FUTURE LIVING HERTFORD

England & Wales · Charity number 1155145

Details

Status	Registered
Legal form	CIO
Company number	09899460
Registered	2013-12-31
Register	View on the Charity Commission register

Contact

Address	Vale House 43 Cowbridge Hertford SG14 1PN
Phone	01992537344
Email	info@futurelivinghertford.co.uk
Website	www.futurelivinghertford.co.uk

Activities

Objects: 1) PRESERVE AND SAFEGUARD THE HEALTH OF ALL PERSONS WHO ARE, OR ARE IN DANGER OF BEING AFFECTED BY DOMESTIC ABUSE AND VIOLENCE INCLUDED BUT NOT LIMITED TO WHERE ADDITION IS A FACTOR. (2) RELIEVE POVERTY, SICKNESS AND DISTRESS CAUSED TO ALL PERSONS AS A RESULT OF DOMESTIC ABUSE AND VIOLENCE AND/OR OTHER SUBSTANCES AND ADDICTIONS. (3) ADVANCE THE EDUCATION AND TRAINING OF PROFESSIONALS WORKING IN THE FIELD OF DOMESTIC ABUSE AND VIOLENCE. (4) ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN REGARDS TO THE DANGERS ARISING FROM THE HABITUAL OR OCCASIONAL USE OF DRUGS, INCLUDING ALCOHOL AND ISSUES RELATING TO ALL FORMS OF ADDICTION.

Activities: Future Living Hertford operates across Hertfordshire and surrounding areas. We provide therapeutic support for adults and children who have been harmed by domestic abuse and/or addiction, through group therapy and one-to-one counselling. We also provide domestic abuse training and healthy relationship training to schools and professionals, alongside subsidised, affordable counselling for all.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Accommodation/housing, Economic/community Development/employment, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Hertfordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£270,415	£238,912	-	-
2023-12-31	£177,743	£272,682	-	-
2022-12-31	£196,186	£226,542	-	-
2021-12-31	£253,886	£198,884	-	-
2020-12-31	£211,684	£127,010	-	-

Trustees

Name	Role	Appointed
Suzana Rose Harvey	Chair	2019-07-04
Amanda Hardy		2022-01-26
Annie Brewster		2023-05-11
Jason Deamer		2023-11-16
Josh Dean		2025-06-11
Simon Barfoot		2024-12-13
Victoria Wood		2025-01-15

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FUTURE LIVING HERTFORD

England & Wales - Charity number 1155145

Accounts

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REGISTERED CHARITY NUMBER: 1155145

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

FOR

FUTURE LIVING HERTFORD

Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

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FUTURE LIVING HERTFORD

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FOR THE YEAR ENDED 31 DECEMBER 2024

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FUTURE LIVING HERTFORD

CHAIR'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

As Chair of Future Living Hertford, I am proud to share our Annual Accounts for the year ending 31 December 2024.

This has been a year of renewed purpose and meaningful impact. Against a backdrop of growing need and financial uncertainty across the charity sector, Future Living Hertford has remained steadfast in its mission: to support survivors of domestic abuse with compassion, resilience, and dignity. I am pleased to report a small surplus this year, testament to the ongoing dedication of our staff and volunteers, and to the support of our funders and partners who continue to believe in our work.

Our programmes-especially Monica and Wise Guys-have grown in strength and reach, delivering transformative results for those who need us most. Testimonies from clients and case studies included in this report show how our trauma-informed, person-centred approach has helped individuals not only recover, but flourish. We have also deepened our impact with children and young people, expanded our education work, and laid the foundations for stronger community partnerships.

This year's financial position reflects careful stewardship. While we are mindful of the risks of over-reliance on grants, our board is actively pursuing a strategy of diversification-seeking more commissioned work, local fundraising, and business partnerships to build long-term sustainability. With modest but growing reserves, we are committed to managing risk responsibly while delivering life-changing support.

I would like to express heartfelt thanks to both our founder and CEO, Sandra Conte who retired in 2024 and our new CEO Emma Fleming who continues the good work, alongside our small but passionate staff team, and our extraordinary volunteers-without whom none of this would be possible. I also extend thanks to our funders, trustees, and the many individuals and organisations who have supported our mission this year.

We look ahead with cautious optimism and strong resolve. Our new 2025-2030 strategy outlines ambitious goals, and we are confident that with the continued support of our community, we can break the cycle of abuse and build a future of safety, healing, and hope.

Mrs S Harvey
Chair of Trustees
Future Living Hertford

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FUTURE LIVING HERTFORD

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Vision Statement

We envisage a world where every person is given the opportunity to flourish and lead a self-directed life and where non -judgemental support is provided to those who need it to overcome difficulties such as recovery from abuse, trauma, addictions or disadvantaged beginnings.

Mission Statement

Our mission is to help anyone, including children and young people, who have felt vulnerable through abusive relationships to feel stronger, more empowered and able to make healthy life choices for themselves and their families.

We aim to help our clients to flourish and regain control over their lives and to regain the sense of self that is so often lost.

We campaign towards giving children a voice in their future.

We will work tirelessly to support those in need.

Core Values

Christian values are central to our charity and way of working.

Our values define who we are and how we work with one another and with our clients. We firmly believe in:

- Respecting one another
- Working with integrity and transparency; being accountable and taking responsibility for all that we do
- Fostering relationships that are built on trust
- Maintaining an environment that is safe for clients, volunteers, staff and the community
- Empowering our clients so that they can find their inner strength and freedom to make good life choices
- Working with consistency and fairness, appreciating diversity and promoting equality for all
- Working jointly with partner organisations that can increase opportunities and services for our clients and staff.
- Working in a professional and inspiring way
- Encouraging a sense of community amongst clients and team members so that support structures can be built

OBJECTIVES AND ACTIVITIES

Charitable objectives

Future Living Hertford exists to support individuals and families affected by domestic abuse, trauma, and addiction. Our objective is to break the cycle of abuse and empower clients-children, young people, and adults alike-to lead healthier, independent, and flourishing lives.

We provide trauma-informed, therapeutic programmes that focus on long-term recovery. Our services include free and accessible counselling, empowerment programmes, support groups, physical and creative therapies, and outreach in schools. We also deliver education and training for professionals and employers, supporting early intervention and improved recognition of domestic abuse in the workplace and community.

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FUTURE LIVING HERTFORD

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024

OBJECTIVES AND ACTIVITIES

Key activities and achievements

In 2024, we delivered impactful support through our core programmes:

- The Monica Programme: Supported dozens of women through group-based recovery, providing space to rebuild self-esteem, develop healthy boundaries, and reduce psychological distress.

- Wise Guys: Our male peer support and education programme provided a lifeline for men who had previously lacked any safe space to process abuse.

- Counselling Services: Over 30 volunteer and placement counsellors delivered therapeutic sessions for adults and young people, free at point of access, significantly improving mental health outcomes.

- Young Herts: Delivered in schools, this early intervention initiative helped children build resilience and understand healthy relationships.

- Community Engagement: We supported service users with legal advice, parenting techniques, creative therapies, and social reconnection..

Public benefit

The trustees have considered the provisions of Section 17(5) of the 2011 Charities Act and consider that the objectives and aims of the Charity are for the public benefit. All our services are delivered with the goal of increasing personal safety, emotional wellbeing, and social inclusion for survivors of abuse and trauma. Our volunteer-led model strengthens community ties and offers skill development and pathways into employment for those involved.

Looking ahead, our strategic objectives (2025-2030) are centred on expanding access, raising awareness, embedding survivor leadership, and building organisational resilience. We are committed to delivering high-quality, person-centred services that meet the evolving needs of our community.

Volunteers

Future Living Hertford is volunteer led and enjoys a large team of placement counsellors, therapists, teachers, psychologists and admin volunteers, who support our clients both adult and children, and the rest of the team. We have access to specialists who provide a range of ad hoc services such as art therapy, health and wellbeing, fitness, relaxation, debt counselling, legal advice, training, employment and benefit advice.

The trustees are grateful to the work of all volunteers who have helped to ensure that the charity achieves its objectives and aims.

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FUTURE LIVING HERTFORD

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024

ACHIEVEMENT AND PERFORMANCE

In 2024, Future Living Hertford continued to provide life-changing support for individuals and families affected by domestic abuse. We strengthened our core programmes, expanded our reach, and improved our financial position-delivering impact where it matters most.

Programme impact and key metrics

Programme/Service	Output/Reach	Outcomes/Impact
Monica Programme (Women)	72 Women Completed Programme	92% reported improved emotional wellbeing and increased confidence
Wise Guys (Men)	22 Men Supported	85% reported reduced isolation and better understanding of abuse
Counselling Services	1,258 Sessions Delivered	94% of clients showed improvement on mental health scoring tools
Children & Young People	70 Children and Teens Received Therapy	100% of schools reported improved emotional expression in pupils
Young Hearts (Schools)	11 Schools Partnered	510 students reached with resilience and healthy relationship lessons
Community Engagement	4 New Social/Wellness Groups Launched	100+ attendees supported in rebuilding social confidence

Client stories and testimonials

Client feedback continues to highlight the effectiveness of our trauma-informed approach. Clients demonstrate significant improvements in self-esteem, boundary-setting, and parenting confidence. Many have gone on to volunteer with us or join peer support groups, reflecting sustainable recovery.

"Thank you for such an amazing programme. The Monica programme has been incredible. With new friends, an amazing amount of support and an understanding of what has happened to me and how I can change it, I can move forward." **- Monica participant**

"Thank you to everybody involved in this programme. I appreciate the session every week and getting to know people in a similar situation. It has really helped me to move on and better understand my situation. I have changed my mind about a lot of things and I am reflecting on what is important to me. Hearing others talk about their experiences makes me want to do more to make a difference. I have realised the importance of sharing and the difference it makes hearing about other peoples situations." **- Wise Guys Participant**

"Counselling has had a huge impact on me. I never thought I would be someone who needed counselling. It has helped me so much to have that hour a week to talk things through. It is protected time for me to work on me. I would recommend it to anyone." - **Counselling client**

"I would just like to thank the team at Future Living. My daughter has felt so comfortable as an autistic child coming here compared to CAMHS. She has really enjoyed her sessions with Nancy and was upset that they have come to an end." - **Parent of young client**

"The children enjoyed these sessions a lot. It's good for them to talk about subjects such as consent, particularly with a different adult so they are more aware of this not just at school but also in everyday life." **Teacher - Young Herts**

Organisational progress

- Improved governance and internal systems following leadership transition
- Grew volunteer base to 34+, delivering a combined 3,500+ hours of support
- Increased unrestricted income and reduced overall expenditure by 13%

Financial highlights

- Total income: £270,415 (up 52% from 2023)
- Total expenditure: £238,912 (down 12% from 2023)

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- Surplus: £31,503 (compared to a deficit of £94,939 in 2023)
- Unrestricted Reserves increased to £59,639 improving organisational resilience

Key strategic objectives

1. Expand and Enhance Core Services

- Increase delivery of our Monica and Wise Guys programmes across Hertfordshire
- Provide more flexible access through online and satellite sessions in under-served areas
- Improve wraparound support with integrated counselling, mentoring, and peer groups

2. Support Children and Young People

- Grow our counselling provision for children and young people with dedicated funding
- Expand our Young Herts school programme, adapting content for different age groups
- Launch a new parent support programme to build stronger, more informed families

3. Increase Awareness and Reach

- Raise the charity's local and regional profile through stronger communications and advocacy
- Build partnerships with businesses and statutory services to extend our referral network
- Strengthen our voice in the criminal justice system, advocating for survivors

4. Empower Survivors and Volunteers

- Formalise survivor-led input through an Experts by Experience programme
- Develop alumni networks and regular client forums for feedback and co-production
- Invest in training for volunteers and support peer-led initiatives

5. Strengthen Organisational Sustainability

Diversify income through commissioned services, corporate partnerships, and fundraising

- Build on recent financial improvements to grow unrestricted reserves
- Increase staff capacity and reduce key person dependency through leadership development

Our commitment

We remain committed to providing trauma-informed, inclusive, and holistic support to all who need it. Our plans are ambitious yet grounded in evidence, client feedback, and organisational reflection. With continued support from funders, volunteers, and the community, we are confident in our ability to grow our impact and be a source of healing, hope, and empowerment in Hertfordshire.

