, sufficient certainty that receipt of the income is probable and the amount can be measured reliably. The value of services provided by volunteers has not been included.
- d) Expenditure is recognised on an accruals basis. Details of the allocation of this expenditure is shown under Note 3 headed "Total Expenditure". Support costs include central functions and have been allocated on the basis of resources used.
- e) Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, which in all cases is estimated at 4 years. Items of equipment are capitalised where the purchase price exceeds £500.
- f) Debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.
- g) Cash at bank and in hand includes cash held at a bank current account.
- h) Creditors and provisions are recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure where it is probable that settlement will be required and the obligation can be measured reliably.
- i) 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.
- j) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose.
- k) Restricted funds are to be used for specific purposes as laid down by the donors.

2 Taxation

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

3 Total Expenditure

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2024	Total 2023
Unrestricted	£	£	£	£	£	£
Staff costs	-	55,963	-	-	55,963	49,988
Pension costs	-	2,763	-	-	2,763	2,642
Discounts	-	292	-	-	292	-
Training and travel	-	457	-	-	457	949
Rent	-	1,710	-	-	1,710	2,280
EMDR equipment	-	-	-	-	-	2,851
Courses, materials and books	-	265	-	-	265	-
Telephone	-	296	-	-	296	688
Postage, freight and courier	-	509	-	-	509	1,065
Marketing	-	20	-	-	20	599
Computer costs and website	-	1,427	-	-	1,427	1,065
Sundry expenses	-	427	-	-	427	593
Insurance	-	666	-	-	666	593
Fund raising Costs	-	-	-	-	-	-
Therapist fees	-	-	-	-	-	25,948
Professional Fees	-	4,715	-	-	4,715	3,645
Bookkeeping Fees	-	989	-	-	989	1,064
Subscriptions	-	537	-	-	537	236
Independent Examiner	-	-	360	-	360	400
Minor office equipment and repairs	-	227	-	-	227	70
Depreciation	-	459	-	-	459	651
Total Unrestricted	-	71,722	360	-	72,082	95,327

Notes forming part of the financial statements for the year ended 31 December 2024 (cont'd)

3 Total Expenditure cont'd

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2024	Total 2023
Restricted	£	£	£	£	£	£
Staff Costs	-	3,344	-	-	3,344	3,344
Therapist fees	-	1,060	-	-	-	-
Client discounts	-	-	-	-	-	-
Minor items of equipment	-	-	-	-	-	-
	-	4,404	-	-	4,404	4,404

4 Staff Costs

	2024	2023
	£	£
Staff Costs	55,269	53,332
Pension costs	2,763	2,642
	<u>58,032</u>	<u>55,974</u>

The average number of full time equivalent employees:

All categories

1 1

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

5 Grants Received

	2024	2023
	£	£
Unrestricted	-	-
	<u>-</u>	<u>-</u>
Restricted	-	-
	<u>-</u>	<u>-</u>

6 Trustees expenses and remuneration

	2024	2023
	£	£
Costs of meetings, briefings and conferences	-	-
Remuneration	-	-
	<u>-</u>	<u>-</u>

No remuneration or reimbursed expenses were paid to any of the trustees in the year.

7 Tangible fixed assets

	2024	2023
	Office & IT equipment	Office & IT equipment
Cost	£	£
At 1 January 2024	3,365	2,454
Additions in the year	968	911
Disposals in the year	-	-
At 31 December 2024	<u>4,333</u>	<u>3,365</u>
Depreciation		
At 1 January 2024	2,415	1,764
Charge for the year	459	651
Disposals in the year	-	-
At 31 December 2024	<u>2,874</u>	<u>2,415</u>
Net book value at 31 December 2024	<u>1,459</u>	<u>950</u>

Notes forming part of the financial statements for the year ended 31 December 2024 (cont'd)

	2024	2023
8 Debtors		
	£	£
Clients' fees	183	714
PAYE	-	4,213
Prepayments	393	539
	<u>576</u>	<u>5,466</u>

	2024	2023
9 Stock		
	£	£
Touchpoint equipment	3,992	1,774
	<u>3,992</u>	<u>1,774</u>

	2024	2023
10 Creditors: amounts falling due within one year		
	£	£
Taxation and social security	4,629	582
Other creditors and accruals	5,879	6,197
	<u>10,508</u>	<u>6,779</u>

11 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	2024 Total Funds	2023 Total Funds
	£	£	£	£
Tangible fixed assets	1,459	-	1,459	950
Current assets	17,355	-	17,355	12,859
Current liabilities	(10,508)	-	(10,508)	(6,779)
Total net assets at 31 December 2024	<u>8,306</u>	<u>-</u>	<u>8,306</u>	<u>7,030</u>

12 Movement in funds

	At 1 Jan 2024	Income	Expenditure	At 31 Dec 2024
	£	£	£	£
Unrestricted funds	3,577	68,608	70,697	1,488
Restricted fund - bursary	2,637	600	1,385	1,852
Restricted fund - residential	816	4,149	-	4,965
Total funds	<u>7,030</u>	<u>73,358</u>	<u>72,082</u>	<u>8,306</u>

Restricted funds exist for the following purposes:

1. Bursary fund - to enable clients to receive therapy at reduced rates who would be otherwise unable to afford treatment
2. Residential fund - to enable the set up and ongoing service of a residential service to clients in need of more intensive treatment

13 Control

The Company is under the joint control of the 3 Directors who guarantee the liabilities of the Company up to a maximum of £1 each. There is no one ultimate controlling party.

14 Related Party Transactions

Donations from Trustees in the year amounted to £480 (2023: £480)
There were no other related party transactions.



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Still the Hunger

**On accounts for the year
ended**

31st December 2024

**Charity no
(if any)**

1151004

Set out on pages

1-2

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

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

**Independent
examiner's statement**

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect,:

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

I have 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.

Signed:

Date:

8th September 2025

Name:

Rachel Eden

Relevant professional qualification(s) or body (if any):	FCMA (Chartered Institute of Management Accountants)
Address:	Holy Brook Associates, Curious Lounge, 1st Floor, Pinnacle Building,
	Tudor Road, Reading, England,
	RG1 1NH

Section B	Disclosure
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NONE

STILL THE HUNGER

England & Wales - Charity number 1151004

Accounts



Still the Hunger

(A company limited by guarantee)

**Report and Unaudited Financial Statements
For the year ended 31 December 2023**

Charity number 1151004

Company number 8324984

(Registered in England and Wales)

Contents

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Reference and Administrative Information

Charity Name Still the Hunger
Charity Registration No. 1151004
Company Registration No. 8324984
Registered Office 11 Glebe Road, Reading, RG2 7AG

Trustees

Stephen Hogg, Chair (Appointed 10 December 2012)
David Metson (Appointed 29 January 2015)
Rachel Hogg (Appointed 30 June 2021)

Secretary

Beverley Hutton

Steering Group

Beverley Hutton (Project Director)
Stephen Hogg
David Metson
Paul Hutton
MJ Maher
Charles French
Georgina Lindsay

Independent Examiner

Holy Brook Associates

Accountant

Rachel Belshaw

Bankers

Barclays PLC, 2 & 4 Church Road, Caversham, Reading, RG4 7AE

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 10th December 2012 and registered as a charity on 28th February 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Trustee Body

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Trustee Body. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

New Trustees are recruited by direct invitation from the existing Board of Trustees and are identified either by the Board of Trustees or by referral to the Trustees. In extending invitations, account is taken of the skills present and needed around the Board table. Potential Trustees are invited to attend Trustee meetings as observers and enabled to familiarise themselves with the organisation. Once mutual agreement as to the suitability of the appointment has been established new Trustees may be appointed to serve in association with the Board of Trustees until the next round of Board elections.

Risk Management

The trustees have continued to assess risk on an ongoing basis in relation to COVID-19, and in person clinical work has continued to be safe to continue, where appropriate and according to personal choice during 2023.

Organisational Structure

Day to day operational leadership is delegated by the Board of Trustees to a Project Director (PD) who is supported by a Steering Group. The Board of Trustees is a policy making Board, having adopted the Carver principles of governance. It sets policies that limit the freedom of the Project Director where that is needed and sets policies for the strategic ends of the charity for a rolling 3-5 year plan that are reviewed each year. For governance, the Board of Trustees liaises only with the Project Director, who is free to make decisions within the bounds of the strategic plan and governance parameters. The PD reports back to the Board of Trustees and to the Steering Group about ongoing process and developments, that records progress against objectives and the strategic plan, and any exceptions to governance parameters.

Objectives and Activities

Charitable Objects

1. To provide a Recovery Programme for people with mental health needs.
2. To provide a supportive environment within which individuals can work together to overcome dysfunctional life patterns and negative cycles of behaviour and thinking.
3. For the public benefit, in accordance with the Statement of Beliefs, to assist in the treatment and care of persons suffering from mental illness of any description, or in need of rehabilitation, as a result of such illness, by the provision of facilities for emotional support and recreation

Primary Objective

Still the Hunger aims to help bridge the gap that exists between church and the NHS, and to bring a more holistic approach to the treatment and support of those suffering with enduring emotional difficulties. We aim to:

1. Respond to need at the point of referral and integrate individuals into an individually tailored programme, where appropriate, and as soon as possible to alleviate suffering and deterioration.
2. Enable individuals to reach their full potential, take an active role within society, including stable relationships, and engage in work or education.
3. Build self-esteem, and reduce the stigma and isolation associated with mental illness.
4. Enable individuals to explore their spirituality in a safe environment and, if desired, help them to develop their faith and understanding of the nature of their difficulties from a Christian perspective.

