



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.

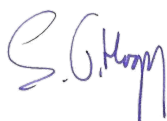
In accordance with company law, as the directors of the company, we certify that:

- 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:



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

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

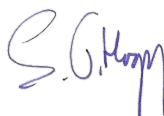
In preparing these financial statements:

- (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	Kiriath Trust	-	-
		<u>-</u>	<u>-</u>
Restricted	Albert Hunt Trust	-	-
	Springboard	-	-
		<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.