FINANCIAL REVIEW

Financial position

Future Living Hertford ended the financial year 2024 in a significantly stronger position, reporting a surplus of £31,503 and increasing total funds to £87,845 (up from £56,342 in 2023). Income rose by over 50% to £270,415, driven by growth in grant funding, commissioned work, and earned income from counselling services. Expenditure was carefully managed and reduced to £238,912, ensuring the charity could maintain high-quality services while improving financial resilience. Unrestricted reserves now stand at £59,639, with trustees continuing to work towards a target of six months' operating costs. With improved reserves, a diverse income base, and ongoing financial oversight, the charity is well-positioned to sustain and expand its services in 2025 and beyond.

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FINANCIAL REVIEW

Reserves policy

Future Living Hertford is committed to maintaining a prudent level of unrestricted reserves to ensure the sustainability and continuity of its services. The trustees have set a target to hold reserves equivalent to a minimum of three months' and a maximum of six months' operating costs, in line with Charity Commission guidance. This allows the charity to manage financial risks, respond to unforeseen challenges, and plan for long-term growth with confidence. At the end of 2024, unrestricted reserves stood at £59,667, representing steady progress toward this goal. The board continues to actively monitor reserve levels and prioritise diverse income generation to strengthen financial resilience.

Going concern

The trustees have reviewed the Charities financial position and ongoing funding and financial obligations and feel that the charity has adequate resources available to fund the activities of the charity for the foreseeable future.

The trustees regularly review the Charity's financial position to ensure that sufficient resources are available.

LOOKING AHEAD

As we look ahead to 2025 and beyond, Future Living Hertford is focused on growth, sustainability, and deeper impact. Building on the progress of 2024 and guided by our new 5-year strategy (2025-2030), we are committed to breaking the cycle of domestic abuse through accessible, high-quality, and survivor-led support services.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation established on 31 December 2013.

The charity is controlled by its governing document, a deed of trust, and is registered with the Charity Commission number 1155145.

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STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Patron

The Lord-Lieutenant Robert Voss, CBE and Order of St John, as our Patron attends the majority of our public events and is a really positive link with our community.

Trustees

The affairs of the Charity are controlled and managed by the board of trustees. Our board is made up of senior representatives from business, legal, academic and judicial fields along with other sectors. The board is responsible for the strategic direction, investment and reserves policy of the Charity. All trustees are provided with a job description matching our expectations as a trustee of the charity and its workings, together with an induction programme and identified responsibility within the board. Following induction, any appropriate training is undertaken to ensure all trustees are kept up to date with all current legislation and directives regarding the charity and their position as trustees

Staff

Future Living Hertford is supported by a dedicated team comprising three full-time staff and two part-time team members, one of whom is currently on maternity leave. We also work with four specialist contractors who contribute expertise in counselling, education, and programme delivery. Crucially, the organisation benefits from the commitment of over 30 volunteers, including placement counsellors, therapists, administrative supporters, and group facilitators, who together contribute thousands of hours each year. This combined team effort is essential to delivering our trauma-informed, person-centred services and ensures we can continue meeting the needs of our community with compassion, professionalism, and care.

Staff Training

We offer a bespoke training and development plan for each team member in order to provide them with the skills to carry out their duties to the best of their ability and enhance their overall knowledge. This provides our clients the safe pair of hands and environment in which to recover and flourish. All team members including the Trustees undertake a DBS check and training that includes a full induction, domestic abuse awareness, mental health awareness, addiction awareness and the counselling process itself.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1155145

Principal address

Vale House
43 Cowbridge
Hertford
Hertfordshire
SG14 1PN

Trustees

Mrs S Harvey - Chair
Ms A Brewster - Vice Chair
Mr J Deamer - Treasurer
Mr S Barfoot
Ms J Hamby (appointed 1.7.24)
Mrs A Hardy
Ms V Wood (appointed 15.1.25)
Ms J Khedarun (resigned 19.11.24)
Mr C Fraser (resigned 14.12.24)

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REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner
Colin Wilkinson
Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

Approved by order of the board of trustees on 20 June 2025 and signed on its behalf by:

Mrs S Harvey - Chair - Trustee

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FUTURE LIVING HERTFORD

Independent examiner's report to the trustees of Future Living Hertford
I report to the charity trustees on my examination of the accounts of Future Living Hertford (the Trust) for the year ended 31 December 2024.

Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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 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 accounts to be reached.

Colin Wilkinson
The Association of Chartered Certified Accountants

Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

20 June 2025

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FUTURE LIVING HERTFORD

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	16,636	-	16,636	16,062
Charitable activities	5				
Core Funding		119,860	99,877	219,737	122,928
Other trading activities	3	30,354	-	30,354	37,742
Investment income	4	1,888	-	1,888	1,012
Other income		1,800	-	1,800	-
Total		170,538	99,877	270,415	177,744
EXPENDITURE ON					
Raising funds	6	6,480	5,535	12,015	15,174
Charitable activities	7				
Core Funding		129,185	93,105	222,290	253,472
Other		4,607	-	4,607	4,037
Total		140,272	98,640	238,912	272,683
NET INCOME/(EXPENDITURE)		30,266	1,237	31,503	(94,939)
Transfers between funds	16	(3)	3	-	-
Net movement in funds		30,263	1,240	31,503	(94,939)
RECONCILIATION OF FUNDS					
Total funds brought forward		29,376	26,966	56,342	151,281
TOTAL FUNDS CARRIED FORWARD		59,639	28,206	87,845	56,342

The notes form part of these financial statements

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FUTURE LIVING HERTFORD

BALANCE SHEET
31 DECEMBER 2024

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	12	-	-	-	4,607
CURRENT ASSETS					
Debtors	13	7,500	-	7,500	14,275
Cash at bank		54,425	28,616	83,041	57,893
		61,925	28,616	90,541	72,168
CREDITORS					
Amounts falling due within one year	14	(2,287)	(409)	(2,696)	(20,433)
NET CURRENT ASSETS		59,638	28,207	87,845	51,735
TOTAL ASSETS LESS CURRENT LIABILITIES		59,638	28,207	87,845	56,342
NET ASSETS		59,638	28,207	87,845	56,342
FUNDS	16				
Unrestricted funds				59,638	29,376
Restricted funds				28,207	26,966
TOTAL FUNDS				87,845	56,342

The financial statements were approved by the Board of Trustees and authorised for issue on 20 June 2025 and were signed on its behalf by:

Signed by:
Jason Deamer
054221F95DE5456...

Mr J Deamer - Treasurer - Trustee

The notes form part of these financial statements

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1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	-	25% on cost
Fixtures and fittings	-	25% on cost

Where a tangible fixed asset is funded through an appeal or by way of a grant or donation, the accounting treatment of the asset acquired is dependant on the circumstances of each case. In deciding whether the asset is categorised as restricted or unrestricted, the trustees consider whether the terms of the gift:

- require the charity to hold the tangible fixed asset acquired on an on-going basis for a specific purpose; or
- are met once the specified asset is acquired, so allowing the charity to use the asset acquired on an unrestricted basis for any charitable purpose.

Where such tangible assets are treated as unrestricted then the income is recognised in full as restricted and the value of tangible fixed assets purchased is shown as a transfer from restricted to unrestricted funds.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

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2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	8,659	5,368
Gift aid	7,977	10,694
	16,636	16,062

3. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Bakery income	-	14,540
Other income	24	50
Counselling & therapy income	30,330	23,152
	30,354	37,742

4. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	1,888	1,012

5. INCOME FROM CHARITABLE ACTIVITIES

		2024	2023
	Activity	£	£
Grants	Core Funding	156,877	68,628
Contract income	Core Funding	62,860	54,300
		219,737	122,928

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Hertfordshire Community Foundation - Monica Programme	10,000	5,000
Lloyds Bank Foundation	25,000	-
Department for Digital, Cultural, Media and Sport	15,682	23,046
Hertfordshire Community Foundation - Wise Guys	23,884	-
Hertfordshire County Council	4,895	2,345
Archer Trust	2,500	-
Peoples Postcode Places Trust	25,000	-
The National Lottery Community Fund	19,950	-
Lifelines	-	10,493
Ware Town Council	-	1,000
Hertford Town Council	-	1,200
The Benefact Trust	-	9,200
The Albert Hunt Trust	-	3,000
Hertfordshire Community Fund - Warmer Spaces	(1,994)	1,994
Henry Smith Charity	20,600	10,300
Hertfordshire Community Fund - Workforce Development	-	1,050
Sport England	5,192	-
East Herts District Council	1,668	-
Carried forward	152,377	68,628

continued...

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5. INCOME FROM CHARITABLE ACTIVITIES - continued

	2024	2023
	£	£
Brought forward	152,377	68,628
Souter Trust	2,000	-
Westfield Health	2,500	-
	156,877	68,628

6. RAISING FUNDS

Other trading activities

	2024	2023
	£	£
Purchases	-	9,907
Counselling & therapy expenditure	12,015	5,267
	12,015	15,174

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 8)	Totals
	£	£	£
Core Funding	217,680	4,610	222,290

8. SUPPORT COSTS

	Finance	Governance costs	Totals
	£	£	£
Core Funding	494	4,116	4,610

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2024 nor for the year ended 31 December 2023.

continued...

Docusign Envelope ID: 3AE38FF0-D4FC-4927-B3CA-5BEF9B119100

10. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	141,036	150,475
Social security costs	8,413	8,124
Other pension costs	1,288	1,311
	150,737	159,910

The average monthly number of employees during the year was as follows:

	2024	2023
CEO	1	1
Support Workers	5	5
	6	6

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

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	16,062	-	16,062
Charitable activities			
Core Funding	54,300	68,628	122,928
Other trading activities	37,202	540	37,742
Investment income	1,010	2	1,012
Total	108,574	69,170	177,744
EXPENDITURE ON			
Raising funds	15,174	-	15,174
Charitable activities			
Core Funding	167,878	85,594	253,472
Other	4,037	-	4,037
Total	187,089	85,594	272,683
NET INCOME/(EXPENDITURE)	(78,515)	(16,424)	(94,939)
Transfers between funds	(79)	79	-
Net movement in funds	(78,594)	(16,345)	(94,939)
RECONCILIATION OF FUNDS			
Total funds brought forward	107,971	43,310	151,281
TOTAL FUNDS CARRIED FORWARD	29,377	26,965	56,342

continued...