Our Approach

We provide a service where individuals can receive individual psychotherapy, EMDR, and/or weekly group therapy. Once a month we offer a free support group for anyone affected by Body Dysmorphic Disorder (BDD), which is also open to carers, partners, and family members. This is offered in partnership with the BDD Foundation.

Following referral, we meet with potential clients as soon as possible to discuss an individually tailored care package and aim to integrate them into a suitable care plan within 1-4 weeks from first point of contact. Our service is therefore extremely valuable and unique as it can be accessed immediately, either directly by the individual or through a referring clinician or community organisation. Anyone over the age of 18 with longstanding emotional difficulties is eligible to access our evening therapy group, and we accept clients of all faiths and none.

Members of either the weekly therapy group or the BDD support group are able to support one another outside of hours through closed confidential on-line forums. This enables the therapeutic community feel of Still the Hunger to continue. These forums are facilitated by our therapists, who are able to intervene or provide additional advice or support as necessary.

Charles French completed his EMDR training and now has a full calendar of both online and in person appointments at the Reading office. Beverley Hutton has been developing the intensive EMDR programme, with regular bookings throughout the year. We have also developed a collaboration with Mercy UK and have worked alongside them to provide low cost therapy over a time limited period (16 weeks) for those undergoing their online course.

Future Plans

To continue to develop the intensive EMDR retreats into a longer programme that more closely replicates the programme in Holland. This would involve 8 days of intensive EMDR and psychoeducation with a 3 day break half way through. This would mean that clients would cover more areas of difficulty within this time, with some therefore less likely to need ongoing weekly EMDR beyond the programme. In order to manage the number of referrals, another change will be for onward referral to other therapists post intensive retreat as opposed to continue working with everyone ourselves, which isn't sustainable.

Financial Review

Presentation of the financial statements

The financial statements have been prepared in accordance with The Charities Act (Accounts and Reports) Regulations and The Charity Commission 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 2015.

Reserves Policy

The Trustees have set a policy on reserves that there should be sufficient for normal expenditure of a minimum of 2 months, and a maximum of 12 months.

Principle funding resources

The total income from all sources for the year ended 31 December 2023 was £90,192 and total expenditure was £99,731.

Income generated by client fees is now our major source of income, alongside a small number of regular monthly donations.

The Charity is no longer dependent on fundraising and has managed to cover its costs through an increasing number of referrals for EMDR therapy specifically. Referrals are coming in from a variety of sources, but we have seen an increase in applications from higher earning clients. This has enabled us to continue offering low cost therapy to those on lower incomes/benefits according to our sliding scale of fees, and depending on each therapist's workload and ability to accommodate to low cost work on a discretionary basis.

Statement of Directors Responsibilities

The Charities Act and the Companies Act require the Directors (who are also the trustees for Charity Law) to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those financial statements, the directors should follow best practice and:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgments and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Directors are responsible for maintaining 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. The Directors 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.

The Directors are also responsible for the contents of the Directors' Report, and the responsibility of the independent examiner in relation to the Directors' Report is limited to examining the report and that ensuring on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.

This report has been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities (FRS 102) and in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Members of the Trustee Body

The Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 3.

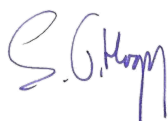
In accordance with company law, as the directors of the company, we certify that:

- So far as we are aware, there is no relevant financial information of which the company's Independent Examiner was unaware; and
- We have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information and to establish that the charity's Independent Examiner is aware of that information.

Independent Examiner

Rachel Eden on behalf of Holy Brook Associates was appointed as the charitable company's Independent Examiner and has expressed her willingness to act in that capacity.

Approved by the Trustees on 26 September 2024 and signed on their behalf by:

A handwritten signature in blue ink, appearing to read 'S. G. Hogg'.

Stephen Hogg (Chair of Trustees)



**Report to the trustees/
members of**

Still the Hunger

**On accounts for the year
ended**

31st December 2023

Charity no

1151004

Set out on pages

1-2

**Respective
responsibilities of trustees
and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

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

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect,:

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

I have 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.

Signed:  **Date:** 26th September 2024

Name: Rachel Eden

Relevant professional qualification(s) or body FCMA (Fellow of the Chartered Institute of Management Accountants)

Address: Holy Brook Associates, Curious Lounge, 1st Floor, Pinnacle Building,
Tudor Road, Reading, England,
RG1 1NH

**Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 December 2023**

	Note	2023 Unrestricted Funds £	2023 Restricted Funds £	2023 Total Funds £	2022 Total Funds £
Income from:					
Donations and legacies					
Grants	5	-	-	-	-
Donations		3,266	1,668	4,934	8,661
Charitable activities					
Fees Charged		83,178	-	83,178	79,248
Other trading activities					
Fundraising Events		-	-	-	-
Book sales and other income		2,080	-	2,080	437
Total income		88,524	1,668	90,192	88,346
Expenditure on:					
Raising funds	3	-	-	-	-
Charitable activities	3	94,927	4,404	99,331	78,632
Other	3	400	-	400	360
Total expenditure		95,327	4,404	99,731	78,992
Net income / (expenditure) for the year		(6,803)	(2,736)	(9,539)	9,354
Reconciliation of funds					
Total funds brought forward		10,380	6,189	16,569	7,215
Total funds carried forward		3,577	3,453	7,030	16,569

Balance Sheet as at 31 December 2023

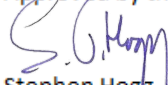
		2023		2022	
	Note	£	£	£	£
Fixed assets					
Tangible assets	7		950		690
Total fixed assets			<u>950</u>		<u>690</u>
Current assets					
Debtors	8	5,466		8,345	
Stock	9	1,774		-	
Cash at bank and in hand		<u>5,619</u>		<u>16,662</u>	
Total current assets		12,859		25,007	
Creditors: amounts falling due within one year	10		<u>6,779</u>		<u>9,128</u>
Net current assets			6,080		15,879
Total net assets	11		<u><u>7,030</u></u>		<u><u>16,569</u></u>
The funds of the charity					
Unrestricted funds			3,577		10,380
Restricted income funds			3,453		6,189
Total charity funds	12		<u><u>7,030</u></u>		<u><u>16,569</u></u>

In preparing these financial statements:

- (a) The trustees are of the opinion that the company is entitled to the exemption from audit conferred by Section 477 of the Companies Act 2006;
- (b) No notice has been deposited under Section 476 of the Companies Act 2006, and
- (c) The trustees acknowledge their responsibilities for:
 - (i) ensuring that the company keeps accounting records which comply with Section 386 of the Companies Act 2006, and
 - (ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its income and expenditure for the financial year in accordance with the requirements of Sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the smaller companies regime within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard 102 (FRS 102).

Approved by the Trustees on 16 August 2024 and signed on their behalf by:


 Stephen Hogg
 Chair of Trustees



Notes forming part of the financial statements for the year ended 31 December 2023

1 Accounting policies.

- a) Still the Hunger is a registered charity and a charitable company limited by guarantee incorporated in England and Wales. The registered office is 11 Glebe Road, Reading, RG2 7AG.
- b) The financial statements have been prepared in accordance with 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 2015) -(Charities SORP FRS 102) the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant accounting policy notes.
- The accounts are prepared in sterling which is the functional currency of the company. Monetary amounts in these accounts are rounded to the nearest £.
- The charity constitutes a public benefit entity as defined by FRS 102.
- The charity has a reasonable expectation that there are adequate resources to continue in operational existence for the foreseeable future. It has therefore continued to adopt the going concern basis in preparing its financial statements.
- c) Voluntary income is received by way of donations and grants, and is included in the Statement of Financial Activities when there is entitlement, sufficient certainty that receipt of the income is probable and the amount can be measured reliably. The value of services provided by volunteers has not been included.
- d) Expenditure is recognised on an accruals basis. Details of the allocation of this expenditure is shown under Note 3 headed "Total Expenditure".
- Support costs include central functions and have been allocated on the basis of resources used.
- e) Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, which in all cases is estimated at 4 years. Items of equipment are capitalised where the purchase price exceeds £500.
- f) Debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.
- g) Cash at bank and in hand includes cash held at a bank current account.
- h) Creditors and provisions are recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure where it is probable that settlement will be required and the obligation can be measured reliably.
- i) 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.
- j) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose.
- k) Restricted funds are to be used for specific purposes as laid down by the donors.

