

My Respite Care

England & Wales · Charity number 1152941

Details

Other names	MY CARE MY HOME WEBSITE SERVICES, My Care My Home Free Information & Advice
Status	Registered
Legal form	Charitable company
Company number	08563160
Registered	2013-07-18
Register	View on the Charity Commission register

Contact

Address	R4 Alder Suite C Block North Mamhilad House Mamhilad House Mamhilad Business Park NP4 0HZ
Phone	02921 673590
Email	sue.duncan@mycaremyhome.co.uk
Website	www.MyCareMyHome.co.uk

Activities

Objects: THE OBJECTS OF THE CHARITY ARE THE ADVANCEMENT OF EDUCATION OF THE PUBLIC, THE RELIEF OF NEED AMONGST PEOPLE REQUIRING DOMICILIARY OR RESIDENTIAL CARE, AND THE PROMOTION OF GOOD HEALTH AND CARE FOR OLDER AND DISABLED PEOPLE BY THE PROVISION OF ADVICE, SUPPORT AND INFORMATION THROUGH FREE TO ACCESS WEBSITES AND PUBLICATIONS(THE "OBJECTS").

Activities: Offering free advice on its website about care.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£3,900	£3,688	-	-
2024-03-31	£212,838	£179,486	-	-
2023-03-31	£191,532	£232,207	-	-
2022-03-31	£62,174	£54,000	-	-
2021-03-31	£0	£0	-	-

Trustees

Name	Role	Appointed
PETER JOHN JEREMY NIXEY	Chair	2013-06-10
Joanne Davies		2024-05-29
Sue Duncan		2024-05-29

My Respite Care

England & Wales - Charity number 1152941

Accounts

Charity registration number 1152941

Company registration number 08563160 (England and Wales)

**MY CARE MY HOME FREE INFORMATION & ADVICE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

MY CARE MY HOME FREE INFORMATION & ADVICE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J P Nixey Mr N D Evans
Charity number	1152941
Company number	08563160
Registered office	Alder Suite, 1st Floor C Mamhilad Park Estate North Mamhilad Pontypool Wales NP4 0HZ
Independent examiner	Azets Ty Derw Lime Tree Court Cardiff Gate Business Park Cardiff Wales CF23 8AB

MY CARE MY HOME FREE INFORMATION & ADVICE

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MY CARE MY HOME FREE INFORMATION & ADVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The charity's objects are the advancement of education of the public, the relief of need amongst people requiring domiciliary or residential care, and the promotion of good health and care for older and disabled people by the provision of advice, support and information through free to access websites and publications.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

During the 2021/22 financial year the charity received funding to enhance its online presence and to widen reach both locally and in the wider geographic. In the 2022/23 financial year the charity commenced carrying out it's charitable objects that have continued in 2023/24.

Financial review

The charity received £185,013 (2022/23 - £121,584) in grants and donations and £27,825 (2022/23 - £69,948) for charitable services provided.

The charity's reserves at the year end were £851 (2022/23 - (£32,501)).

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The charity is a company limited by guarantee with no share capital. None of the trustees have any beneficial interest in the company.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr J P Nixey
Mr N D Evans

The trustees' report was approved by the Board of Trustees.

.....
Mr N D Evans
Trustee

Date:

MY CARE MY HOME FREE INFORMATION & ADVICE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF MY CARE MY HOME FREE INFORMATION & ADVICE

I report to the trustees on my examination of the financial statements of My Care My Home Free Information & Advice (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Joanne Taylor FCCA DChA
Independent Examiner

Ty Derw
Lime Tree Court
Cardiff Gate Business Park
Cardiff
Wales
CF23 8AB

Dated:

MY CARE MY HOME FREE INFORMATION & ADVICE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total Unrestricted funds 2024 £	Unrestricted funds 2023 £
	Notes				
<u>Income from:</u>					
Donations and legacies	3	152,536	-	152,536	79,817
Charitable activities	4	51,969	8,333	60,302	111,715
Total income		<u>204,505</u>	<u>8,333</u>	<u>212,838</u>	<u>191,532</u>
<u>Expenditure on:</u>					
Charitable activities	5	171,153	8,333	179,486	232,207
Net income/(expenditure) for the year/ Net movement in funds		33,352	-	33,352	(40,675)
Fund balances at 1 April 2023		<u>(32,501)</u>	<u>-</u>	<u>(32,501)</u>	<u>8,174</u>
Fund balances at 31 March 2024		<u><u>851</u></u>	<u><u>-</u></u>	<u><u>851</u></u>	<u><u>(32,501)</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