Docusign Envelope ID: 3AE38FF0-D4FC-4927-B3CA-5BEF9B119100

12. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Totals £
COST			
At 1 January 2024	48,730	3,171	51,901
Disposals	(38,736)	(1,193)	(39,929)
At 31 December 2024	9,994	1,978	11,972
DEPRECIATION			
At 1 January 2024	44,123	3,171	47,294
Charge for year	4,607	-	4,607
Eliminated on disposal	(38,736)	(1,193)	(39,929)
At 31 December 2024	9,994	1,978	11,972
NET BOOK VALUE			
At 31 December 2024	-	-	-
At 31 December 2023	4,607	-	4,607

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade debtors	-	6,300
Prepayments and accrued income	7,500	7,975
	7,500	14,275

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Bank loans and overdrafts (see note 15)	-	300
Trade creditors	673	576
Taxation and social security	-	3,057
Other creditors	2,023	16,500
	2,696	20,433

15. LOANS

An analysis of the maturity of loans is given below:

	2024 £	2023 £
Amounts falling due within one year on demand:		
Bank overdrafts	-	300

continued...

Docusign Envelope ID: 3AE38FF0-D4FC-4927-B3CA-5BEF9B119100

16. MOVEMENT IN FUNDS

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
General fund	29,376	30,265	(3)	59,638
Restricted funds				
Wise Guys	-	7,857	-	7,857
Monica programme	-	5,032	-	5,032
Workforce Development	1,110	(716)	-	394
Ware Town Council	393	(393)	-	-
Hertford Town Council	1,200	(1,200)	-	-
The Benefact Trust	9,200	(9,146)	(54)	-
HCC Activity Grant	1,732	(1,789)	57	-
Cost of Living	1,037	(1,037)	-	-
Henry Smith Charity	10,300	-	-	10,300
Warmer Spaces	1,994	(1,994)	-	-
Life Chances	-	2,572	-	2,572
Sport England	-	2,052	-	2,052
	26,966	1,238	3	28,207
TOTAL FUNDS	56,342	31,503	-	87,845

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	170,538	(140,273)	30,265
Restricted funds			
Wise Guys	23,886	(16,029)	7,857
Monica programme	10,249	(5,217)	5,032
Workforce Development	-	(716)	(716)
Ware Town Council	-	(393)	(393)
Hertford Town Council	-	(1,200)	(1,200)
The Benefact Trust	-	(9,146)	(9,146)
HCC Activity Grant	4,645	(6,434)	(1,789)
Cost of Living	15,681	(16,718)	(1,037)
Henry Smith Charity	20,601	(20,601)	-
Warmer Spaces	(1,994)	-	(1,994)
Life Chances	19,950	(17,378)	2,572
Sport England	5,192	(3,140)	2,052
East Herts District Council	1,667	(1,667)	-
	99,877	(98,639)	1,238
TOTAL FUNDS	270,415	(238,912)	31,503

continued...

Docusign Envelope ID: 3AE38FF0-D4FC-4927-B3CA-5BEF9B119100

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
General fund	107,971	(78,516)	(79)	29,376
Restricted funds				
Monica programme	-	(27)	27	-
Young Hearts	2,308	(2,308)	-	-
Children in Need Continuation Fund	416	(409)	(7)	-
Workforce Development	-	1,110	-	1,110
Bakery @43	33,425	(33,422)	(3)	-
Hardship fund	4,384	(4,384)	-	-
Drama Club	2,777	(2,777)	-	-
Lifelines	-	(62)	62	-
Ware Town Council	-	393	-	393
Hertford Town Council	-	1,200	-	1,200
The Benefact Trust	-	9,200	-	9,200
HCC Activity Grant	-	1,732	-	1,732
Cost of Living	-	1,037	-	1,037
Henry Smith Charity	-	10,300	-	10,300
Warmer Spaces	-	1,994	-	1,994
	43,310	(16,423)	79	26,966
TOTAL FUNDS	151,281	(94,939)	-	56,342

continued...

Docusign Envelope ID: 3AE38FF0-D4FC-4927-B3CA-5BEF9B119100

16. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	108,574	(187,090)	(78,516)
Restricted funds			
Monica programme	5,000	(5,027)	(27)
Young Hearts	-	(2,308)	(2,308)
Children in Need Continuation Fund	-	(409)	(409)
Workforce Development	1,650	(540)	1,110
Bakery @43	-	(33,422)	(33,422)
Hardship fund	(59)	(4,325)	(4,384)
Drama Club	-	(2,777)	(2,777)
Lifelines	10,494	(10,556)	(62)
Ware Town Council	1,000	(607)	393
Hertford Town Council	1,200	-	1,200
The Benefact Trust	9,200	-	9,200
HCC Activity Grant	2,345	(613)	1,732
The Albert Hunt Trust	3,000	(3,000)	-
Cost of Living	23,046	(22,009)	1,037
Henry Smith Charity	10,300	-	10,300
Warmer Spaces	1,994	-	1,994
	69,170	(85,593)	(16,423)
TOTAL FUNDS	177,744	(272,683)	(94,939)

continued...

Docusign Envelope ID: 3AE38FF0-D4FC-4927-B3CA-5BEF9B119100

16. MOVEMENT IN FUNDS - continued

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

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
General fund	107,971	(48,251)	(82)	59,638
Restricted funds				
Wise Guys	-	7,857	-	7,857
Monica programme	-	5,005	27	5,032
Young Hearts	2,308	(2,308)	-	-
Children in Need Continuation Fund	416	(409)	(7)	-
Workforce Development	-	394	-	394
Bakery @43	33,425	(33,422)	(3)	-
Hardship fund	4,384	(4,384)	-	-
Drama Club	2,777	(2,777)	-	-
Lifelines	-	(62)	62	-
The Benefact Trust	-	54	(54)	-
HCC Activity Grant	-	(57)	57	-
Henry Smith Charity	-	10,300	-	10,300
Life Chances	-	2,572	-	2,572
Sport England	-	2,052	-	2,052
	43,310	(15,185)	82	28,207
TOTAL FUNDS	151,281	(63,436)	-	87,845

continued...

Docusign Envelope ID: 3AE38FF0-D4FC-4927-B3CA-5BEF9B119100

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	279,112	(327,363)	(48,251)
Restricted funds			
Wise Guys	23,886	(16,029)	7,857
Monica programme	15,249	(10,244)	5,005
Young Hearts	-	(2,308)	(2,308)
Children in Need Continuation Fund	-	(409)	(409)
Workforce Development	1,650	(1,256)	394
Bakery @43	-	(33,422)	(33,422)
Hardship fund	(59)	(4,325)	(4,384)
Drama Club	-	(2,777)	(2,777)
Lifelines	10,494	(10,556)	(62)
Ware Town Council	1,000	(1,000)	-
Hertford Town Council	1,200	(1,200)	-
The Benefact Trust	9,200	(9,146)	54
HCC Activity Grant	6,990	(7,047)	(57)
The Albert Hunt Trust	3,000	(3,000)	-
Cost of Living	38,727	(38,727)	-
Henry Smith Charity	30,901	(20,601)	10,300
Life Chances	19,950	(17,378)	2,572
Sport England	5,192	(3,140)	2,052
East Herts District Council	1,667	(1,667)	-
	169,047	(184,232)	(15,185)
TOTAL FUNDS	448,159	(511,595)	(63,436)

UNRESTRICTED FUNDS

General

The general funds are available for expenditure on the furtherance of the charitable objectives.

RESTRICTED FUNDS

Other restricted funds

In periods prior to 2019 funds received and expended for various programmes and projects had been carried forward within one fund as the major restrictions were similar in nature being restricted to expenditure on salary costs. During the financial period ended 31st December 2020 the Trustees reviewed this policy and adopted a policy of separating these funds for greater transparency and to aid users of the financial statements to gain a better understanding of the Charities funding.

The balance brought forward in financial period ended 31st December 2020 was transferred to the general fund as the Trustees believe that all restricted funds received had been spent.

CURRENT FUNDS

Wise Guys

continued...

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16. MOVEMENT IN FUNDS - continued

Grants received from the Hertfordshire Community Foundation are restricted for expenditure to provide multiple Wise Guys domestic abuse empowerment programmes for male victims of domestic abuse.

The surplus funds will be expended in the coming period for this purpose.

Monica Programme

Grants received from the Hertfordshire Community Foundation are restricted for expenditure to provide multiple Monica domestic abuse empowerment programmes for female victims of domestic abuse.

The surplus funds will be expended in the coming period for this purpose.

Workforce Development

Grants received from Hertfordshire Community Foundation are restricted for continued professional development of staff at the charity.

The surplus funds will be expended in the coming period for this purpose.

Ware Town Council

Grants from Ware Town Council are restricted for expenditure to provide a Sugar Foot Boxing Club for children and young people to access for free for the period May 2023 to March 2024.

All funds have been expended for this purpose.

Hertford Town Council

Grants from Hertford Town Council Council are restricted for expenditure to provide clinical supervision for therapists supporting people in Hertford who have experienced poor mental wellbeing during the period July 2023 to June 2024.

All funds have been expended for this purpose.

The Benefact Trust

Grants from The Benefact Trust "Domestic Abuse Unravelled" are restricted for expenditure for expenditure to provide empowerment programmes and other support for clients experiencing domestic abuse during the period December 2023 to November 2024.

The small underspend of £54 has been transferred to the general fund.

HCC Activity Grant

Grants from Hertfordshire County Council Activity Grant are restricted for expenditure to provide free access to pilates and boxing activities for adults to improve their mental wellbeing during the period September 2023 to June 2024.

The small overspend of £57 has been transferred to the general fund.

Cost of Living

Grants from /The Department for Culture, Media & Sport "Community Hands"/The National Lottery are restricted for expenditure to provide safe spaces and services to support those experiencing domestic abuse and most vulnerable in the East of Hertfordshire, together with food and essential items for those experiencing deprivation and hardship as a result of the cost of living increase during the period July 2023 to March 2024.

continued...

Docusign Envelope ID: 3AE38FF0-D4FC-4927-B3CA-5BEF9B119100

16. MOVEMENT IN FUNDS - continued

All funds have been expended for this purpose.

Henry Smith Charity

Grants have been awarded by The Henry Smith Charity "Improving Lives" totalling £61,800 to cover expenditure for running costs of our organsiation providing counselling and holistic support for individuals and families affected by domestic abuse in Hertfordshire and are for a 3 year period commencing December 2023.

The surplus funds will be expended in the coming period for this purpose.

Warmer Spaces

The charity was granted £1,994 by Hertfordshire Community Foundation to open a Warm Space for residents in our community to meet up, get a hot drink and stay warm during this challenging time in the cost of living crisis. The charity was unable to continue with this project due to staff shortages and has refunded the full amount to Hertfordshire Community Foundation in 2024.