2 Taxation

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

3 Total Expenditure

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2023	Total 2022
Unrestricted	£	£	£	£	£	£
Staff costs	-	49,988	-	-	49,988	45,205
Pension costs	-	2,642	-	-	2,642	2,199
Training and travel	-	949	-	-	949	45
Rent	-	2,280	-	-	2,280	4,690
EMDR equipment	-	2,851	-	-	2,851	1,521
Courses, materials and books	-	-	-	-	-	-
Telephone	-	688	-	-	688	684
Postage, freight and courier	-	1,065	-	-	1,065	251
Marketing	-	599	-	-	599	-
Computer costs and website	-	1,065	-	-	1,065	499
Sundry expenses	-	593	-	-	593	392
Insurance	-	593	-	-	593	408
Fund raising Costs	-	-	-	-	-	-
Therapist fees	-	25,948	-	-	25,948	16,354
Professional Fees	-	3,645	-	-	3,645	3,243
Bookkeeping Fees	-	1,064	-	-	1,064	1,203
Subscriptions	-	236	-	-	236	195
Independent Examiner	-	-	400	-	400	360
Minor office equipment and repairs	-	70	-	-	70	394
Bank charges	-	-	-	-	-	-
Depreciation	-	651	-	-	651	424
Total Unrestricted	-	94,927	400	-	95,327	77,976

Notes forming part of the financial statements for the year ended 31 December 2023 (cont'd)

3 Total Expenditure cont'd

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2023	Total 2022
Restricted	£	£	£	£	£	£
Staff Costs	-	3,344	-	-	3,344	-
Therapist fees	-	1,060	-	-	-	-
Client discounts	-	-	-	-	-	860
Minor items of equipment	-	-	-	-	-	156
	-	4,404	-	-	4,404	1,016

4 Staff Costs

	2023 £	2022 £
Staff Costs	53,332	45,205
Pension costs	2,642	2,199
	<u>55,974</u>	<u>47,405</u>

The average number of full time equivalent employees:
All categories

1 1

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

5 Grants Received

	2023 £	2022 £
Unrestricted	-	-
Restricted	-	-

6 Trustees expenses and remuneration

	2023 £	2022 £
Costs of meetings, briefings and conferences	-	-
Remuneration	-	-

No remuneration or reimbursed expenses were paid to any of the trustees in the year.

7 Tangible fixed assets

	2023 Office & IT equipment £	2022 Office & IT equipment £
Cost		
At 1 January 2023	2,454	2,454
Additions in the year	911	-
Disposals in the year	-	-
At 31 December 2023	<u>3,365</u>	<u>2,454</u>
Depreciation		
At 1 January 2023	1,764	1,340
Charge for the year	651	424
Disposals in the year	-	-
At 31 December 2023	<u>2,415</u>	<u>1,764</u>
Net book value at 31 December 2023	<u>950</u>	<u>690</u>

Notes forming part of the financial statements for the year ended 31 December 2023 (cont'd)

	2023	2022
8 Debtors		
	£	£
Clients' fees	714	7,871
PAYE	4,213	-
Prepayments	539	474
	<u>5,466</u>	<u>8,345</u>

	2023	2022
9 Stock		
	£	£
Touchpoint equipment	1,774	-
	<u>1,774</u>	<u>-</u>

	2023	2022
10 Creditors: amounts falling due within one year		
	£	£
Taxation and social security	582	1,603
Other creditors and accruals	6,197	7,525
	<u>6,779</u>	<u>9,128</u>

			2023	2022
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
Tangible fixed assets	950	-	950	690
Current assets	12,859	-	12,859	25,007
Current liabilities	(6,779)	-	(6,779)	(9,128)
Total net assets at 31 December 2023	<u>7,030</u>	<u>-</u>	<u>7,030</u>	<u>16,569</u>

	At 1 Jan 2023	Income	Expenditure	At 31 Dec 2023
	£	£	£	£
Unrestricted funds	10,380	88,524	95,327	3,577
Restricted fund - bursary	5,373	918	3,654	2,637
Restricted fund - residential	816	750	750	816
Total funds	<u>16,569</u>	<u>90,192</u>	<u>99,731</u>	<u>7,030</u>

Restricted funds exist for the following purposes:

1. Bursary fund - to enable clients to receive therapy at reduced rates who would be otherwise unable to afford treatment
2. Residential fund - to enable the set up and ongoing service of a residential service to clients in need of more intensive treatment

snip

13 Control

The Company is under the joint control of the 3 Directors who guarantee the liabilities of the Company up to a maximum of £1 each. There is no one ultimate controlling party.

14 Related Party Transactions

There are no related party transactions in the period.

STILL THE HUNGER

England & Wales - Charity number 1151004

Accounts



Still the Hunger

(A company limited by guarantee)

**Report and Unaudited Financial Statements
For the year ended 31 December 2022**

Charity number 1151004

Company number 8324984

(Registered in England and Wales)

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Reference and Administrative Information

Charity Name Still the Hunger
Charity Registration No. 1151004
Company Registration No. 8324984
Registered Office 11 Glebe Road, Reading, RG2 7AG

Trustees

Stephen Hogg, Chair (Appointed 10 December 2012)
David Metson (Appointed 29 January 2015)
Rachel Hogg (Appointed 30 June 2021)

Secretary

Beverley Hutton

Steering Group

Beverley Hutton (Project Director)
Stephen Hogg
David Metson
Paul Hutton
MJ Maher
Charles French
Georgina Lindsay

Independent Examiner

Holy Brook Associates

Accountant

Rachel Belshaw

Bankers

Barclays PLC, 2 & 4 Church Road, Caversham, Reading, RG4 7AE

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 10th December 2012 and registered as a charity on 28th February 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Trustee Body

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Trustee Body. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

New Trustees are recruited by direct invitation from the existing Board of Trustees and are identified either by the Board of Trustees or by referral to the Trustees. In extending invitations, account is taken of the skills present and needed around the Board table. Potential Trustees are invited to attend Trustee meetings as observers and enabled to familiarise themselves with the organisation. Once mutual agreement as to the suitability of the appointment has been established new Trustees may be appointed to serve in association with the Board of Trustees until the next round of Board elections.

Risk Management

The trustees have continued to assess risk on an ongoing basis in relation to COVID-19, and in person clinical work was deemed safe to resume, where appropriate and according to personal choice during 2022.

Organisational Structure

Day to day operational leadership is delegated by the Board of Trustees to a Project Director (PD) who is supported by a Steering Group. The Board of Trustees is a policy making Board, having adopted the Carver principles of governance. It sets policies that limit the freedom of the Project Director where that is needed and sets policies for the strategic ends of the charity for a rolling 3-5 year plan that are reviewed each year. For governance, the Board of Trustees liaises only with the Project Director, who is free to make decisions within the bounds of the strategic plan and governance parameters. The PD reports back to the Board of Trustees and to the Steering Group about ongoing process and developments, that records progress against objectives and the strategic plan, and any exceptions to governance parameters.

Objectives and Activities

Charitable Objects

1. To provide a Recovery Programme for people with mental health needs.
2. To provide a supportive environment within which individuals can work together to overcome dysfunctional life patterns and negative cycles of behaviour and thinking.
3. For the public benefit, in accordance with the Statement of Beliefs, to assist in the treatment and care of persons suffering from mental illness of any description, or in need of rehabilitation, as a result of such illness, by the provision of facilities for emotional support and recreation

Primary Objective

Still the Hunger aims to help bridge the gap that exists between church and the NHS, and to bring a more holistic approach to the treatment and support of those suffering with enduring emotional difficulties. We aim to:

1. Respond to need at the point of referral and integrate individuals into an individually tailored programme, where appropriate, and as soon as possible to alleviate suffering and deterioration.
2. Enable individuals to reach their full potential, take an active role within society, including stable relationships, and engage in work or education.
3. Build self-esteem, and reduce the stigma and isolation associated with mental illness.
4. Enable individuals to explore their spirituality in a safe environment and, if desired, help them to develop their faith and understanding of the nature of their difficulties from a Christian perspective.

Our Approach

We provide a service where individuals can receive individual psychotherapy, EMDR, and/or weekly group therapy. Once a month we offer a free support group for anyone affected by Body Dysmorphic Disorder (BDD), which is also open to carers, partners, and family members. This is offered in partnership with the BDD Foundation. We hold a free monthly Encounter Room, (an evening for worship, discipleship and prayer ministry), which is open to anyone and intended not only for outreach but also to give some insight into what we offer for new potential clients.

Following referral, we meet with potential clients as soon as possible to discuss an individually tailored care package and aim to integrate them into a suitable care plan within 1-4 weeks from first point of contact. Our service is therefore extremely valuable and unique as it can be accessed immediately, either directly by the individual or through a referring clinician or community organisation. Anyone over the age of 18 with

longstanding emotional difficulties is eligible to access our evening therapy group, and we accept clients of all faiths and none.

Members of either the weekly therapy group or the BDD support group are able to support one another outside of hours through closed confidential on-line forums. This enables the therapeutic community feel of Still the Hunger to continue. These forums are facilitated by our therapists, who are able to intervene or provide additional advice or support as necessary.

Charles French undertook his EMDR training during 2022 and began to take on more clients himself based at the Reading office and online.

Future Plans

As planned and hoped for last year, we started offering Intensive EMDR Retreats from the autumn of 2022. A suitable base in Somerset for this project to run was found during 2022. Intensive EMDR has been hugely successful in Holland with complex mental health conditions and interest in the UK has started to gain ground. We are running this project from a second base in Somerset alongside the existing Reading office. We expect to see our intensive EMDR project pick up momentum and for Charles French to begin some intensive work as well in Reading during 2023.

