



## *Annual Report 2023-2024*



**TRUSTEE'S ANNUAL REPORT**  
**01/04/2023 to 31/03/2024**



<b>Charity Name:</b>	REFRESHMENT UK	
<b>Registered Number:</b>	1153542	
<b>Address:</b>	The Refresh Centre 156 Waterloo Road Blackpool FY4 2AF	
<b>Date of Formation:</b>	February 2012	
<b>Date of Registration:</b>	27 <sup>th</sup> August 2013	
<b>Charitable Objects:</b>	<p>a) TO ADVANCE THE CHRISTIAN RELIGION IN ENGLAND AND WALES, AND OVERSEAS, FOR THE BENEFIT OF THE PUBLIC THROUGH THE HOLDING OF PRAYER MEETINGS, LECTURES, AND EVENTS; AS WELL AS PRODUCING LITERATURE ON CHRISTIANITY TO ENLIGHTEN OTHERS ABOUT THE CHRISTIAN RELIGION;</p> <p>b) THE PREVENTION OR RELIEF OF POVERTY FOR CHILDREN IN INDIA BUT NOT EXCLUSIVELY BY PROVIDING GRANTS, ITEMS AND SERVICES TO INDIVIDUALS AND OTHER ORGANISATIONS WORKING TO PREVENT OR RELIEVE POVERTY.</p>	
<b>Trustees:</b>	Mrs L Cooper Mr A Walker Mr A Maxton-Livesey	Mr S Hobin Mr P Warne
<b>Governing Document:</b>	CONSTITUTION ADOPTED 16/04/2013 AS AMENDED ON 21/09/2014	
<b>Activities:</b>	Refreshment UK exists to encourage and equip Christians in the UK, as well as provide mental health support in Blackpool and overseas aid in India. We do this through training courses in Blackpool, local community development, provision of a mental health drop in space, overseas mission trips and Christian discipleship courses, as well as providing mentoring and resources for individuals.	

## **TRUSTEES REVIEW & REPORT – 2023 to 2024**

During 2023 and 2024, Refreshment UK continued to operate as a mission charity in Blackpool and maintained a seven day a week programme that helped people manage their mental health, as well as encourage and equip Christians right across the UK.

### ***The Refresh Centre***

The Refresh Centre was managed by Simon and Laura Cooper, and over the year, we hosted groups and occasional visitors to the Refresh Centre for retreats and training events. The centre has continued to be a huge blessing to those who visit and makes a big difference in the lives of Christians when they come.

With the charity having a core aim of encouraging and equipping Christians, we are satisfied that the charity achieves these aims, with many visitors moving onto ministry and returning to be inspired across the year.

### **Refresh Deansgate**

Our hub on the high street continues to operate as a charity shop, providing a place of help and hope for people in Blackpool. We have daily visitors from 10am to 3pm Monday to Friday, managed and cared for by Julie.

The team is still made up of many receiving support for managed mental health, and people regularly feel part of the family there. The plans for the upper rooms have yet to be completed, but at the end of the year, plans were being made to continue the work there in a different way.

### **The Refreshers Programme**

Throughout the year, there is a busy programme of mission activities that Refreshment undertake. In April, we began to hold a Monday evening running session and a Friday night badminton group. This has been a vital way to maintain contact, and support each other mutually.

Our other activities continued. On a Wednesday evening, Simon helps run Celebrate Recovery with St Mark's Church in Layton, and regularly leads these sessions. We also have continued to pray at Blackpool Tower once a month, and held occasional street outreach across the year.

### **Kidney Health & Running with Jesus**

In September 2023, Simon was able to take part in the Great North Run and raised the profile of the charity with BBC Radio interviews. In February 2024, our team held a Resilience Race at Stanley Park, with people learning how to manage their mental health and walk around the track over and over again.

### ***Overseas***

During the year, the charity continued to provide monthly support for Faith India Ministries, our partner mission organisation based in Andhra Pradesh. The charity collects donations from supporters in the UK and also, processes donations from USA partners of Faith India, sending them across on a monthly basis.