Life Chances

Grants received from the National Lottery Community Fund for the project Life Chances are restricted to providing group and individual therapy support to victims of domestic abuse.

The surplus funds will be used in the coming period for this purpose.

Sport England

The grant received from Sport England is restricted to the provision of Boxing and Pilates sessions for female survivors of domestic abuse

The surplus funds will be used in the coming period for this purpose.

Transfers between funds

Small over/under spends on restricted funds are regularly transferred at the year end from/to the general unrestricted fund.

Assets purchased from restricted funds are included within expenditure in the year of purchase.

17. RELATED PARTY DISCLOSURES

Mrs S Harvey, a trustee, is also a trustee of the Hertfordshire Community Foundation who provided grants totalling £33,884 (2023 - £6,994) and returned £1,994 of funding. The Charity also invoiced the Hertfordshire Community Foundation for training and support services totalling £Nil (2023 - £1,050). Mrs S Harvey does not sit on any of the grant funding committees of the Herfordshire Community Foundation when applications are made by Future Living Hertford to the foundation.

Docusign Envelope ID: 3AE38FF0-D4FC-4927-B3CA-5BEF9B119100

FUTURE LIVING HERTFORD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

	2024	2023
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	8,659	5,368
Gift aid	7,977	10,694
	16,636	16,062
Other trading activities		
Bakery income	-	14,540
Other income	24	50
Counselling & therapy income	30,330	23,152
	30,354	37,742
Investment income		
Deposit account interest	1,888	1,012
Charitable activities		
Grants	156,877	68,628
Contract income	62,860	54,300
	219,737	122,928
Other income		
Gain on sale of tangible fixed assets	1,800	-
Total incoming resources	270,415	177,744
EXPENDITURE		
Other trading activities		
Bakery expenditure	-	9,907
Counselling & therapy expenditure	12,015	5,267
	12,015	15,174
Charitable activities		
Wages	141,036	150,475
Social security	8,413	8,124
Pensions	1,288	1,311
Rent	30,000	30,000
Rates and water	255	675
Insurance	2,487	1,282
Light and heat	6,663	7,085
Telephone	3,683	3,955
Postage and stationery	131	1,438
Advertising	1,018	2,392
Sundries	2,909	2,525
Carried forward	197,883	209,262

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FUTURE LIVING HERTFORD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

	2024	2023
	£	£
Charitable activities		
Brought forward	197,883	209,262
Travel & subsistence	1,072	1,987
Volunteer costs	299	778
Reference material	29	89
Project materials	3,164	2,446
Computer costs	3,956	3,184
Repairs & renewals	3,377	7,145
Training	1,400	717
Subscriptions	3,317	1,839
Equipment purchases	998	18,913
Hardship support	1,311	-
Hall hire	874	380
	217,680	246,740
Other		
Plant and machinery	4,607	4,037
Support costs		
Finance		
Bank charges	494	568
Governance costs		
Accountancy and legal fees	4,116	6,164
Total resources expended	238,912	272,683
Net income/(expenditure)	31,503	(94,939)

FUTURE LIVING HERTFORD

England & Wales - Charity number 1155145

Accounts

REGISTERED CHARITY NUMBER: 1155145

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

FOR

FUTURE LIVING HERTFORD

Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

FUTURE LIVING HERTFORD

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FUTURE LIVING HERTFORD

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Vision Statement

We envisage a world where every person is given the opportunity to flourish and lead a self-directed life and where non -judgemental support is provided to those who need it to overcome difficulties such as recovery from abuse, trauma, addictions or disadvantaged beginnings.

Mission Statement

Our mission is to help anyone, including children and young people, who have felt vulnerable through abusive relationships to feel stronger, more empowered and able to make healthy life choices for themselves and their families.

We aim to help our clients to flourish and regain control over their lives and to regain the sense of self that is so often lost.

We campaign towards giving children a voice in their future.

We will work tirelessly to support those in need.

Core Values

Christian values are central to our charity and way of working.

Our values define who we are and how we work with one another and with our clients. We firmly believe in:

- Respecting one another
- Working with integrity and transparency; being accountable and taking responsibility for all that we do
- Fostering relationships that are built on trust
- Maintaining an environment that is safe for clients, volunteers, staff and the community
- Empowering our clients so that they can find their inner strength and freedom to make good life choices
- Working with consistency and fairness, appreciating diversity and promoting equality for all
- Working jointly with partner organisations that can increase opportunities and services for our clients and staff.
- Working in a professional and inspiring way
- Encouraging a sense of community amongst clients and team members so that support structures can be built

OBJECTIVES AND ACTIVITIES

Objectives and aims

To deliver free to access programmes and projects to support people to break the cycle and recover from domestic abuse and addictions. Educate and early intervention in schools for future generations to become more aware and resilient in the face of domestic abuse.

Expand the programmes on offer to meet the needs of the whole family including empowerment, parenting techniques, counselling, physical activities, art, play, lego and talk therapy and including social groups for those who feel disconnected from their community. To support our community particularly in the light of the effects of lockdown and COVID 19.

To educate and support organisations and businesses in the recognition of Domestic Abuse for their staff members and teams.

To support schools with the ever increasing numbers of children and young people with poor mental wellbeing.

To campaign for Children's Voices to be heard in the judicial arena where domestic abuse has been prevalent.

To provide funding to support our services through grants, commissioned contracts and social enterprise.

OBJECTIVES AND ACTIVITIES

Public benefit

To offer support, opportunity, training in voluntary and paid for work within the community, cementing an ongoing relationship between them enabling a healthy and happy life, and opportunity to take up volunteering and employment

The trustees have considered the provisions of Section 17(5) of the 2011 Charities Act and consider that the objectives and aims of the Charity are for the public benefit.

Volunteers

Future Living Hertford is volunteer led and enjoys a large team of placement counsellors, therapists, teachers, psychologists and admin volunteers, who support our clients both adult and children, and the rest of the team. We have access to specialists who provide a range of ad hoc services such as art therapy, health and wellbeing, fitness, relaxation, debt counselling, legal advice, training, employment and benefit advice.

The trustees are grateful to the work of all volunteers who have helped to ensure that the charity achieves its objectives and aims.

ACHIEVEMENT AND PERFORMANCE

Through the charity's work it aims to reduce crime, encourage members of our service to embrace a healthier way of life, build strong and healthy relationships for themselves and their families.

Client Comments

Female Monica programme client 1

"I feel quite emotional reflecting on the journey I have been on during the programme. When I started I was consumed with anxiety and I constantly thought about what happened. I could not see a way out of feeling this way. We share a young child and I have to have contact with my ex.

Now I have days where I don't think about him. I am more confident to manage the situation and can set boundaries around seeing our son. The Monica Programme has helped me to think about things in a different way and understand that my wellbeing is important too.

My life is like night and day to how it was 12 weeks ago. Being around such incredible women and feeling so safe and comfortable to talk was exactly what my mental health needed."

Female Monica programme client 2

"This has been an important thing for me to do. My relationship ended 5 years ago but it was still affecting me. Since doing the programme I have noticed that I have become more open and it has improved my relationships with my family. I have a group of friends after doing this who I know will be there to support me when I have challenges in the future. The Monica group never judges and they cheer each other on through it all."

Male Wise Guys client 1

"The group gelled really well and this created understanding and a sense of you're not alone. The course was easy to follow and provided some valuable information and perspectives."

Before I found Future Living I was being signposted in every direction. Sometimes I would be on hold for an hour just to be signposted again. When I spoke to Future Living they were the first people that offered me something. They listened to my experiences and reassured me. They offered me the Wise Guys programme and Counselling and I felt heard."

Male Wise Guys client 2

"The Wise Guys programme was extremely beneficial to me as I had never heard from other men who had experienced domestic abuse. They helped me understand what had happened to me and made me feel less alone. I have been inspired to help others in the future and will be forever thankful for the kindness and support shown by Future Living."

Young Person client 1

"I get to talk about how I am feeling and I am benefitting from getting my feelings out."

Adult Counselling client 1

"I found my counsellor amazing, she helped me in so many ways. I would highly recommend the counselling service at Future Living."

Case Studies 1 & 2

Case study 1 Brian

Brian is 40 years old. He lived overseas with his ex-partner where he was abused verbally, financially and physically. He became extremely isolated as he was not in his own country and the abuse was also inflicted by her family.

Brian has two children aged 8 and 9. The family returned to the UK in 2020 and some of the abuse became directed at the children. As a result, the couple separated in 2022. For the last year he has had sole custody of the children. He reported that at first he was finding this very overwhelming and was receiving support from the Intensive Family Support Team.

During the first weeks of the course, the group learnt about the types of domestic abuse and shared their own experiences. This helped validate Brian's decision to end the relationship for the safety of his children. He also commented how he had never met another male before who had experienced abuse and he thought he may be the only one.

Brian felt very alone as he had no support network and was estranged from his family.
Brian said the following about his situation:

"Before starting [Wise guys] I felt isolated. I didn't have social interactions and my life was imploding. The support offered and the chance to talk has made me feel not so alone. I had felt alone for a long time."

During the programme, Brian had several court hearings and visitation arrangements were set up via a contact centre. Brian received further abuse around these arrangements which he chose to share in the group and was able to set boundaries and communicate in a way that prevented the situation from escalating as a result of the course content. The children now see their mother fortnightly in a contact centre and the arrangement is currently going smoothly.

The outcome measures for Brian for before the programme and upon completion demonstrate that Brian feels more positively about every element of his life he was asked about. In the Core 10 mental health scoring, his level of psychological distress fell from 26 to 16 which moves him from the severe psychological distress range to moderate distress.

Case Study 2 - Anne

Anne reported that her marriage became abusive gradually after her son was born. Her ex-husband has addiction issues and would be verbally abusive to her every day. She shared that she felt as though she was walking on egg-shells and her self-esteem was low as he would constantly criticise her.

She decided to leave in 2020 after she inherited some money from a family member. This enabled her to afford a rental property for herself and her adult daughter with disabilities. Her son (17) lived between his two parents but was permanently living with his father. This has changed recently and he has now moved back in with his mother permanently.

Anne was experiencing daily abuse via telephone and email from her ex-husband which was affecting her mental health. Her daughter and son were both affected by this and the police were involved on a number of occasions regarding harassment.

Anne reported that the Monica Programme helped her to set boundaries with her ex-husband such as setting up a new email address and only checking his communications at designated times. This helped her to feel less overwhelmed and get some space from the situation. She arranged to get free legal advice after being signposted to the Hertfordshire Law Clinic. This helped her to understand her rights and empowered her to continue with what she was doing. Anne said that she benefited from the work on assertive communication and CBT theory as this helped her to manage the situation and to have it occupy less of her mental energy. Anne says she has built a strong support network through the programme and feels like there are people who understand her.

Anne received 10 free counselling sessions alongside the programme. She has said that having a safe space to process her experiences and to discuss her problems has improved her mental health and significantly reduced her anxiety. Anne is noticeably more confident and has volunteered to help in our cafe one morning per week for a coffee and chat session for past, present and future Monica ladies.

Ways you can support us

Sponsor our Events and services

Fundraise for us

Commission our service - Employers for example can commission our services to provide bespoke support to their staff for training opportunities. They can commission us to provide counselling to their staff.