Financial Review

Presentation of the financial statements

The financial statements have been prepared in accordance with The Charities Act (Accounts and Reports) Regulations and The Charity Commission 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 2015.

Reserves Policy

The Trustees have set a policy on reserves that there should be sufficient for normal expenditure of a minimum of 2 months, and a maximum of 12 months.

Principle funding resources

The total income from all sources for the year ended 31 December 2022 was £88,346 and total expenditure was £78,992.

Income generated by client fees is now our major source of income, alongside a small number of regular monthly donations.

The Charity is no longer dependent on fundraising and has managed to cover its costs through an increasing number of referrals for EMDR therapy specifically. Referrals are

coming in from a variety of sources, but we have seen an increase in applications from higher earning clients. This has enabled us to continue offering low cost therapy to those on lower incomes/benefits according to our sliding scale of fees, and depending on each therapist's workload and ability to accommodate to low cost work on a discretionary basis.

Statement of Directors Responsibilities

The Charities Act and the Companies Act require the Directors (who are also the trustees for Charity Law) to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those financial statements, the directors should follow best practice and:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgments and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Directors are responsible for maintaining 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. The Directors 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.

The Directors are also responsible for the contents of the Directors' Report, and the responsibility of the independent examiner in relation to the Directors' Report is limited to examining the report and that ensuring on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.

This report has been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities (FRS 102) and in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Members of the Trustee Body

The Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 3.

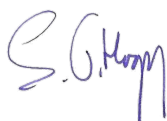
In accordance with company law, as the directors of the company, we certify that:

- So far as we are aware, there is no relevant financial information of which the company's Independent Examiner was unaware; and
- We have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information and to establish that the charity's Independent Examiner is aware of that information.

Independent Examiner

Rachel Eden on behalf of Holy Brook Associates was appointed as the charitable company's Independent Examiner and has expressed his willingness to act in that capacity.

Approved by the Trustees on 30 September 2023 and signed on their behalf by:

A handwritten signature in blue ink, appearing to read 'S. Hogg'.

Stephen Hogg (Chair of Trustees)



**Report to the trustees/
members of**

Still the Hunger

**On accounts for the year
ended**

31st December 2022

**Charity no
(if any)**

1151004

Set out on pages

1-2

**Respective
responsibilities of trustees
and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

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

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect,:

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

I have come across no other matters in connection with the examination, other than that which is disclosed below, to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:  **Date:** 25th September 2023

Name: Rachel Eden

Relevant professional qualification(s) or body (if any): ACMA (Chartered Institute of Management Accountants)

Address: Holy Brook Associates, Curious Lounge, 1st Floor, Pinnacle Building,
Tudor Road, Reading, England,
RG1 1NH

Section B Disclosure

There is a discrepancy between the bank statement and the figure shown in the accounts of £58.70 between the year-end bank statement and the figure shown on the balance sheet in the accounts.

**Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 December 2022**

	Note	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Income from:					
Donations and legacies					
Grants	5	-	-	-	-
Donations		4,561	4,100	8,661	7,593
Charitable activities					
Fees Charged		79,248	-	79,248	52,305
Other trading activities					
Fundraising Events		-	-	-	-
Book sales and course income		437	-	437	2,455
Total income		<u>84,246</u>	<u>4,100</u>	<u>88,346</u>	<u>53,083</u>
Expenditure on:					
Raising funds	3	-	-	-	-
Charitable activities	3	77,616	1,016	78,632	62,243
Other	3	360		360	360
Total expenditure		<u>77,976</u>	<u>1,016</u>	<u>78,992</u>	<u>47,980</u>
Net income / (expenditure) for the year		6,270	3,084	9,354	(250)
Reconciliation of funds					
Total funds brought forward		4,110	3,105	7,215	7,465
Total funds carried forward		<u>10,380</u>	<u>6,189</u>	<u>16,569</u>	<u>7,215</u>

Balance Sheet as at 31 December 2022

	Note	2022		2021	
		£	£	£	£
Fixed assets					
Tangible assets	7		690		1,114
Total fixed assets			<u>690</u>		<u>1,114</u>
Current assets					
Debtors	8	8,345		2,762	
Cash at bank and in hand		<u>16,662</u>		<u>7,473</u>	
Total current assets		25,007		10,235	
Creditors: amounts falling due within one year	9		<u>9,128</u>		<u>4,134</u>
Net current assets			15,879		6,101
Total net assets	10		<u><u>16,569</u></u>		<u><u>7,215</u></u>
The funds of the charity					
Unrestricted funds			10,380		4,110
Restricted income funds			6,189		3,105
Total charity funds	11		<u><u>16,569</u></u>		<u><u>7,215</u></u>

In preparing these financial statements:

- (a) The trustees are of the opinion that the company is entitled to the exemption from audit conferred by Section 477 of the Companies Act 2006;
- (b) No notice has been deposited under Section 476 of the Companies Act 2006, and
- (c) The trustees acknowledge their responsibilities for:
 - (i) ensuring that the company keeps accounting records which comply with Section 386 of the Companies Act 2006, and
 - (ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its income and expenditure for the financial year in accordance with the requirements of Sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the smaller companies regime within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard 102 (FRS 102).

Approved by the Trustees on 30 September 2023 and signed on their behalf by:

Stephen Hogg
Chair of Trustees



Company Registration No. 8324984

Notes forming part of the financial statements for the year ended 31 December 2022

1 Accounting policies.

- a) Still the Hunger is a registered charity and a charitable company limited by guarantee incorporated in England and Wales. The registered office is 11 Glebe Road, Reading, RG2 7AG.
- b) The financial statements have been prepared in accordance with 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 2015) -(Charities SORP FRS 102) the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant accounting policy notes.
- The accounts are prepared in sterling which is the functional currency of the company. Monetary amounts in these accounts are rounded to the nearest £.
- The charity constitutes a public benefit entity as defined by FRS 102.
- The charity has a reasonable expectation that there are adequate resources to continue in operational existence for the foreseeable future. It has therefore continued to adopt the going concern basis in preparing its financial statements.
- c) Voluntary income is received by way of donations and grants, and is included in the Statement of Financial Activities when there is entitlement, sufficient certainty that receipt of the income is probable and the amount can be measured reliably. The value of services provided by volunteers has not been included.
- d) Expenditure is recognised on an accruals basis. Details of the allocation of this expenditure is shown under Note 3 headed "Total Expenditure". Support costs include central functions and have been allocated on the basis of resources used.
- e) Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, which in all cases is estimated at 4 years. Items of equipment are capitalised where the purchase price exceeds £500.
- f) Debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.
- g) Cash at bank and in hand includes cash held at a bank current account.
- h) Creditors and provisions are recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure where it is probable that settlement will be required and the obligation can be measured reliably.
- i) 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.
- j) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose.
- k) Restricted funds are to be used for specific purposes as laid down by the donors.

2 Taxation

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

3 Total Expenditure

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2022	Total 2021
	£	£	£	£	£	£
Unrestricted						
Staff costs	-	45,205	-	-	45,205	35,475
Pension costs	-	2,199	-	-	2,199	1,797
Training and travel	-	(45)	-	-	(45)	400
Rent	-	4,690	-	-	4,690	8,160
EMDR equipment	-	1,521	-	-	1,521	1,281
Courses, materials and books	-	-	-	-	-	1,915
Telephone	-	684	-	-	684	893
Postage, freight and courier	-	251	-	-	251	-
Marketing	-	-	-	-	-	40
Computer costs and website	-	499	-	-	499	1,587
Sundry expenses	-	392	-	-	392	548
Insurance	-	408	-	-	408	429
Fund raising Costs	-	-	-	-	-	100
Therapist fees	-	16,354	-	-	16,354	2,610
Professional Fees	-	3,243	-	-	3,243	4,375
Bookkeeping Fees	-	1,203	-	-	1,203	879
Subscriptions	-	195	-	-	195	628
Independent Examiner	-	-	360	-	360	360
Minor office equipment and repairs	-	394	-	-	394	268
Bank charges	-	-	-	-	-	-
Depreciation	-	424	-	-	424	388
Total Unrestricted	-	77,616	360	-	77,976	62,133

Notes forming part of the financial statements for the year ended 31 December 2022 (cont'd)

3 Total Expenditure cont'd

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2022	Total 2021
Restricted	£	£	£	£	£	£
Staff Costs	-	-	-	-	-	470
Client discounts	-	860	-	-	860	-
Minor items of equipment	-	156	-	-	156	-
	-	1,016	-	-	1,016	470

4 Staff Costs

	2022	2021
	£	£
Staff Costs	45,205	35,945
Pension costs	2,199	1,797
	<u>47,405</u>	<u>37,742</u>

The average number of full time equivalent employees:

All categories	1	1
----------------	---	---

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

5 Grants Received

	2022	2021
	£	£
Unrestricted	-	-
	<u>-</u>	<u>-</u>
Restricted	-	-
	<u>-</u>	<u>-</u>

6 Trustees expenses and remuneration

	2022	2021
	£	£
Costs of meetings, briefings and conferences	-	-
Remuneration	-	-
	<u>-</u>	<u>-</u>

No remuneration or reimbursed expenses were paid to any of the trustees in the year.