MY CARE MY HOME FREE INFORMATION & ADVICE

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Debtors	9	-		11,876	
Cash at bank and in hand		851		-	
		<u>851</u>		<u>11,876</u>	
Creditors: amounts falling due within one year	10	-		(44,377)	
Net current assets/(liabilities)			851		(32,501)
			<u>851</u>		<u>(32,501)</u>
Income funds					
Unrestricted funds			851		(32,501)
			<u>851</u>		<u>(32,501)</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

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

The financial statements were approved by the Trustees on

.....
Mr N D Evans
Trustee

Company registration number 08563160

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

My Care My Home Free Information & Advice is a private company limited by guarantee incorporated in England and Wales. The registered office is Alder Suite, 1st Floor, C Mamhilad Park Estate, North Mamhilad, Pontypool, NP4 0HZ, Wales.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

The charity has reserves of £851 at the balance sheet date. At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies (Continued)

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Donated funds	152,536	79,817

Donated funds

Donated funds relate primarily to funds received from the Chairman of the Charity.

4 Charitable activities

	2024	2023
	£	£
Income generation and fees	27,825	69,948
Grant income	32,477	41,767
	<u>60,302</u>	<u>111,715</u>
Restricted funds	8,333	-

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

5 Charitable activities

	2024	2023
	£	£
Staff costs	60,665	110,731
Bank charges	24	33
Freelance costs	-	2,517
IT costs	2,254	5,880
Marketing	27,523	93,068
Office costs	5,571	11,785
Subscriptions	1,368	3,235
Expenses	4,169	3,608
Premises costs	-	330
Donated funds	87,000	-
Subsidiary loan balance expensed	(10,108)	-
	<u>178,466</u>	<u>231,187</u>
Share of governance costs (see note 6)	1,020	1,020
	<u>179,486</u>	<u>232,207</u>
Restricted funds	8,333	-

Funds of £87,000 have been donated to My Lifetime Care to cover ongoing operating costs.

6 Support costs

	Support costs	Governance costs	2024	2023
	£	£	£	£
Independent Examination	-	1,020	1,020	1,020
	<u>-</u>	<u>1,020</u>	<u>1,020</u>	<u>1,020</u>
Analysed between Charitable activities	-	1,020	1,020	1,020
	<u>-</u>	<u>1,020</u>	<u>1,020</u>	<u>1,020</u>

Governance costs includes payments to the independent examiners of £1,020 (2023- £1,020) for independent examination fees.

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

8 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

9 Debtors

	2024	2023
	£	£
Amounts falling due within one year:		
Trade debtors	-	10,932
Prepayments and accrued income	-	944
	<u>-</u>	<u>11,876</u>

10 Creditors: amounts falling due within one year

	2024	2023
	£	£
Bank overdrafts	-	15,348
Trade creditors	-	26
Other creditors	-	20,670
Accruals and deferred income	-	8,333
	<u>-</u>	<u>44,377</u>

11 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		Movement in funds		
	Incoming resources	Balance at 1 April 2023	Incoming resources	Resources expended	Balance at 31 March 2024
	£	£	£	£	£
Shaw Foundation	-	-	8,333	(8,333)	-
	<u>-</u>	<u>-</u>	<u>8,333</u>	<u>(8,333)</u>	<u>-</u>

Shaw Foundation - grant received to assist with wage costs of the charity.

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

12 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total Unrestricted funds 2024 £	2023 £
Fund balances at 31 March 2024 are represented by:				
Current assets/(liabilities)	851	-	851	(32,501)
	<u>851</u>	<u>-</u>	<u>851</u>	<u>(32,501)</u>

13 Related party transactions

During the year the Chairman donated £140,000 (2023 - £nil) to the Charity.