Commission us to work in schools to provide support for children and young people who have witnessed or experienced domestic abuse, resulting in poor mental health.

Donate via our donation partners Golden Giving: https://www.goldengiving.com/secure/donation/future-living

Leave a legacy

Volunteer with us to learn new skills, explore career options and support the community in which you live. You can volunteer in lots of ways at our events or by fund raising for us.

Placements, we also engage placement counsellors, psychologists and research assistants through a variety of educational establishments. An application form can be found on our website. https://www.futurelivinghertford.co.uk

FINANCIAL REVIEW

Financial position

During the year the charity made a deficit on normal operating activities of £94,939. The Trustees continue to closely monitor the financial position and prioritise fundraising activities to reduce the deficit

Reserves policy

The charity is committed to being an organisation that grows and develops in a sustainable manner. To this end we will work towards ensuring a diverse funding stream and to achieve unrestricted reserves that are in line with the Charity Commissions guidance of being no less than six months operating costs.

Going concern

The trustees have reviewed the Charities financial position and ongoing funding and financial obligations and feel that the charity has adequate resources available to fund the activities of the charity for the foreseeable future.

The trustees regularly review the Charity's financial position to ensure that sufficient resources are available.

FUTURE PLANS

The charity already has a comprehensive programme of 12 services and projects, which it intends to consolidate, and expand in 2024.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation established on 31 December 2013.

The charity is controlled by its governing document, a deed of trust, and is registered with the Charity Commission number 1155145.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Patron

The Lord-Lieutenant Robert Voss, CBE and Order of St John, as our Patron attends the majority of our public events and is a really positive link with our community.

Trustees

The affairs of the Charity are controlled and managed by the board of trustees. Our board is made up of senior representatives from business, legal, academic and judicial fields along with other sectors. The board is responsible for the strategic direction, investment and reserves policy of the Charity. All trustees are provided with a job description matching our expectations as a trustee of the charity and its workings, together with an induction programme and identified responsibility within the board. Following induction, any appropriate training is undertaken to ensure all trustees are kept up to date with all current legislation and directives regarding the charity and their position as trustees

Staff

We currently have 6 staff made up of 4 full time members and 2 part time members. They manage and support our services, clients and volunteer team with a range of specialist skills including domestic abuse, healthy relationships in schools, education, a range of ad hoc holistic programmes and addiction recovery. The charity has over 34 volunteer staff with a range of skills from admin to therapeutic counselling.

Staff Training

We offer a bespoke training and development plan for each team member in order to provide them with the skills to carry out their duties to the best of their ability and enhance their overall knowledge. This provides our clients the safe pair of hands and environment in which to recover and flourish. All team members including the Trustees undertake a DBS check and training that includes a full induction, domestic abuse awareness, mental health awareness, addiction awareness and the counselling process itself.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1155145

Principal address

Vale House
43 Cowbridge
Hertford
Hertfordshire
SG14 1PN

Trustees

Mrs S Harvey - Chairman
Mr F McMullen - Vice Chairman
Mr C Fraser
Mr S Barfoot
Mrs A Hardy
Ms A Brewster (appointed 11.5.23)
Mr J Deamer (appointed 16.11.23)
Mr C Melluish (resigned 1.11.23)
Ms J Khedarun (resigned 1.9.23)

Mrs Shabnam Fard Temporary client trustee.

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner
Colin Wilkinson
Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

Approved by order of the board of trustees on 24 July 2024 and signed on its behalf by:

Mrs S Harvey - Chairman - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FUTURE LIVING HERTFORD

Independent examiner's report to the trustees of Future Living Hertford
I report to the charity trustees on my examination of the accounts of Future Living Hertford (the Trust) for the year ended 31 December 2023.

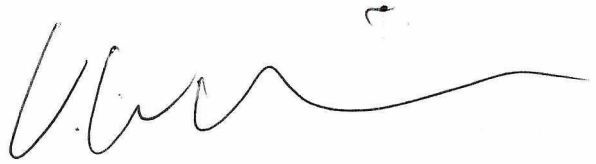
Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement
I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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 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 accounts to be reached.



Colin Wilkinson

Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

24 July 2024

FUTURE LIVING HERTFORD

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	16,062	-	16,062	20,647
Charitable activities	5				
Core Funding		54,300	68,628	122,928	153,953
Other trading activities	3	37,202	540	37,742	21,522
Investment income	4	1,011	-	1,011	64
Total		108,575	69,168	177,743	196,186
EXPENDITURE ON					
Raising funds	6	15,175	(2)	15,173	3,739
Charitable activities	7				
Core Funding		167,878	85,594	253,472	222,803
Other		4,037	-	4,037	-
Total		187,090	85,592	272,682	226,542
NET INCOME/(EXPENDITURE)		(78,515)	(16,424)	(94,939)	(30,356)
Transfers between funds	16	(79)	79	-	-
Net movement in funds		(78,594)	(16,345)	(94,939)	(30,356)
RECONCILIATION OF FUNDS					
Total funds brought forward		107,971	43,310	151,281	181,637
TOTAL FUNDS CARRIED FORWARD		29,377	26,965	56,342	151,281

The notes form part of these financial statements

FUTURE LIVING HERTFORD

BALANCE SHEET
31 DECEMBER 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	12	4,607	-	4,607	8,645
CURRENT ASSETS					
Debtors	13	13,500	775	14,275	7,809
Cash at bank		31,160	26,733	57,893	149,413
		44,660	27,508	72,168	157,222
CREDITORS					
Amounts falling due within one year	14	(19,891)	(542)	(20,433)	(14,586)
NET CURRENT ASSETS		24,769	26,966	51,735	142,636
TOTAL ASSETS LESS CURRENT LIABILITIES		29,376	26,966	56,342	151,281
NET ASSETS		29,376	26,966	56,342	151,281
FUNDS	16				
Unrestricted funds				29,376	107,971
Restricted funds				26,966	43,310
TOTAL FUNDS				56,342	151,281

The financial statements were approved by the Board of Trustees and authorised for issue on 24 July 2024 and were signed on its behalf by:

Mr J Deamer - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on cost
Fixtures and fittings	- 25% on cost

Where a tangible fixed asset is funded through an appeal or by way of a grant or donation, the accounting treatment of the asset acquired is dependant on the circumstances of each case. In deciding whether the asset is categorised as restricted or unrestricted, the trustees consider whether the terms of the gift:

- require the charity to hold the tangible fixed asset acquired on an on-going basis for a specific purpose; or
- are met once the specified asset is acquired, so allowing the charity to use the asset acquired on an unrestricted basis for any charitable purpose.

Where such tangible assets are treated as unrestricted then the income is recognised in full as restricted and the value of tangible fixed assets purchased is shown as a transfer from restricted to unrestricted funds.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	5,368	11,678
Gift aid	10,694	8,969
	16,062	20,647

3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Bakery income	14,540	-
Other income	50	-
Counselling & therapy income	23,152	21,522
	37,742	21,522

4. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	1,011	64

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023	2022
		£	£
Grants	Core Funding	68,628	118,853
Contract income	Core Funding	54,300	35,100
		122,928	153,953

Grants received, included in the above, are as follows:

	2023	2022
	£	£
Hertfordshire Community Foundation - Monica Programme	5,000	-
Lloyds Bank - CEO Salary	-	27,250
Hertfordshire Community Foundation - Young Hearts	-	5,000
BBC Children in Need	-	23,443
Department for Digital, Cultural, Media and Sport	23,046	-
High Sheriff Award	-	1,200
Hertfordshire County Council	2,345	-
Comic Relief - Tech for Good	-	6,900
Archer Trust	-	2,000
Groundworkers	-	1,000
Herts Community Foundation - Jubilee Fund	-	7,260
Postcode Places Trust	-	24,800
Herfordshire Community Fund - Hardship	-	5,000
Hertfordshire Community Fund - Drama Club	-	5,000
The National Lottery Community Fund	-	10,000
Lifelines	10,493	-
Ware Town Council	1,000	-
Hertford Town Council	1,200	-
Carried forward	43,084	118,853

continued...

5. INCOME FROM CHARITABLE ACTIVITIES - continued

	2023	2022
	£	£
Brought forward	43,084	118,853
The Benefact Trust	9,200	-
The Albert Hunt Trust	3,000	-
Hertfordshire Community Fund - Warmer Spaces	1,994	-
Henry Smith Charity	10,300	-
Hertfordshire Community Fund - Workforce Development	1,050	-
	68,628	118,853

6. RAISING FUNDS

Raising donations and legacies

	2023	2022
	£	£
Sundries	(1)	-

Other trading activities

	2023	2022
	£	£
Purchases	9,907	-
Counselling & therapy expenditure	5,267	3,739
	15,174	3,739
Aggregate amounts	15,173	3,739

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 8)	Totals
	£	£	£
Core Funding	246,740	6,732	253,472

continued...

8. SUPPORT COSTS

	Finance	Governance costs	Totals
	£	£	£
Core Funding	568	6,164	6,732

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

10. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	150,475	113,381
Social security costs	8,124	4,843
Other pension costs	1,311	755
	159,910	118,979

The average monthly number of employees during the year was as follows:

	2023	2022
CEO	1	1
Support Workers	5	4
	6	5

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

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	20,647	-	20,647
Charitable activities			
Core Funding	59,850	94,103	153,953
Other trading activities	20,122	1,400	21,522
Investment income	64	-	64
Total	100,683	95,503	196,186
EXPENDITURE ON			
Raising funds	1,687	2,052	3,739
Charitable activities			
Core Funding	84,003	138,800	222,803

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
Total	85,690	140,852	226,542
NET INCOME/(EXPENDITURE)	14,993	(45,349)	(30,356)
Transfers between funds	(463)	463	-
Net movement in funds	14,530	(44,886)	(30,356)
RECONCILIATION OF FUNDS			
Total funds brought forward	93,440	88,197	181,637
TOTAL FUNDS CARRIED FORWARD	107,970	43,311	151,281

12. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Totals £
COST			
At 1 January 2023 and 31 December 2023	48,730	3,171	51,901
DEPRECIATION			
At 1 January 2023	40,085	3,171	43,256
Charge for year	4,038	-	4,038
At 31 December 2023	44,123	3,171	47,294
NET BOOK VALUE			
At 31 December 2023	4,607	-	4,607
At 31 December 2022	8,645	-	8,645

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	6,300	309
Prepayments and accrued income	7,975	7,500
	14,275	7,809

continued...

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Bank loans and overdrafts (see note 15)	300	-
Trade creditors	576	9,617
Taxation and social security	3,057	(1,156)
Other creditors	16,500	6,125
	20,433	14,586

15. LOANS

An analysis of the maturity of loans is given below:

	2023	2022
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	300	-

16. MOVEMENT IN FUNDS

	At 1.1.23	Net movement in funds	Transfers between funds	At 31.12.23
	£	£	£	£
Unrestricted funds				
General fund	107,971	(78,516)	(79)	29,376
Restricted funds				
Monica programme	-	(27)	27	-
Young Hearts	2,308	(2,308)	-	-
Children in Need Continuation Fund	416	(409)	(7)	-
Workforce Development	-	1,110	-	1,110
Bakery @43	33,425	(33,422)	(3)	-
Hardship fund	4,384	(4,384)	-	-
Drama Club	2,777	(2,777)	-	-
Lifelines	-	(62)	62	-
Ware Town Council	-	393	-	393
Hertford Town Council	-	1,200	-	1,200
The Benefact Trust	-	9,200	-	9,200
HCC Activity Grant	-	1,732	-	1,732
Cost of Living	-	1,037	-	1,037
Henry Smith Charity	-	10,300	-	10,300
Warmer Spaces	-	1,994	-	1,994
	43,310	(16,423)	79	26,966
TOTAL FUNDS	151,281	(94,939)	-	56,342

continued...

16. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	108,575	(187,091)	(78,516)
Restricted funds			
Monica programme	5,000	(5,027)	(27)
Young Hearts	-	(2,308)	(2,308)
Children in Need Continuation Fund	-	(409)	(409)
Workforce Development	1,650	(540)	1,110
Bakery @43	-	(33,422)	(33,422)
Hardship fund	(60)	(4,324)	(4,384)
Drama Club	-	(2,777)	(2,777)
Lifelines	10,493	(10,555)	(62)
Ware Town Council	1,000	(607)	393
Hertford Town Council	1,200	-	1,200
The Benefact Trust	9,200	-	9,200
HCC Activity Grant	2,345	(613)	1,732
The Albert Hunt Trust	3,000	(3,000)	-
Cost of Living	23,046	(22,009)	1,037
Henry Smith Charity	10,300	-	10,300
Warmer Spaces	1,994	-	1,994
	69,168	(85,591)	(16,423)
TOTAL FUNDS	177,743	(272,682)	(94,939)

continued...

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.22 £
Unrestricted funds				
General fund	93,440	14,994	(463)	107,971
Restricted funds				
Monica programme	494	(494)	-	-
Young Hearts	-	2,308	-	2,308
Monica Accreditation	780	(780)	-	-
OPCC	10,414	(10,414)	-	-
Children in Need	11,607	(11,607)	-	-
DCMS - Match Community Challenge Grant	4,492	(4,492)	-	-
Peoples Postcode Trust	620	(620)	-	-
Addiction	4,660	(4,660)	-	-
Tech for Good	19,496	(19,558)	62	-
PCC Salary	9,306	(9,306)	-	-
HCF RRR	4,800	(4,800)	-	-
Welwyn & Hatfield County Council	5,000	(5,000)	-	-
Suicide Prevention	16,528	(16,529)	1	-
Children in Need Continuation Fund	-	416	-	416
Workforce Development	-	(400)	400	-
Bakery @43	-	33,425	-	33,425
Hardship fund	-	4,384	-	4,384
Drama Club	-	2,777	-	2,777
	88,197	(45,350)	463	43,310
TOTAL FUNDS	181,637	(30,356)	-	151,281

continued...

16. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	100,683	(85,689)	14,994
Restricted funds			
Monica programme	-	(494)	(494)
Young Hearts	5,000	(2,692)	2,308
Monica Accreditation	-	(780)	(780)
OPCC	-	(10,414)	(10,414)
Children in Need	-	(11,607)	(11,607)
DCMS - Match Community Challenge Grant	-	(4,492)	(4,492)
Peoples Postcode Trust	-	(620)	(620)
Addiction	-	(4,660)	(4,660)
Tech for Good	6,900	(26,458)	(19,558)
PCC Salary	-	(9,306)	(9,306)
HCF RRR	-	(4,800)	(4,800)
Welwyn & Hatfield County Council	-	(5,000)	(5,000)
Suicide Prevention	-	(16,529)	(16,529)
Young Hearts	5,700	(5,700)	-
Groundworkers	1,000	(1,000)	-
Herts Community Jubilee Fund	7,260	(7,260)	-
Children in Need Continuation Fund	23,443	(23,027)	416
Workforce Development	1,400	(1,800)	(400)
Bakery @43	34,800	(1,375)	33,425
Hardship fund	5,000	(616)	4,384
Drama Club	5,000	(2,223)	2,777
	95,503	(140,853)	(45,350)
TOTAL FUNDS	196,186	(226,542)	(30,356)

continued...

16. MOVEMENT IN FUNDS - continued

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

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
General fund	93,440	(63,522)	(542)	29,376
Restricted funds				
Monica programme	494	(521)	27	-
Young Hearts	-	2,308	-	2,308
Monica Accreditation	780	(780)	-	-
OPCC	10,414	(10,414)	-	-
Children in Need	11,607	(11,607)	-	-
DCMS - Match Community Challenge Grant	4,492	(4,492)	-	-
Peoples Postcode Trust	620	(620)	-	-
Addiction	4,660	(4,660)	-	-
Tech for Good	19,496	(19,558)	62	-
PCC Salary	9,306	(9,306)	-	-
HCF RRR	4,800	(4,800)	-	-
Welwyn & Hatfield County Council	5,000	(5,000)	-	-
Suicide Prevention	16,528	(16,529)	1	-
Young Hearts	-	(2,308)	-	(2,308)
Children in Need Continuation Fund	-	7	(7)	-
Workforce Development	-	710	400	1,110
Bakery @43	-	3	(3)	-
Lifelines	-	(62)	62	-
Ware Town Council	-	393	-	393
Hertford Town Council	-	1,200	-	1,200
The Benefact Trust	-	9,200	-	9,200
HCC Activity Grant	-	1,732	-	1,732
Cost of Living	-	1,037	-	1,037
Henry Smith Charity	-	10,300	-	10,300
Warmer Spaces	-	1,994	-	1,994
	88,197	(61,773)	542	26,966
TOTAL FUNDS	181,637	(125,295)	-	56,342

continued...

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	209,258	(272,780)	(63,522)
Restricted funds			
Monica programme	5,000	(5,521)	(521)
Young Hearts	5,000	(2,692)	2,308
Monica Accreditation	-	(780)	(780)
OPCC	-	(10,414)	(10,414)
Children in Need	-	(11,607)	(11,607)
DCMS - Match Community Challenge Grant	-	(4,492)	(4,492)
Peoples Postcode Trust	-	(620)	(620)
Addiction	-	(4,660)	(4,660)
Tech for Good	6,900	(26,458)	(19,558)
PCC Salary	-	(9,306)	(9,306)
HCF RRR	-	(4,800)	(4,800)
Welwyn & Hatfield County Council	-	(5,000)	(5,000)
Suicide Prevention	-	(16,529)	(16,529)
Young Hearts	5,700	(8,008)	(2,308)
Groundworkers	1,000	(1,000)	-
Herts Community Jubilee Fund	7,260	(7,260)	-
Children in Need Continuation Fund	23,443	(23,436)	7
Workforce Development	3,050	(2,340)	710
Bakery @43	34,800	(34,797)	3
Hardship fund	4,940	(4,940)	-
Drama Club	5,000	(5,000)	-
Lifelines	10,493	(10,555)	(62)
Ware Town Council	1,000	(607)	393
Hertford Town Council	1,200	-	1,200
The Benefact Trust	9,200	-	9,200
HCC Activity Grant	2,345	(613)	1,732
The Albert Hunt Trust	3,000	(3,000)	-
Cost of Living	23,046	(22,009)	1,037
Henry Smith Charity	10,300	-	10,300
Warmer Spaces	1,994	-	1,994
	164,671	(226,444)	(61,773)
TOTAL FUNDS	373,929	(499,224)	(125,295)

UNRESTRICTED FUNDS

General

The general funds are available for expenditure on the furtherance of the charitable objectives.

RESTRICTED FUNDS

Other restricted funds

continued...

16. MOVEMENT IN FUNDS - continued

In periods prior to 2019 funds received and expended for various programmes and projects had been carried forward within one fund as the major restrictions were similar in nature being restricted to expenditure on salary costs. During the financial period ended 31st December 2020 the Trustees reviewed this policy and adopted a policy of separating these funds for greater transparency and to aid users of the financial statements to gain a better understanding of the Charities funding.

The balance brought forward in financial period ended 31st December 2020 was transferred to the general fund as the Trustees believe that all restricted funds received had been spent.

CURRENT FUNDS

Monica Programme

Grants received from the Hertfordshire Community Foundation are restricted for expenditure to provide multiple Monica domestic abuse empowerment programmes for female victims of domestic abuse.

The small overspend has been funded by a transfer from general reserves.

Young Hearts

Grant received from Hertfordshire Community Foundation are restricted for expenditure to provide a Young Hearts Relationships programme for year 6 primary school pupils to understand what a healthy relationship might look like in preparation for moving up into secondary education.

All funds have been expended for this purpose

Children in Need Continuation Fund

Grants received from BBC Children in Need are restricted for expenditure to provide therapeutic programmes and counselling to children and young people who have experienced domestic abuse and are isolated by Covid-19. The activities will improve emotional well-being, coping strategies and ability to identify risks.

The small underspend has been transferred to general reserves as the Trustees have not received a requested from the donor for repayment.

Workforce Development

Grants received from Herfordshire Community Foundation are restricted for continued professional development of staff at the charity.

The surplus funds will be expended in the coming period for this purpose.

Bakery@43

Grants received from The Lottery Community Fund and Postcode Places Trust are restricted expenditure on the salary of a baker and to provide baking skills training for people who have experienced domestic abuse and have no skills to take to the workplace. All funds have been expended for this purpose.

The small underspend has been transferred to general reserves as the Trustees have not received a requested from the donors for repayment.

Hardship Fund

Grants received from Hertfordshire Community Foundation Hardship Fund are restricted for expenditure to support clients who have experienced domestic abuse with a variety of costs: heating, lighting, food, necessities for children.

continued...

16. **MOVEMENT IN FUNDS - continued**

All funds have been expended for this purpose

Drama Club

Grants from Hertfordshire Community Fund are restricted for expenditure to provide a dedicated drama club group to support young people who have experienced or witnessed domestic abuse and poor mental wellbeing.

All funds have been expended for this purpose.

Lifelines

Grants from Lifelines are restricted for expenditure to provide one Monica programme, counselling and associated holistic support to survivors of domestic abuse for the period 12th April 2023 to 13th July 2023

The overspend has been funded by a transfer from general reserves.

Ware Town Council

Grants from Ware Town Council are restricted for expenditure to provide a Sugar Foot Boxing Club for children and young people to access for free for the period May 2023 to March 2024.

The surplus funds will be expended in the coming period for this purpose.

Hertford Town Council

Grants from Hertford Town Council Council are restricted for expenditure to provide clinical supervision for therapists supporting people in Hertford who have experienced poor mental wellbeing during the period July 2023 to June 2024.

The surplus funds will be expended in the coming period for this purpose.

The Benefact Trust

Grants from The Benefact Trust "Domestic Abuse Unravelled" are restricted for expenditure for expenditure to provide empowerment programmes and other support for clients experiencing domestic abuse during the period December 2023 to November 2024.

The surplus funds will be expended in the coming period for this purpose.

HCC Activity Grant

Grants from Hertfordshire County Council Activity Grant are restricted for expenditure to provide free access to pilates and boxing activities for adults to improve their mental wellbeing during the period September 2023 to June 2024.