7 Tangible fixed assets

	2022	2021
	Office & IT equipment	Office & IT equipment
	£	£
Cost		
At 1 January 2022	2,454	1,599
Additions in the year	-	855
Disposals in the year	-	-
At 31 December 2022	<u>2,454</u>	<u>2,454</u>
Depreciation		
At 1 January 2022	1,340	952
Charge for the year	424	388
Disposals in the year	-	-
At 31 December 2022	<u>1,764</u>	<u>1,340</u>
Net book value at 31 December 2022	690	1,114

Notes forming part of the financial statements for the year ended 31 December 2022 (cont'd)

	2022	2021
8 Debtors		
	£	£
Clients' fees	7,871	2,388
Pre-payments	474	374
	<u>8,345</u>	<u>2,762</u>

	2022	2021
9 Creditors: amounts falling due within one year		
	£	£
Taxation and social security	1,603	413
Other creditors and accruals	7,525	3,721
	<u>9,128</u>	<u>4,134</u>

10 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	2022 Total Funds	2021 Total Funds
	£	£	£	£
Tangible fixed assets	690	-	690	647
Current assets	25,007	-	25,007	11,921
Current liabilities	(9,128)	-	(9,128)	(5,102)
Total net assets at 31 December 2022	<u>16,569</u>	<u>-</u>	<u>16,569</u>	<u>7,466</u>

11 Movement in funds

	At 1 Jan 2022	Income	Expenditure	At 31 Dec 2022
	£	£	£	£
Unrestricted funds	4,110	84,246	77,976	10,380
Restricted income funds	3,105	4,100	1,016	6,189
Total funds	<u>7,215</u>	<u>88,346</u>	<u>78,992</u>	<u>16,569</u>

12 Control

The Company is under the joint control of the 3 Directors who guarantee the liabilities of the Company up to a maximum of £1 each. There is no one ultimate controlling party.

13 Related Party Transactions

There are no related party transactions in the period.

STILL THE HUNGER

England & Wales - Charity number 1151004

Accounts



Still the Hunger

(A company limited by guarantee)

**Report and Unaudited Financial Statements
For the year ended 31 December 2021**

Charity number 1151004

Company number 8324984

(Registered in England and Wales)

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Reference and Administrative Information

Charity Name Still the Hunger

Charity Registration No. 1151004

Company Registration No. 8324984

Registered Office 11 Glebe Road, Reading, RG2 7AG

Trustees

Stephen Hogg, Chair (Appointed 10 December 2012)

David Metson (Appointed 29 January 2015)

Rachel Hogg (Appointed 30 June 2021)

Secretary

Beverley Hutton

Steering Group

Beverley Hutton (Project Director)

Stephen Hogg

David Metson

Paul Hutton

Monia Conforti

Georgina Lindsay

Independent Examiner

Holy Brook Associates

Accountant

Rachel Belshaw

Bankers

Barclays PLC, 2 & 4 Church Road, Caversham, Reading, RG4 7AE

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 10th December 2012 and registered as a charity on 28th February 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Trustee Body

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Trustee Body. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

New Trustees are recruited by direct invitation from the existing Board of Trustees and are identified either by the Board of Trustees or by referral to the Trustees. In extending invitations, account is taken of the skills present and needed around the Board table. Potential Trustees are invited to attend Trustee meetings as observers and enabled to familiarise themselves with the organisation. Once mutual agreement as to the suitability of the appointment has been established new Trustees may be appointed to serve in association with the Board of Trustees until the next round of Board elections.

Risk Management

The trustees carried out regular risk assessment exercises throughout 2021 and considered that the chief area of concern going forwards was with regards to the ongoing management of in person clinical work during the pandemic. We made the following changes:

1. Clinical work with clients would be conducted on-line via Zoom during periods of higher numbers of COVID-19 infection, according to government guidelines, and therapist personal choice, until safe to return to face to face appointments.
2. All other meetings would be held over Zoom.
3. All supervision would be held over Zoom.
4. All training, conferences, and CPD would be carried out via Zoom.

All clinical work continued throughout the COVID-19 pandemic of 2021, and clinical work continued to increase with referrals being received nationally and internationally. We continued to offer our courses and training to a wider number of clients and therapists over Zoom.

Organisational Structure

Day to day operational leadership is delegated by the Board of Trustees to a Project Director (PD) who is supported by a Steering Group. The Board of Trustees is a policy making Board, having adopted the Carver principles of governance. It sets policies that limit the freedom of the Project Director where that is needed and sets policies for the strategic ends of the charity for a rolling 3-5 year plan that are reviewed each year. For governance, the Board of Trustees liaises only with the Project Director, who is free to make decisions within the bounds of the strategic plan and governance parameters. The PD reports back to the Board of Trustees and to the Steering Group about ongoing process and developments, that records progress against objectives and the strategic plan, and any exceptions to governance parameters.

Objectives and Activities

Charitable Objects

1. To provide a Recovery Programme for people with mental health needs.
2. To provide a supportive environment within which individuals can work together to overcome dysfunctional life patterns and negative cycles of behaviour and thinking.
3. For the public benefit, in accordance with the Statement of Beliefs, to assist in the treatment and care of persons suffering from mental illness of any description, or in need of rehabilitation, as a result of such illness, by the provision of facilities for emotional support and recreation

Primary Objective

Still the Hunger aims to help bridge the gap that exists between church and the NHS, and to bring a more holistic approach to the treatment and support of those suffering with enduring emotional difficulties. We aim to:

1. Respond to need at the point of referral and integrate individuals into an individually tailored programme, where appropriate, and as soon as possible to alleviate suffering and deterioration.
2. Enable individuals to reach their full potential, take an active role within society, including stable relationships, and engage in work or education.
3. Build self-esteem, and reduce the stigma and isolation associated with mental illness.
4. Enable individuals to explore their spirituality in a safe environment and, if desired, help them to develop their faith and understanding of the nature of their difficulties from a Christian perspective.

Our Approach

We provide a service where individuals can receive individual psychotherapy, EMDR, and/or weekly group therapy. Once a month we offer a free support group for anyone

affected by Body Dysmorphic Disorder (BDD), which is also open to carers, partners, and family members. This is offered in partnership with the BDD Foundation. We started a new similar support group for those affected by Dissociative Identity Disorder (DID), which was very much appreciated by current clients affected by this disorder.

Following referral, we meet with potential clients as soon as possible to discuss an individually tailored care package and aim to integrate them into a suitable care plan within 1-4 weeks from first point of contact. Our service is therefore extremely valuable and unique as it can be accessed immediately, either directly by the individual or through a referring clinician or community organisation. Anyone over the age of 18 with longstanding emotional difficulties is eligible to access our evening therapy group, and we accept clients of all faiths and none. We also provide individual therapy for adolescents, and the BDD group attracts some that are younger, who may come accompanied by a parent.

Members of the BDD support group are able to support one another outside of hours through a closed confidential on-line forum. This enables the therapeutic community feel of Still the Hunger to continue. This forum is facilitated by our therapists, who are able to intervene or provide additional advice or support as necessary.

We completed an additional version of the MORE Course material into a teaching resource for therapists working with faith and complex mental health conditions. This was successfully run in 2021. We were then approached with a view to running a webinar on an integrated approach to EMDR for the Association of Christian Counsellors, which we did and was very well attended and well received.

Dr Monia Conforti made the decision to step down from her role within the Steering Group and in her clinical capacity with StH from December 2021. Charles French, who completed his training as a Psychodynamic Counsellor in 2021, took over, and will operate out of the Reading base two days a week.

Future Plans

We intend to offer Intensive EMDR Retreats from 2022. A suitable base for this project to run from was found during 2021. Intensive EMDR is hugely successful in Holland with complex mental health conditions but is not something that is on offer in the UK as far as we are aware so this is an exciting plan, which has the support of the EMDR community and others. This would run from a second base in the UK alongside the Reading office.

Financial Review

Presentation of the financial statements

The financial statements have been prepared in accordance with The Charities Act (Accounts and Reports) Regulations and The Charity Commission 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 2015.

Reserves Policy

The Trustees have set a policy on reserves that there should be sufficient for normal expenditure of a minimum of 2 months, and a maximum of 12 months. During the financial year the reserves were not met and fell below the minimum 2 months. The Trustees continue to work towards rectifying this and, having considered various options, hope that the changes made will enable us to move into a more sustainable financial model which is less dependent on grant giving for the next financial year.

Principle funding resources

The total income from all sources for the year ended 31 December 2021 was £62,953 and total expenditure £63,347.

The main source of income is client fees with the balance coming from donations.

The Charity is no longer dependent on fundraising and has managed to cover its costs through an increasing number of referrals for EMDR therapy specifically. Referrals are coming in from a variety of sources, but we have seen an increase in applications from higher earning clients. This has enabled us to continue offering low cost therapy to those on lower incomes/benefits according to our sliding scale of fees, and depending on each therapist's workload and ability to accommodate to low cost work on a discretionary basis.

Statement of Directors Responsibilities

The Charities Act and the Companies Act require the Directors (who are also the trustees for Charity Law) to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those financial statements, the directors should follow best practice and:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgments and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Directors are responsible for maintaining 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. The Directors 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.