My Respite Care

England & Wales - Charity number 1152941

Accounts

Charity registration number 1152941

Company registration number 08563160 (England and Wales)

**MY CARE MY HOME FREE INFORMATION & ADVICE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

MY CARE MY HOME FREE INFORMATION & ADVICE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J P Nixey Mr N D Evans
Charity number	1152941
Company number	08563160
Registered office	Alder Suite, 1st Floor C Mamhilad Park Estate North Mamhilad Pontypool Wales NP4 0HZ
Independent examiner	Azets Ty Derw Lime Tree Court Cardiff Gate Business Park Cardiff Wales CF23 8AB

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MY CARE MY HOME FREE INFORMATION & ADVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The charity's objects are the advancement of education of the public, the relief of need amongst people requiring domiciliary or residential care, and the promotion of good health and care for older and disabled people by the provision of advice, support and information through free to access websites and publications.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

During the 2021/22 financial year the charity received funding to enhance its online presence and to widen reach both locally and in the wider geographic. In the 2022/23 financial year the charity commenced carrying out its charitable objects.

Financial review

The charity received £121,584 (2021/22 - £45,724) in grants and donations and £69,948 (2021/22 - £16,450) for charitable services provided.

The charity's reserves at the year end were (£32,501) (2021/22 - £8,174).

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

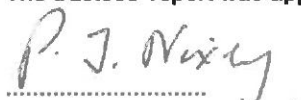
Structure, governance and management

The charity is a company limited by guarantee with no share capital. None of the trustees have any beneficial interest in the company.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr J P Nixey
Mr N D Evans

The trustees' report was approved by the Board of Trustees.



Mr J P Nixey
Trustee

Date: 18.12.2023

MY CARE MY HOME FREE INFORMATION & ADVICE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF MY CARE MY HOME FREE INFORMATION & ADVICE

I report to the trustees on my examination of the financial statements of My Care My Home Free Information & Advice (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Claire Thompson

Claire Thompson FCCA DChA
Independent Examiner

Ty Derw
Lime Tree Court
Cardiff Gate Business Park
Cardiff
Wales
CF23 8AB

Dated: *22-12-2023*

MY CARE MY HOME FREE INFORMATION & ADVICE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds 2023 £	Unrestricted funds 2022 £
	Notes		
Income from:			
Donations and legacies	3	79,817	45,724
Charitable activities	4	111,715	16,450
		<hr/>	<hr/>
Total income		191,532	62,174
		<hr/>	<hr/>
Expenditure on:			
Charitable activities	5	232,207	54,000
		<hr/>	<hr/>
Net (expenditure)/income for the year/ Net movement in funds		(40,675)	8,174
Fund balances at 1 April 2022		8,174	-
		<hr/>	<hr/>
Fund balances at 31 March 2023		(32,501)	8,174
		<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

MY CARE MY HOME FREE INFORMATION & ADVICE

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Debtors	9	11,876		483	
Cash at bank and in hand		-		9,985	
		<u>11,876</u>		<u>10,468</u>	
Creditors: amounts falling due within one year	10	<u>(44,377)</u>		<u>(2,294)</u>	
Net current (liabilities)/assets			<u>(32,501)</u>		<u>8,174</u>
Income funds					
Unrestricted funds			<u>(32,501)</u>		<u>8,174</u>
			<u>(32,501)</u>		<u>8,174</u>

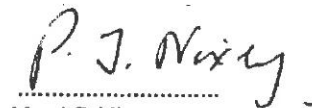
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

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

The financial statements were approved by the Trustees on 18-12-2023



Mr. J P Nixey
Trustee

Company registration number 08563160

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

My Care My Home Free Information & Advice is a private company limited by guarantee incorporated in England and Wales. The registered office is Alder Suite, 1st Floor, C Mamhilad Park Estate, North Mamhilad, Pontypool, NP4 0HZ, Wales.

1.1 Accounting convention

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The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

The charity has negative reserves of £32,501 at the balance sheet date. At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies (Continued)

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Donated goods and services	79,817	45,724

Donated goods and services

Donated goods and services relates to services provided free of charge from Google Ads.