The surplus funds will be expended in the coming period for this purpose.

The Albert Hunt Trust

Grants from The Albert Hunt Trust grant are restricted for expenditure to provide holistic therapeutic services for children and young people experiencing poor mental health that include art, drama, play and talk therapy together with access to Sugar Foot Boxing during the period January 2023 to December 2023.

All funds have been expended for this purpose.

Cost of Living

continued...

16. MOVEMENT IN FUNDS - continued

Grants from /The Department for Culture, Media & Sport "Community Hands"/The National Lottery are restricted for expenditure to provide safe spaces and services to support those experiencing domestic abuse and most vulnerable in the East of Hertfordshire, together with food and essential items for those experiencing deprivation and hardship as a result of the cost of living increase during the period July 2023 to March 2024.

The surplus funds will be expended in the coming period for this purpose.

Henry Smith Charity

Grants have been awarded by The Henry Smith Charity "Improving Lives" totalling £61,800 to cover expenditure for running costs of our organsiation providing counselling and holistic support for individuals and families affected by domestic abuse in Hertfordshire and are for a 3 year period commencing December 2023.

The surplus funds will be expended in the coming period for this purpose.

Warmer Spaces

The charity was granted £1,994 by Hertfordshire Community Foundation to open a Warm Space for residents in our community to meet up, get a hot drink and stay warm during this challenging time in the cost of living crisis. The charity was unable to continue with this project due to staff shortages and has refunded the full amount to Hertfordshire Community Foundation in 2024.

COMPARATIVE FUNDS

Monica Accreditation

Donations received from individuals are restricted for expenditure on accreditation fees for the Monica Programme. All funds have been expended for this purpose.

OPCC

Grants received from the Office of the Police and Crime Commissioner are restricted for expenditure to provide staff to support those who were victims of crime connected to domestic abuse during the COVID pandemic.

An element of the grant received has been spent on assets which have been transferred to unrestricted funds in line with the accounting policy for tangible fixed assets.

All funds have been expended for this purpose.

Children in Need

Grants received from BBC Children in Need are restricted for expenditure to provide child therapists and equipment for a therapeutic boxing club for young people during the COVID pandemic.

All funds have been expended for this purpose.

DCMS - Match Community Fund

Grants received from the Lloyd Bank Foundation are restricted for expenditure on running costs for the charity and staff to support various programmes during the period 1st October 2020 to 31st March 2021.

An element of the grant received has been spent on assets which have been transferred to unrestricted funds in line with the accounting policy for tangible fixed assets.

All funds have been expended for this purpose.

Peoples Postcode Trust

continued...

16. MOVEMENT IN FUNDS - continued

Grants received from Peoples Postcode Trust are restricted for expenditure to provide a support programme for male victims of domestic abuse, Wise Guys

All funds have been expended for this purpose.

Addiction

Grants received from the Hertfordshire Community Fund are restricted for expenditure to provide addiction recovery group, counselling and individual case working to those in recovery from addictions.

All funds have been expended for this purpose.

Tech for Good

Grants received from Comic Relief are restricted for expenditure to develop technology to support needs of our client base. In this case a boxing game app with a digital partner. The game is to build resilience and well being with children aged 9 to 12 years. It is now completed and will be launched in June 2022 at the AGM

The small overspend has been transferred from the general fund.

PCC Salary

Grants received from the Police & Crime Commissioners are restricted for expenditure on the salary of community based addiction professional.

All funds have been expended for this purpose.

HCF - Respond, Recover, Relate

Grants received from the Hertfordshire Community Foundation are restricted for expenditure to provide a quantity of free to access counselling sessions for those who cannot afford counselling but need support for poor mental well being.

All funds have been expended for this purpose.

W&HBC - COVID Relief Counselling

Grants received from Welwyn & Hatfield Borough Council are restricted for expenditure on additional counselling appointments to address the lengthy list of people waiting for COVID Relief Counselling for poor mental well being.

All funds have been expended for this purpose.

Suicide Prevention

Grants received from Department of Health and Social Care are restricted for expenditure to prevent suicide, including supporting their ability to meet increased demands or needs for their services as a result of COVID-19.

The small overspend has been transferred from the general fund.

Transfers between funds

Small over/under spends on restricted funds are regularly transferred at the year end from/to the general unrestricted fund.

Assets purchased from restricted funds are included within expenditure in the year of purchase.

continued...

17. RELATED PARTY DISCLOSURES

During the year, payments of £Nil (2022 £11,000) were made to Mr S Conte for various services provided these are shown as temporary staff payments in the accounts. Mrs S Conte, the charity's CEO, is the wife of Mr S Conte. All payments made to Mr S Conte were authorised by a member of the trustees. As from December 2022 Mr S Conte is a part-time staff member and paid via the Charity's payroll, the appointment was confirmed at a meeting of the trustees.

Mrs S Harvey, a trustee, is also a trustee of the Hertfordshire Community Foundation who provided grants totalling £6,994 (2022 - £22,260). The Charity also invoiced the Hertfordshire Community Foundation for training and support services totalling £1,050 (2022 - £1,400). Mrs S Harvey does not sit on any of the grant funding committees of the Herfordshire Community Foundation when applications are made by Future Living Hertford to the foundation.

FUTURE LIVING HERTFORD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	5,368	11,678
Gift aid	10,694	8,969
	16,062	20,647
Other trading activities		
Bakery income	14,540	-
Other income	50	-
Counselling & therapy income	23,152	21,522
	37,742	21,522
Investment income		
Deposit account interest	1,011	64
Charitable activities		
Grants	68,628	118,853
Contract income	54,300	35,100
	122,928	153,953
Total incoming resources	177,743	196,186
EXPENDITURE		
Raising donations and legacies		
Sundries	(1)	-
Other trading activities		
Bakery expenditure	9,907	-
Counselling & therapy expenditure	5,267	3,739
	15,174	3,739
Charitable activities		
Wages	150,475	113,381
Social security	8,124	4,843
Pensions	1,311	755
Rent	30,000	30,000
Rates and water	675	499
Insurance	1,282	925
Light and heat	7,085	5,600
Telephone	3,955	4,342
Postage and stationery	1,438	627
Advertising	2,392	551
Sundries	2,525	1,672
Carried forward	209,262	163,195

FUTURE LIVING HERTFORD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	2023	2022
	£	£
Charitable activities		
Brought forward	209,262	163,195
Travel & subsistence	1,987	1,548
Volunteer costs	778	432
Reference material	89	2,461
Project materials	2,446	1,816
Computer costs	3,184	5,751
Professional costs	-	14,590
Repairs & renewals	7,145	4,252
Training	717	2,172
Subscriptions	1,839	1,952
Equipment purchases	18,913	3,240
Hardship support	-	616
Temporary staff	-	11,000
Hall hire	380	-
Plant and machinery	-	4,092
	246,740	217,117
Other		
Plant and machinery	4,037	-
Support costs		
Finance		
Bank charges	568	207
Governance costs		
Accountancy and legal fees	6,164	5,479
Total resources expended	272,682	226,542
Net expenditure	(94,939)	(30,356)

FUTURE LIVING HERTFORD

England & Wales - Charity number 1155145

Accounts

REGISTERED CHARITY NUMBER: 1155145

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

FOR

FUTURE LIVING HERTFORD

Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

FUTURE LIVING HERTFORD

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FUTURE LIVING HERTFORD

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Vision Statement

We envisage a world where every person is given the opportunity to flourish and lead a self-directed life and where non -judgemental support is provided to those who need it to overcome difficulties such as recovery from abuse, trauma, addictions or disadvantaged beginnings.

Mission Statement

Our mission is to help anyone, including children and young people, who have felt vulnerable through abusive relationships to feel stronger, more empowered and able to make healthy life choices for themselves and their families.

We aim to help our clients to flourish and regain control over their lives and to regain the sense of self that is so often lost.

We campaign towards giving children a voice in their future.
We will work tirelessly to support those in need.

Core Values

Our values define who we are and how we work with one another and with our clients. We firmly believe in:

- Respecting one another
- Working with integrity and transparency; being accountable and taking responsibility for all that we do
- Fostering relationships that are built on trust
- Maintaining an environment that is safe for clients, volunteers, staff and the community
- Empowering our clients so that they can find their inner strength and freedom to make good life choices
- Working with consistency and fairness, appreciating diversity and promoting equality for all
- Working jointly with partner organisations that can increase opportunities and services for our clients and staff.
- Working in a professional and inspiring way
- Encouraging a sense of community amongst clients and team members so that support structures can be built

OBJECTIVES AND ACTIVITIES

Objectives and aims

To deliver free to access programmes and projects to support people to break the cycle and recover from domestic abuse and addictions. Educate and early intervention in schools for future generations to become more aware and resilient in the face of domestic abuse.

Expand the programmes on offer to meet the needs of the whole family including empowerment, parenting techniques, counselling, boxing activities, art and play therapy and including social groups for those who feel disconnected from their community, particularly in the light of lockdown and COVID 19. E.g. craft group meeting weekly.

To educate and support organisations and businesses in the recognition of Domestic Abuse for their staff members and teams.

To campaign for Children's Voices to be heard in the judicial arena where domestic abuse has been prevalent.

To provide funding to support our services through grants, commissioned contracts and social enterprise.

OBJECTIVES AND ACTIVITIES

Public benefit

We continue to strive to engage with service users from a variety of backgrounds and offer a level of service using our holistic environment that puts healing at the centre of our work.

To offer opportunity, training in voluntary and paid for work within community, cementing an ongoing relationship between them.

Through our work we aim to reduce crime, encourage members of our service to embrace a healthy and happy life, and take up volunteering and work opportunities.

The trustees have considered the provisions of Section 17(5) of the 2011 Charities Act and consider that the objectives and aims of the Charity are for the public benefit.

Volunteers

Future Living Hertford is volunteer led and enjoys a large team of placement counsellors, psychologists and admin volunteers, who support our clients and the rest of the team. We have access to specialists who provide a range of ad hoc services such as art therapy, health and wellbeing, fitness, relaxation, debt counselling, legal advice, training, employment and benefit advice.

The trustees are grateful to the work of all volunteers who have helped to ensure that the charity achieves its objectives and aims.

ACHIEVEMENT AND PERFORMANCE

Client comments

"I have been waiting so long for something to help me and now I finally have it, I'm holding on to it tightly. I consider myself very lucky to have this opportunity."
Hertfordshire School client

"Coming to the group on Thursday is the highlight of my week, it's one of the only places where I feel safe, supported and where people truly understand. The group has given me the education and empowerment that I needed to take back my life and feel confident again."
Monica Programme attendee

"You offered me the right balance between validating my emotions, supporting me, but also
You were flexible and offered a package of support that was suitable for our individual family."
Future living counselling client and Monica Programme attendee

Case Study 1 & 2

Case Study 1

Lucy was a client on the Monica Programme and received personal counselling. She is 32 years old and has four children. She had her first child at 17 and has not worked since school. Lucy's youngest children are now at school and she now has time to get back into the job market. Due to an abusive relationship her confidence and self esteem is very low. She was prevented from taking opportunities to gain experience and regularly told she was not good enough. She feels she does not have the experience required to get a job as she has never had one before. Lucy would like to volunteer at the charity's onsite bakery to gain some work experience in a safe place that will help her to move forward into work . She wants to do it for her as she has spent 15 years being a parent and does not have anything for herself outside of that. During the programme Lucy's confidence grew immensely, for example beginning to walk to and from the sessions after years of being too frightened to walk anywhere. Volunteering at the bakery will be the next step in building her confidence and rebuilding her life.