The Directors are also responsible for the contents of the Directors' Report, and the responsibility of the independent examiner in relation to the Directors' Report is limited to examining the report and that ensuring on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.

This report has been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities (FRS 102) and in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Members of the Trustee Body

The Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 3.

In accordance with company law, as the directors of the company, we certify that:

- So far as we are aware, there is no relevant financial information of which the company's Independent Examiner was unaware; and
- We have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information and to establish that the charity's Independent Examiner is aware of that information.

Independent Examiner

Holy Brook Associates were appointed as the charitable company's Independent Examiner in 2021 and agreed to continue to act in that capacity.

Approved by the Trustees on 25/10/2022 and signed on their behalf by:



Stephen Hogg (Chair of Trustees)

Independent Examiners Report



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Still the Hunger

**On accounts for the year
ended**

31st December 2021

**Charity no
(if any)**

1151004

Set out on pages

1-2

**Respective
responsibilities of trustees
and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

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

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect,:

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

I have 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.

Signed:  **Date:** 24th October 2022

Name: Rachel Eden

Relevant professional qualification(s) or body (if any): ACMA (Chartered Institute of Management Accountants)

Address: Holy Brook Associates, Curious Lounge, 1st Floor, Pinnacle Building,
Tudor Road, Reading, England,
RG1 1NH

**Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 December 2021**

	Note	2021 Unrestricted Funds £	2021 Restricted Funds £	2021 Total Funds £	2020 Total Funds £
Income from:					
Donations and legacies					
Grants	5	-	-	-	3,650
Donations		4,018	3,575	7,593	9,869
Charitable activities					
Fees Charged		52,305	-	52,305	39,296
Other trading activities					
Fundraising Events		-	-	-	60
Book sales and course income		2,455	-	2,455	208
Total income		<u>58,778</u>	<u>3,575</u>	<u>62,353</u>	<u>53,083</u>
Expenditure on:					
Raising funds	3	-	-	-	-
Charitable activities	3	61,773	470	62,243	46,569
Other	3	360		360	1,411
Total expenditure		<u>62,133</u>	<u>470</u>	<u>62,603</u>	<u>47,980</u>
Net income / (expenditure) for the year		(3,355)	3,105	(250)	5,103
Reconciliation of funds					
Total funds brought forward		7,465	-	7,465	2,363
Total funds carried forward		<u>4,110</u>	<u>3,105</u>	<u>7,215</u>	<u>7,466</u>

Balance Sheet as at 31 December 2021

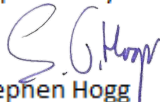
	2021	2020
Note	£	£
Fixed assets		
Tangible assets	7	647
Total fixed assets	<u>1,114</u>	<u>647</u>
Current assets		
Debtors	8	1,755
Cash at bank and in hand	7,473	10,166
Total current assets	<u>10,235</u>	<u>11,921</u>
Creditors: amounts falling due within one year	9	5,102
Net current assets	6,101	6,819
Total net assets	10	<u><u>7,466</u></u>
The funds of the charity		
Unrestricted funds	4,110	7,466
Restricted income funds	3,105	-
Total charity funds	11	<u><u>7,466</u></u>

In preparing these financial statements:

- (a) The trustees are of the opinion that the company is entitled to the exemption from audit conferred by Section 477 of the Companies Act 2006;
- (b) No notice has been deposited under Section 476 of the Companies Act 2006, and
- (c) The trustees acknowledge their responsibilities for:
 - (i) ensuring that the company keeps accounting records which comply with Section 386 of the Companies Act 2006, and
 - (ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its income and expenditure for the financial year in accordance with the requirements of Sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the smaller companies regime within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard 102 (FRS 102).

Approved by the Trustees on 25/10/2022 and signed on their behalf by:


 Stephen Hogg
 Chair of Trustees

Notes forming part of the financial statements for the year ended 31 December 2021

1 Accounting policies.

- a) Still the Hunger is a registered charity and a charitable company limited by guarantee incorporated in England and Wales. The registered office is 11 Glebe Road, Reading, RG2 7AG.
- b) The financial statements have been prepared in accordance with 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 2015) -(Charities SORP FRS 102) the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant accounting policy notes.
- The accounts are prepared in sterling which is the functional currency of the company. Monetary amounts in these accounts are rounded to the nearest £.
- The charity constitutes a public benefit entity as defined by FRS 102.
- The charity has a reasonable expectation that there are adequate resources to continue in operational existence for the foreseeable future. It has therefore continued to adopt the going concern basis in preparing its financial statements.
- c) Voluntary income is received by way of donations and grants, and is included in the Statement of Financial Activities when there is entitlement, sufficient certainty that receipt of the income is probable and the amount can be measured reliably. The value of services provided by volunteers has not been included.
- d) Expenditure is recognised on an accruals basis. Details of the allocation of this expenditure is shown under Note 3 headed "Total Expenditure". Support costs include central functions and have been allocated on the basis of resources used.
- e) Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, which in all cases is estimated at 4 years. Items of equipment are capitalised where the purchase price exceeds £500.
- f) Debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.
- g) Cash at bank and in hand includes cash held at a bank current account.
- h) Creditors and provisions are recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure where it is probable that settlement will be required and the obligation can be measured reliably.
- i) 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.
- j) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose.
- k) Restricted funds are to be used for specific purposes as laid down by the donors.

2 Taxation

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

3 Total Expenditure

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2021	Total 2020
Unrestricted	£	£	£	£	£	£
Staff costs	-	35,475	-	-	35,475	24,352
Pension costs	-	1,797	-	-	1,797	1,878
Training and travel	-	400	-	-	400	744
Rent	-	8,160	-	-	8,160	8,760
EMDR equipment	-	1,281	-	-	1,281	-
Courses, materials and books	-	1,915	-	-	1,915	1,205
Telephone	-	893	-	-	893	324
Printing and stationery	-	-	-	-	-	183
Marketing	-	40	-	-	40	81
Computer costs and website	-	1,587	-	-	1,587	1,894
Sundry expenses	-	548	-	-	548	152
Insurance	-	429	-	-	429	330
Fund raising Costs	-	100	-	-	100	-
Therapist fees	-	2,610	-	-	2,610	-
Professional Fees	-	4,375	-	-	4,375	3,777
Bookkeeping Fees	-	879	-	-	879	519
Subscriptions	-	628	-	-	628	430
Independent Examiner	-	-	360	-	360	460
Minor office equipment and repairs	-	268	-	-	268	696
Bank charges	-	-	-	-	-	2
Depreciation	-	388	-	-	388	192
Total Unrestricted	-	61,773	360	-	62,133	45,613

Notes forming part of the financial statements for the year ended 31 December 2021 (cont'd)

3 Total Expenditure cont'd

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2021	Total 2020
Restricted	£	£	£	£	£	£
Staff Costs	-	470	-	-	470	389
Minor items of equipment	-	-	-	-	-	1,978
	-	470	-	-	470	2,367

4 Staff Costs

	2021 £	2020 £
Staff Costs	35,945	24,741
Pension costs	1,797	1,878
	<u>37,742</u>	<u>26,619</u>

The average number of full time equivalent employees:
All categories

1 1

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

5 Grants Received

	2021 £	2020 £
Unrestricted Kiriath Trust	-	1,650
	<u>-</u>	<u>1,650</u>
Restricted Albert Hunt Trust Springboard	-	2,000
	<u>-</u>	<u>2,000</u>

6 Trustees expenses and remuneration

	2021 £	2020 £
Costs of meetings, briefings and conferences	-	-
Remuneration	-	-
	<u>-</u>	<u>-</u>

No remuneration or reimbursed expenses were paid to any of the trustees in the year.

7 Tangible fixed assets

	Office & IT equipment £	Office & IT equipment £
Cost		
At 1 January 2021	1,599	2,605
Additions in the year	855	839
Disposals in the year	-	(1,845)
At 31 December 2021	<u>2,454</u>	<u>1,599</u>
Depreciation		
At 1 January 2021	952	2,050
Charge for the year	388	192
Disposals in the year	-	(1,290)
At 31 December 2021	<u>1,340</u>	<u>952</u>
Net book value at 31 December 2021	<u>1,114</u>	<u>647</u>

Notes forming part of the financial statements for the year ended 31 December 2021 (cont'd)

	2021	2020
8 Debtors	£	£
Clients' fees	2,388	1,400
Pre-payments	374	355
	<u>2,762</u>	<u>1,755</u>

	2021	2020
9 Creditors: amounts falling due within one year	£	£
Taxation and social security	413	159
Other creditors and accruals	3,721	4,943
	<u>4,134</u>	<u>5,102</u>

10 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 Total Funds £
Tangible fixed assets	1,114	-	1,114	647
Current assets	10,235	-	10,235	11,921
Current liabilities	(4,134)	-	(4,134)	(5,102)
Total net assets at 31 December 2021	<u>7,215</u>	<u>-</u>	<u>7,215</u>	<u>7,466</u>

11 Movement in funds

	At 1 Jan 2021 £	Income £	Expenditure £	At 31 Dec 2021 £
Unrestricted funds	7,465	58,778	62,133	4,110
Restricted income funds	-	3,575	470	3,105
Total funds	<u>7,465</u>	<u>62,353</u>	<u>62,603</u>	<u>7,215</u>

12 Control

The Company is under the joint control of the 3 Directors who guarantee the liabilities of the Company up to a maximum of £1 each. There is no one ultimate controlling party.