## **FINANCIAL POLICIES**

Refreshment UK operates an unrestricted fund for ongoing charitable activities and holds funding which is specifically for the Refresh Centre.

A separate fund is held to support the work that we do in India and a separate is in operation for restricted Refresh Centre funding.

FOR AND ON BEHALF OF THE TRUSTEES OF REFRESHMENT UK

**REFRESHMENT UK**  
**Balance Sheet – As at 31<sup>st</sup> March 2024**

	<b>2024 (£)</b>	<b>2023 (£)</b>
<b>Fixed Assets</b>		
Tangible Assets	65000	62550
<b>Current Assets</b>		
Stock	4650	3535
Other Assets	0	2000
Cash	1599	1154
Unrestricted	96	1029
Restricted	1503	125
Debtors	4502	3306
<b>Liabilities</b>		
Creditors	941	1242
Long Term Liabilities & Accruals	37906	38207
<b>TOTAL ASSETS LESS LIABILITIES</b>	<b>36904</b>	<b>33096</b>
<b>Represented By</b>		
Carried Forward Balance	33096	34223
Surplus/Deficit for Year	3808	(1127)
<b>TOTAL FUNDS</b>	<b>36904</b>	<b>33096</b>

**REFRESHMENT UK**  
**Income and Expenditure Account – Financial Year 2023/2024**

	<b>2023/2024 (£)</b>	<b>2022/23 (£)</b>
<b>Incoming Resources</b>		
Charitable Activities	35479	40161
Fundraising	72806	35923
Unrestricted Funding	10882	65970
Trading Income	8596	13063
Refreshers Fund	29605	13383
Overseas Giving	5239	8039
Mission Income	11580	338
Miscellaneous	4235	2
<b>TOTAL INCOME</b>	<b>178422</b>	<b>176879</b>
<b>Charitable Activities</b>		
The Refresh Centre	34803	30918
Refresh Deansgate	23351	23577
Charitable Activities	61694	41199
Overseas Giving	5239	8036
Resources	556	754
Miscellaneous Direct Expenses	0	2198
Director Remuneration	19475	11579
	<b>145118</b>	<b>118261</b>
<b>Cost of Fundraising</b>	<b>1481</b>	<b>6838</b>
<b>Operating Expenses</b>		
Travel Costs	6180	4103
Office Costs	2677	2076
Professional Fees	1369	1356
Miscellaneous	1606	1653
	<b>11832</b>	<b>9188</b>
<b>Depreciation &amp; Write Off</b>	<b>16183</b>	<b>43719</b>
<b>TOTAL EXPENDITURE</b>	<b>174614</b>	<b>178006</b>
<b>Income over Expenditure</b>	<b>3808</b>	<b>(1127)</b>
Brought Forward	33096	34223
<b>TOTAL INCOME OVER EXPENDITURE</b>	<b>36904</b>	<b>33096</b>

**Notes on Accounts:**

1. The increase in fundraising was due to the completion of a HMRC review and all amounts were received and up to date. The charity began to receive claims in 2023.
2. The amount in unrestricted funding reflects income that has been received through the work done by Refresh Renovate. Less work was carried out this year and that shows the decrease.
3. We began a programme of mission activities in 2023 and 2024. This led to income from that activity and an increase in the costs to running the programme.
4. Our overseas giving includes income from the USA at £3470.
5. Our overseas expenditure represents the amount sent to FIM in India for £5239.

**Independent Examiner's Report on the accounts of Refreshment UK - 1153542**  
**Report to the Trustees of Refreshment UK for the accounts - year ending 31<sup>st</sup> March 2024**

**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 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 Acts, 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 matter has now come to my attention:

- 1) Which gives me reasonable cause to believe that in, any material respect, the requirements:
  - To keep accounting records in accordance with section 130 of the Charities Act; and
  - To prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act;
- 2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: c/o SN ACCOUNTING

Date: 15<sup>th</sup> January 2025