4 Charitable activities

	2023	2022
	£	£
Income generation and fees	69,948	16,450
Grant income	41,767	-
	<u>111,715</u>	<u>16,450</u>
Analysis by fund		
Unrestricted funds	<u>111,715</u>	<u>16,450</u>

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

5 Charitable activities

	2023	2022
	£	£
Staff costs	110,731	1,673
Bank charges	33	1
Freelance costs	2,517	3,244
IT costs	5,880	899
Marketing	93,068	45,724
Office costs	11,785	269
Subscriptions	3,235	723
Expenses	3,608	252
Premises costs	330	255
	<u>231,187</u>	<u>53,040</u>
Share of governance costs (see note 6)	1,020	960
	<u>232,207</u>	<u>54,000</u>
Analysis by fund		
Unrestricted funds	<u>232,207</u>	<u>54,000</u>

6 Support costs

	Support costs	Governance costs	2023	2022
	£	£	£	£
Independent Examination	-	1,020	1,020	960
	<u>-</u>	<u>1,020</u>	<u>1,020</u>	<u>960</u>
Analysed between Charitable activities	-	1,020	1,020	960
	<u>-</u>	<u>1,020</u>	<u>1,020</u>	<u>960</u>

Governance costs includes payments to the independent examiners of £1,020 (2022- £960) for independent examination fees.

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

9 Debtors	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	10,932	-
Prepayments and accrued income	944	483
	<u>11,876</u>	<u>483</u>

10 Creditors: amounts falling due within one year	2023	2022
	£	£
Bank overdrafts	15,348	-
Trade creditors	26	-
Other creditors	20,670	339
Accruals and deferred income	8,333	1,955
	<u>44,377</u>	<u>2,294</u>

11 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

My Respite Care

England & Wales - Charity number 1152941

Accounts

Charity registration number 1152941

Company registration number 08563160 (England and Wales)

**MY CARE MY HOME FREE INFORMATION & ADVICE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

MY CARE MY HOME FREE INFORMATION & ADVICE

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MY CARE MY HOME FREE INFORMATION & ADVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The charity's objects are the advancement of education of the public, the relief of need amongst people requiring domiciliary or residential care, and the promotion of good health and care for older and disabled people by the provision of advice, support and information through free to access websites and publications.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

During the 2021/22 financial year, the charity received funding to enhance its online presence and to widen our reach both locally and in the wider geographic and in the last quarter of the year, commenced carrying out its charitable objects.

Financial review

The charity received £45,724 in grants and donations and £16,450 for charitable services provided.

The charity's reserves at the year end were £8,174.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

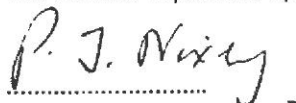
Structure, governance and management

The charity is a company limited by guarantee with no share capital. None of the trustees have any beneficial interest in the company.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr J P Nixey
Ms Y S John

The trustees' report was approved by the Board of Trustees.



Mr J P Nixey
Trustee

Date: 22nd December 2022

MY CARE MY HOME FREE INFORMATION & ADVICE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF MY CARE MY HOME FREE INFORMATION & ADVICE

I report to the trustees on my examination of the financial statements of My Care My Home Free Information & Advice (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Sarah Case FCA DChA
Independent Examiner
Azets Audit Services
Ty Derw
Lime Tree Court
Cardiff Gate Business Park
Cardiff
CF23 8AB

Date : 23-12-2022

MY CARE MY HOME FREE INFORMATION & ADVICE

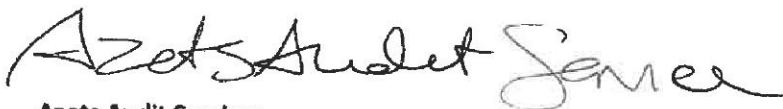
ACCOUNTANTS' REPORT TO THE TRUSTEES ON THE PREPARATION OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF MY CARE MY HOME FREE INFORMATION & ADVICE FOR THE YEAR ENDED 31 MARCH 2022

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of My Care My Home Free Information & Advice for the year ended 31 March 2022, which comprise the statement of financial activities and the related notes from the charity's accounting records and from information and explanations you have given us.

This report is made to the charity's trustees, as a body, in accordance with the terms of our engagement letter dated 25/10/2021. Our work has been undertaken solely to prepare for your approval the financial statements of My Care My Home Free Information & Advice and state those matters that we have agreed to state to the charity's trustees, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than My Care My Home Free Information & Advice and the charity's trustees as a body, for our work or for this report.