13 Related Party Transactions

There are no related party transactions in the period.

STILL THE HUNGER

England & Wales - Charity number 1151004

Accounts



Still the Hunger

(A company limited by guarantee)

**Report and Unaudited Financial Statements
For the year ended 31 December 2020**

Charity number 1151004

Company number 8324984

(Registered in England and Wales)

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Reference and Administrative Information

Charity Name Still the Hunger

Charity Registration No. 1151004

Company Registration No. 8324984

Registered Office 11 Glebe Road, Reading, RG2 7AG

Trustees

Stephen Hogg, Chair (Appointed 10 December 2012)

David Metson (Appointed 29 January 2015)

Laura Eades (Appointed 10 June 2016)

 (Resigned in 2021)

Secretary

Beverley Hutton

Steering Group

Beverley Hutton (Project Director)

Stephen Hogg

Laura Eades (Resigned in 2021)

David Metson

Paul Hutton

Monia Conforti

Independent Examiner

Holy Brook Associates

Accountant

Rachel Belshaw

Bankers

Barclays PLC, 2 & 4 Church Road, Caversham, Reading, RG4 7AE

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 10th December 2012 and registered as a charity on 28th February 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Trustee Body

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Trustee Body. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

New Trustees are recruited by direct invitation from the existing Board of Trustees and are identified either by the Board of Trustees or by referral to the Trustees. In extending invitations, account is taken of the skills present and needed around the Board table. Potential Trustees are invited to attend Trustee meetings as observers and enabled to familiarise themselves with the organisation. Once mutual agreement as to the suitability of the appointment has been established new Trustees may be appointed to serve in association with the Board of Trustees until the next round of Board elections.

Risk Management

The trustees carried out a risk assessment exercise in March 2020 and considered that the chief area of concern going forwards was with regards to managing ongoing clinical work during the pandemic. We made the following changes:

1. All clinical work with clients would be conducted on-line via Zoom until restrictions have lifted and it is considered safe to return to working face to face in the building, according to government guidelines.
2. All meetings of any sort would be held over Zoom.
3. All supervision would be held over Zoom.
4. All training, conferences, and CPD would be carried out via Zoom.

All clinical work continued throughout the COVID-19 pandemic of 2020, and in fact clinical work increased with referrals being received nationally and internationally. We were also able to offer our courses to a far wider number of clients and therapists over Zoom.

Organisational Structure

Day to day operational leadership is delegated by the Board of Trustees to a Project Director (PD) who is supported by a Steering Group. The Board of Trustees is a policy making Board, having adopted the Carver principles of governance. It sets policies that limit the freedom of the Project Director where that is needed and sets policies for the strategic ends of the charity for a rolling 3-5 year plan that are reviewed each year. For governance, the Board of Trustees liaises only with the Project Director, who is free to make decisions within the bounds of the strategic plan and governance parameters. The PD reports back to the Board of Trustees and to the Steering Group about ongoing process and developments, that records progress against objectives and the strategic plan, and any exceptions to governance parameters.

Objectives and Activities

Charitable Objects

1. To provide a Recovery Programme for people with mental health needs.
2. To provide a supportive environment within which individuals can work together to overcome dysfunctional life patterns and negative cycles of behaviour and thinking.
3. For the public benefit, in accordance with the Statement of Beliefs, to assist in the treatment and care of persons suffering from mental illness of any description, or in need of rehabilitation, as a result of such illness, by the provision of facilities for emotional support and recreation

Primary Objective

Still the Hunger aims to help bridge the gap that exists between church and the NHS, and to bring a more holistic approach to the treatment and support of those suffering with enduring emotional difficulties. We aim to:

1. Respond to need at the point of referral and integrate individuals into an individually tailored programme, where appropriate, and as soon as possible to alleviate suffering and deterioration.
2. Enable individuals to reach their full potential, take an active role within society, including stable relationships, and engage in work or education.
3. Build self-esteem, and reduce the stigma and isolation associated with mental illness.
4. Enable individuals to explore their spirituality in a safe environment and, if desired, help them to develop their faith and understanding of the nature of their difficulties from a Christian perspective.

Our Approach

We provide a service where individuals can receive individual psychotherapy, EMDR, and/or weekly group therapy. Once a month we offer a free support group for anyone

affected by Body Dysmorphic Disorder (BDD), which is also open to carers, partners, and family members. This is offered in partnership with the BDD Foundation. We hold a free monthly Encounter Room, (an evening for worship, discipleship and prayer ministry), which is open to anyone and intended not only for outreach but also to give some insight into what we offer for new potential clients.

Following referral, we meet with potential clients as soon as possible to discuss an individually tailored care package and aim to integrate them into a suitable care plan within 1-4 weeks from first point of contact. Our service is therefore extremely valuable and unique as it can be accessed immediately, either directly by the individual or through a referring clinician or community organisation. Anyone over the age of 18 with longstanding emotional difficulties is eligible to access our evening therapy group, and we accept clients of all faiths and none. We also provide individual therapy for adolescents, and the BDD group attracts some that are younger who may come accompanied by a parent.

Members of either the weekly therapy group or the BDD support group are able to support one another outside of hours through closed confidential on-line forums. This enables the therapeutic community feel of Still the Hunger to continue. These forums are facilitated by our therapists, who are able to intervene or provide additional advice or support as necessary.

We continued to develop the MORE Course material into an additional teaching resource for therapists working with faith and complex mental health conditions. We hope to be able to launch this on-line in 2021.

Financial Review

Presentation of the financial statements

The financial statements have been prepared in accordance with The Charities Act (Accounts and Reports) Regulations and The Charity Commission 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 2015.

Reserves Policy

The Trustees have set a policy on reserves that there should be sufficient for normal expenditure of a minimum of 2 months, and a maximum of 12 months. During the financial year the reserves were not met and fell below the minimum 2 months. The Trustees continue to work towards rectifying this and, having considered various options, hope that the changes made will enable us to move into a more sustainable financial model which is less dependent on grant giving for the next financial year.

Principle funding resources

The total income from all sources for the year ended 31 December 2020 was £53,083 and total expenditure was £47,980.

Income generated by client fees now exceeds that received from grant giving Trusts.

The Charity is no longer dependent on fundraising and has managed to cover its costs through an increasing number of referrals for EMDR therapy specifically. Referrals are coming in from a variety of sources, but we have seen an increase in applications from higher earning clients. This has enabled us to continue offering low cost therapy to those on lower incomes/benefits according to our sliding scale of fees, and depending on each therapist's workload and ability to accommodate to low cost work on a discretionary basis.

Statement of Directors Responsibilities

The Charities Act and the Companies Act require the Directors (who are also the trustees for Charity Law) to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those financial statements, the directors should follow best practice and:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgments and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Directors are responsible for maintaining 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. The Directors 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.

The Directors are also responsible for the contents of the Directors' Report, and the responsibility of the independent examiner in relation to the Directors' Report is limited to examining the report and that ensuring on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.

This report has been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities (FRS 102) and in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Members of the Trustee Body

The Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 3.

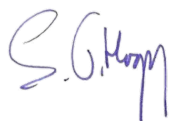
In accordance with company law, as the directors of the company, we certify that:

- So far as we are aware, there is no relevant financial information of which the company's Independent Examiner was unaware; and
- We have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information and to establish that the charity's Independent Examiner is aware of that information.

Independent Examiner

Rachel Eden on behalf of Holy Brook Associates was appointed as the charitable company's Independent Examiner and has expressed his willingness to act in that capacity.

Approved by the Trustees on 16 January 2022 and signed on their behalf by:

A handwritten signature in blue ink, appearing to read 'S. Hogg'.

Stephen Hogg (Chair of Trustees)

**Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 December 2020**

	Note	2020 Unrestricted Funds £	2020 Restricted Funds £	2020 Total Funds £	2019 Total Funds £
Income from:					
Donations and legacies					
Grants	5	1,650	2,000	3,650	4,340
Donations		9,869	-	9,869	3,399
Charitable activities					
Fees Charged		39,296	-	39,296	28,850
Other trading activities					
Fundraising Events		60	-	60	-
Book sales and course income		208	-	208	494
Total income		<u>51,083</u>	<u>2,000</u>	<u>53,083</u>	<u>37,083</u>
Expenditure on:					
Raising funds	3	-	-	-	-
Charitable activities	3	44,202	2,367	46,569	47,031
Other	3	1,411		1,411	2,194
Total expenditure		<u>45,613</u>	<u>2,367</u>	<u>47,980</u>	<u>49,225</u>
Net income / (expenditure) for the year		5,470	(367)	5,103	(12,142)
Reconciliation of funds					
Total funds brought forward		1,996	367	2,363	14,505
Total funds carried forward		<u>7,466</u>	<u>-</u>	<u>7,466</u>	<u>2,363</u>

Balance Sheet as at 31 December 2020

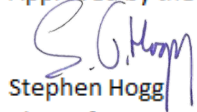
		2020		2019	
Note	£	£	£	£	£
Fixed assets					
Tangible assets	7		647		555
Total fixed assets			647		555
Current assets					
Debtors	8	1,755		755	
Cash at bank and in hand		10,166		3,465	
Total current assets		11,921		4,220	
Creditors: amounts falling due within one year	9		5,102		2,412
Net current assets			6,819		1,808
Total net assets	10		7,466		2,363
The funds of the charity					
Unrestricted funds			7,466		1,996
Restricted income funds			-		367
Total charity funds	11		7,466		2,363

In preparing these financial statements:

- (a) The trustees are of the opinion that the company is entitled to the exemption from audit conferred by Section 477 of the Companies Act 2006;
- (b) No notice has been deposited under Section 476 of the Companies Act 2006, and
- (c) The trustees acknowledge their responsibilities for:
 - (i) ensuring that the company keeps accounting records which comply with Section 386 of the Companies Act 2006, and
 - (ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its income and expenditure for the financial year in accordance with the requirements of Sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the smaller companies regime within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard 102 (FRS 102).

Approved by the Trustees on 16 January 2022 and signed on their behalf by:


 Stephen Hogg
 Chair of Trustees

Notes forming part of the financial statements for the year ended 31 December 2020

1 Accounting policies.

- a) Still the Hunger is a registered charity and a charitable company limited by guarantee incorporated in England and Wales. The registered office is 11 Glebe Road, Reading, RG2 7AG.
- b) The financial statements have been prepared in accordance with 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 2015) -(Charities SORP FRS 102) the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant accounting policy notes.
- The accounts are prepared in sterling which is the functional currency of the company. Monetary amounts in these accounts are rounded to the nearest £.
- The charity constitutes a public benefit entity as defined by FRS 102.
- The charity has a reasonable expectation that there are adequate resources to continue in operational existence for the foreseeable future. It has therefore continued to adopt the going concern basis in preparing its financial statements.
- c) Voluntary income is received by way of donations and grants, and is included in the Statement of Financial Activities when there is entitlement, sufficient certainty that receipt of the income is probable and the amount can be measured reliably. The value of services provided by volunteers has not been included.
- d) Expenditure is recognised on an accruals basis. Details of the allocation of this expenditure is shown under Note 3 headed "Total Expenditure".
- Support costs include central functions and have been allocated on the basis of resources used.
- e) Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, which in all cases is estimated at 4 years. Items of equipment are capitalised where the purchase price exceeds £500.
- f) Debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.
- g) Cash at bank and in hand includes cash held at a bank current account.
- h) Creditors and provisions are recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure where it is probable that settlement will be required and the obligation can be measured reliably.
- i) 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.
- j) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose.
- k) Restricted funds are to be used for specific purposes as laid down by the donors.

2 Taxation

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

3 Total Expenditure

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2020	Total 2019
Unrestricted	£	£	£	£	£	£
Staff costs	-	24,352	-	-	24,352	17,343
Pension costs	-	1,878	-	-	1,878	1,073
Training and travel	-	744	-	-	744	620
Rent	-	8,760	-	-	8,760	8,270
Craft Supplies	-	-	-	-	-	133
Courses, materials and books	-	1,205	-	-	1,205	672
Telephone	-	324	-	-	324	180
Printing and stationery	-	(183)	-	-	(183)	1,187
Marketing	-	81	-	-	81	1,281
Computer costs and website	-	1,894	-	-	1,894	530
Sundry expenses	-	152	-	-	152	13
Insurance	-	330	-	-	330	297
Fund raising Costs	-	-	-	-	-	-
Professional Fees	-	3,777	-	-	3,777	4,891
Bookkeeping Fees	-	-	-	519	519	750
Subscriptions	-	-	-	430	430	897
Independent Examiner	-	-	460	-	460	500
Minor office equipment and repairs	-	696	-	-	696	171
Bank charges	-	-	-	2	2	47
Depreciation	-	192	-	-	192	63
Total Unrestricted	-	44,202	460	951	45,613	38,918

Notes forming part of the financial statements for the year ended 31 December 2020 (cont'd)

3 Total Expenditure cont'd

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2020	Total 2019
Restricted	£	£	£	£	£	£
Staff Costs	-	389	-	-	389	5,725
Minor items of equipment	-	1,978	-	-	1,978	-
Rent	-	-	-	-	-	1,460
Courses, materials and books	-	-	-	-	-	-
Professional fees	-	-	-	-	-	3,000
Depreciation	-	-	-	-	-	122
	-	2,367	-	-	2,367	10,307

4 Staff Costs

	2020	2019
	£	£
Staff Costs	24,741	23,067
Pension costs	1,878	1,073
	<u>26,619</u>	<u>24,140</u>

The average number of full time equivalent employees:

All categories

1 1

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

5 Grants Received

	2020	2019
	£	£
Unrestricted		
Living Hope Trust (Brookside Church)	-	1,040
Springboard	-	1,000
Kiriath Trust	1,650	1,800
	<u>1,650</u>	<u>3,840</u>
Restricted		
Albert Hunt Trust	2,000	-
Springboard	-	500
	<u>2,000</u>	<u>500</u>

6 Trustees expenses and remuneration

	2020	2019
	£	£
Costs of meetings, briefings and conferences	-	-
Remuneration	-	-
	<u>-</u>	<u>-</u>

No remuneration or reimbursed expenses were paid to any of the trustees in the year.

7 Tangible fixed assets

	Office & IT equipment	Office & IT equipment
	£	£
Cost		
At 1 January 2020	2,605	1,865
Additions in the year	839	740
Disposals in the year	(1,845)	-
At 31 December 2020	<u>1,599</u>	<u>2,605</u>
Depreciation		
At 1 January 2020	2,050	1,865
Charge for the year	192	185
Disposals in the year	(1,290)	-
At 31 December 2020	<u>952</u>	<u>2,050</u>
Net book value at 31 December 2020	<u>647</u>	<u>555</u>

Notes forming part of the financial statements for the year ended 31 December 2020 (cont'd)

	2020	2019
8 Debtors		
	£	£
Clients' fees	1,400	400
Pre-payments	<u>355</u>	<u>355</u>
	<u>1,755</u>	<u>755</u>

	2020	2019
9 Creditors: amounts falling due within one year		
	£	£
Taxation and social security	159	175
Other creditors and accruals	<u>4,943</u>	<u>2,237</u>
	<u>5,102</u>	<u>2,412</u>

10 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	2020 Total Funds	2019 Total Funds
	£	£	£	£
Tangible fixed assets	647	-	647	555
Current assets	11,921	-	11,921	4,220
Current liabilities	<u>(5,102)</u>	<u>-</u>	<u>(5,102)</u>	<u>(2,412)</u>
Total net assets at 31 December 2020	<u>7,466</u>	<u>-</u>	<u>7,466</u>	<u>2,363</u>

11 Movement in funds

	At 1 Jan 2020	Income	Expenditure	At 31 Dec 2020
	£	£	£	£
Unrestricted funds	1,996	51,083	45,613	7,466
Restricted income funds	<u>367</u>	<u>2,000</u>	<u>2,367</u>	<u>-</u>
Total funds	<u>2,363</u>	<u>53,083</u>	<u>47,980</u>	<u>7,466</u>

12 Control

The Company is under the joint control of the 3 Directors who guarantee the liabilities of the Company up to a maximum of £1 each. There is no one ultimate controlling party.

13 Related Party Transactions

There are no related party transactions in the period.

Registered Number 08324984

STILL THE HUNGER

Micro-entity Accounts

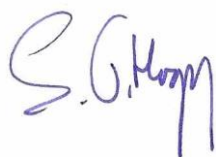
31 December 2020

Micro-entity Balance Sheet as at 31 December 2019

	31 December 2020	31 December 2019
	£	£
Fixed Assets	2,706	555
Current Assets	11,566	3,865
Prepayments and accrued income	355	355
Creditors: amounts falling due within one year	(5,422)	(2,411)
NET CURRENT ASSETS	<u>6,499</u>	<u>1,809</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>9,205</u>	<u>2,364</u>
Creditors: amounts falling due after more than one year	-	-
Provisions for liabilities	-	-
Accruals and deferred income	-	-
TOTAL NET ASSETS (LIABILITIES)	<u>9,205</u>	<u>2,364</u>
RESERVES	<u>9,205</u>	<u>2,364</u>

- For the year ending 31 December 2020 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.
- The accounts have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 11 September 2020



And signed on their behalf by:

Stephen Hogg, Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Still the Hunger

**On accounts for the year
ended**

31 December 2020	Charity no (if any)	1151004
------------------	--------------------------------	---------

Set out on pages

1-2
(remember to include the page numbers of additional sheets)

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. [

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

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

**Independent
examiner's statement**

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect,:

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

I have 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.

Signed:

Rachel Foley

Date:

10th February 2022

Name: Rachel Eden

Relevant professional qualification(s) or body (if any): ACMA (Chartered Institute of Management Accountants)

Address: Holy Brook Associates Ltd
Curious Lounge, 1st Floor Pinnacle Building
Tudor Road, Reading, RG1 1NH

Section B Disclosure

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

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