It is your duty to ensure that My Care My Home Free Information & Advice has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and surplus of My Care My Home Free Information & Advice. You consider that My Care My Home Free Information & Advice is exempt from the statutory audit requirement for the year, and is not required to obtain an independent examiner's report.)

We have not been instructed to carry out an audit or a review of the financial statements of My Care My Home Free Information & Advice. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.



Azets Audit Services
Chartered Accountants
Ty Derw
Lime Tree Court
Cardiff Gate Business Park
Cardiff
CF23 8AB

Dated: 23-12-2022

MY CARE MY HOME FREE INFORMATION & ADVICE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Total 2021 £
<u>Income from:</u>			
Donations and legacies	3	45,724	-
Charitable activities	4	16,450	-
		<hr/>	<hr/>
Total income		62,174	-
		<hr/>	<hr/>
<u>Expenditure on:</u>			
Charitable activities	5	54,000	-
		<hr/>	<hr/>
Net income for the year/ Net movement in funds		8,174	-
Fund balances at 1 April 2021		-	-
		<hr/>	<hr/>
Fund balances at 31 March 2022		8,174	-
		<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

MY CARE MY HOME FREE INFORMATION & ADVICE

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Debtors	8	483		-	
Cash at bank and in hand		9,985		-	
		<u>10,468</u>		<u>-</u>	
Creditors: amounts falling due within one year	9	<u>(2,294)</u>		<u>-</u>	
Net current assets			<u>8,174</u>		<u>-</u>
Income funds					
Unrestricted funds			<u>8,174</u>		<u>-</u>
			<u>8,174</u>		<u>-</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

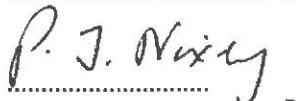
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

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

For the year ended 31 March 2021 the company was entitled to exemption under section 480 of the Companies Act 2006 relating to dormant companies.

The financial statements were approved by the Trustees on 22-12-2022



Mr J P Nixey
Trustee

Company registration number 08563160

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

My Care My Home Free Information & Advice is a private company limited by guarantee incorporated in England and Wales. The registered office is Alder Suite, 1st Floor, C Mamhilad Park Estate, North Mamhilad, Pontypool, NP4 0HZ, Wales.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies (Continued)

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Total
	2022	2021
	£	£
Donated goods and services	45,724	-

Donated goods and services

Donated goods and services relates to services provided free of charge from Google Ads.

4 Charitable activities

	2022	2021
	£	£
Income generation and fees	16,450	-
Analysis by fund		
Unrestricted funds	16,450	-

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

5 Charitable activities

	2022	2021
	£	£
Staff costs	1,673	-
Bank charges	1	-
Freelance costs	3,244	-
IT costs	899	-
Marketing	45,724	-
Office costs	269	-
Subscriptions	723	-
Expenses	252	-
Premises costs	255	-
	<u>53,040</u>	<u>-</u>
Share of governance costs (see note 6)	960	-
	<u>54,000</u>	<u>-</u>
Analysis by fund		
Unrestricted funds	<u>54,000</u>	<u>-</u>

6 Support costs

	Support costs	Governance costs	2022 Support costs		Governance costs	2021
	£	£	£	£	£	£
Independent Examination	-	960	960	-	-	-
	<u>-</u>	<u>960</u>	<u>960</u>	<u>-</u>	<u>-</u>	<u>-</u>
Analysed between Charitable activities	-	960	960	-	-	-
	<u>-</u>	<u>960</u>	<u>960</u>	<u>-</u>	<u>-</u>	<u>-</u>

Governance costs includes payments to the independent examiners of £960 (2021- £nil) for independent examination fees.

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

MY CARE MY HOME FREE INFORMATION & ADVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

8 Debtors	2022	2021
	£	£
Amounts falling due within one year:		
Prepayments and accrued income	483	-
	<u> </u>	<u> </u>

9 Creditors: amounts falling due within one year	2022	2021
	£	£
Other creditors	339	-
Accruals and deferred income	1,955	-
	<u> </u>	<u> </u>
	<u>2,294</u>	<u> </u>

10 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).