Case Study 2

Helen flourished in the Monica Programme as she was able to meet women who had similar experiences and were a support network for her during ongoing legal and harassment issues involving her abusive ex-husband. She said that coming to the programme was the only time in the week that she has for herself and it was an escape from everything else going on. When the programme finished she was sad to lose that weekly ritual of taking time for her and working on herself. She has volunteered to work in the charity's onsite bakery once a week so she can maintain the self care practise of taking some time every week to escape from the ongoing issues with her ex-husband as she feels like life can become consumed by it. She feels safe at Future Living and will benefit from continued interaction with caring and understanding people.

Ways you can support us

Sponsor our Events and services

Fundraise for us

Commission our service - Employers for example can commission our services to provide bespoke support to their staff for training opportunities. They can commission us to provide counselling to their staff.

Donate via our donation partners Golden Giving: https://www.goldengiving.com/secure/donation/future-living

Leave a legacy

Volunteer with us to learn new skills, explore career options and support the community in which you live. You can volunteer in lots of ways at our events or by fund raising for us.

Placements, we also engage placement counsellors, psychologists and research assistants through a variety of educational establishments. An application form can be found on our website. https://www.futurelivinghertford.co.uk

FINANCIAL REVIEW

Financial position

During the year the charity made a deficit on normal operating activities of £30,354 The trustees consider the results achieved to be satisfactory given the current economic climate.

Reserves policy

The charity is committed to being an organisation that grows and develops in a sustainable manner. To this end we will work towards ensuring a diverse funding stream and to achieve unrestricted reserves that are in line with the Charity Commissions guidance of being no less than six months operating costs.

Going concern

The trustees have reviewed the Charities financial position and ongoing funding and financial obligations and feel that the charity has adequate resources available to fund the activities of the charity for the foreseeable future.

The trustees regularly review the Charity's financial position to ensure that sufficient resources are available.

FUTURE PLANS

The charity already has a comprehensive programme of 12 services and project,which it intends to consolidate in 2023. The addition for 2023 is that of an onsite community bakery which opens on 8th March 2023. This will be a place to serve the community and give opportunities for clients to volunteer and gain skills to take to the job market.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation established on 31 December 2013.

The charity is controlled by its governing document, a deed of trust, and is registered with the Charity Commission number 1155145.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Patron

The Lord-Lieutenant Robert Voss, CBE and Order of St John, as our Patron attends the majority of our public events and is a really positive link with our community.

Trustees

The affairs of the Charity are controlled and managed by the board of trustees. Our board is made up of senior representatives from business, legal, academic and judicial fields along with other sectors. The board is responsible for the strategic direction, investment and reserves policy of the Charity. All trustees are provided with a job description matching our expectations as a trustee of the charity and its workings, together with an induction programme and identified responsibility within the board. Following induction, any appropriate training is undertaken to ensure all trustees are kept up to date with all current legislation and directives regarding the charity and their position as trustees.

Staff

We currently have 7 staff made up of 5 full time members and 2 part time members. They manage and support our services, clients and volunteer team with a range of specialist skills including domestic abuse, healthy relationships in schools, education, a range of ad hoc holistic programmes and addiction recovery. The charity has over 34 volunteer staff with a range of skills from admin to therapeutic counselling.

Staff Training

We offer a bespoke training and development plan for each team member in order to provide them with the skills to carry out their duties to the best of their ability and enhance their overall knowledge. This provides our clients the safe pair of hands and environment in which to recover and flourish. All team members including the Trustees undertake a DBS check and training that includes a full induction, domestic abuse awareness, mental health awareness, addiction awareness and the counselling process itself.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1155145

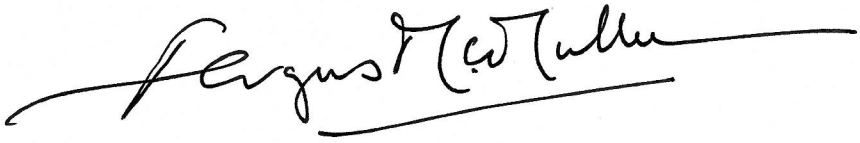
Principal address
Vale House
43 Cowbridge
Hertford
Hertfordshire
SG14 1PN

Trustees
Mr F McMullen - Chairman
Mr C Melluish
Mrs R Eames (resigned 26.1.22)
Mr C Fraser
Mrs S Harvey
Mr S Barfoot
Mrs A Hardy (appointed 26.1.22)
Ms J Khedarun (appointed 12.7.22)

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner
Colin Wilkinson
Association of Chartered Certified Accountants
Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

Approved by order of the board of trustees on 16 March 2023 and signed on its behalf by:



Mr F McMullen - Chairman - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FUTURE LIVING HERTFORD

Independent examiner's report to the trustees of Future Living Hertford
I report to the charity trustees on my examination of the accounts of Future Living Hertford (the Trust) for the year ended 31 December 2022.

Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement
I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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 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 accounts to be reached.

Colin Wilkinson
Association of Chartered Certified Accountants
Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

16 March 2023

FUTURE LIVING HERTFORD

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	20,647	-	20,647	12,448
Charitable activities	5				
Core Funding		59,850	94,103	153,953	205,221
Other trading activities	3	20,122	1,400	21,522	36,217
Investment income	4	64	-	64	-
Total		100,683	95,503	196,186	253,886
EXPENDITURE ON					
Raising funds	6	1,687	2,052	3,739	6,955
Charitable activities	7				
Core Funding		84,003	138,800	222,803	191,929
Total		85,690	140,852	226,542	198,884
NET INCOME/(EXPENDITURE)		14,993	(45,349)	(30,356)	55,002
Transfers between funds	16	(463)	463	-	-
Net movement in funds		14,530	(44,886)	(30,356)	55,002
RECONCILIATION OF FUNDS					
Total funds brought forward		93,440	88,197	181,637	126,635
TOTAL FUNDS CARRIED FORWARD		107,970	43,311	151,281	181,637

The notes form part of these financial statements

FUTURE LIVING HERTFORD

BALANCE SHEET
31 DECEMBER 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	12	8,645	-	8,645	11,782
CURRENT ASSETS					
Debtors	13	7,809	-	7,809	40,958
Cash at bank		106,103	43,310	149,413	163,426
		113,912	43,310	157,222	204,384
CREDITORS					
Amounts falling due within one year	14	(14,586)	-	(14,586)	(34,529)
NET CURRENT ASSETS		99,326	43,310	142,636	169,855
TOTAL ASSETS LESS CURRENT LIABILITIES		107,971	43,310	151,281	181,637
NET ASSETS		107,971	43,310	151,281	181,637
FUNDS	16				
Unrestricted funds				107,971	93,440
Restricted funds				43,310	88,197
TOTAL FUNDS				151,281	181,637

The financial statements were approved by the Board of Trustees and authorised for issue on 16 March 2023 and were signed on its behalf by:

Mr C Fraser - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on cost
Fixtures and fittings	- 25% on cost

Where a tangible fixed asset is funded through an appeal or by way of a grant or donation, the accounting treatment of the asset acquired is dependant on the circumstances of each case. In deciding whether the asset is categorised as restricted or unrestricted, the trustees consider whether the terms of the gift:

- require the charity to hold the tangible fixed asset acquired on an on-going basis for a specific purpose; or
- are met once the specified asset is acquired, so allowing the charity to use the asset acquired on an unrestricted basis for any charitable purpose.

Where such tangible assets are treated as unrestricted then the income is recognised in full as restricted and the value of tangible fixed assets purchased is shown as a transfer from restricted to unrestricted funds.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	11,678	11,708
Gift aid	8,969	740
	20,647	12,448

3. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Other income	-	76
Counselling & therapy income	21,522	36,141
	21,522	36,217

4. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	64	-

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2022	2021
		£	£
Grants	Core Funding	118,853	205,221
Contract income	Core Funding	35,100	-
		153,953	205,221

Grants received, included in the above, are as follows:

	2022	2021
	£	£
East Herts District Council - Emergency Fund	-	7,500
Lloyds Bank - CEO Salary	27,250	-
Hertfordshire Community Foundation - Young Hearts	5,000	-
Lloyds Bank Foundation	-	25,000
Hertfordshire Police & Crime Commissioner - OPCC	-	11,000
BBC Children in Need	23,443	22,943
High Sheriff Award	1,200	-
East Herts District Council - Jwellery	-	3,224
Comic Relief - Tech for Good	6,900	62,100
Police & Crime Commissioner - Salary	-	28,626
Herfordshire Community Foundation - Respond, Recove, Relate	-	4,800
Welwyn & Hatfield Borough Council - COVID Relief Counselling	-	5,000
East Herts District Council - Art	-	1,500
Archer Trust	2,000	2,000
Suicide Prevention	-	31,528
Groundworkers	1,000	-
Herts Community Foundation - Jubilee Fund	7,260	-
Postcode Places Trust	24,800	-
Herfordshire Community Fund - Hardship	5,000	-
Carried forward	103,853	205,221

continued...

5. INCOME FROM CHARITABLE ACTIVITIES - continued

	2022	2021
	£	£
Brought forward	103,853	205,221
Hertfordshire Community Fund - Drama Club	5,000	-
The National Lottery Community Fund	10,000	-
	118,853	205,221

6. RAISING FUNDS

Raising donations and legacies

	2022	2021
	£	£
Sundries	-	(3)

Other trading activities

	2022	2021
	£	£
Counselling & therapy expenditure	3,739	6,958
Aggregate amounts	3,739	6,955

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 8)	Totals
	£	£	£
Core Funding	217,117	5,686	222,803

8. SUPPORT COSTS

	Finance	Governance costs	Totals
	£	£	£
Core Funding	207	5,479	5,686

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

continued...

9. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

10. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	113,381	84,150
Social security costs	4,843	2,277
Other pension costs	755	490
	118,979	86,917

The average monthly number of employees during the year was as follows:

	2022	2021
CEO	1	1
Support Workers	4	2
	5	3

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

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	12,448	-	12,448
Charitable activities			
Core Funding	36,000	169,221	205,221
Other trading activities	34,417	1,800	36,217
Total	82,865	171,021	253,886
EXPENDITURE ON			
Raising funds	599	6,356	6,955
Charitable activities			
Core Funding	29,986	161,943	191,929
Total	30,585	168,299	198,884
NET INCOME	52,280	2,722	55,002
Transfers between funds	14,720	(14,720)	-
Net movement in funds	67,000	(11,998)	55,002
RECONCILIATION OF FUNDS			
Total funds brought forward	26,438	100,197	126,635

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	93,438	88,199	181,637

12. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Totals £
COST			
At 1 January 2022	47,775	3,171	50,946
Additions	955	-	955
At 31 December 2022	48,730	3,171	51,901
DEPRECIATION			
At 1 January 2022	35,993	3,171	39,164
Charge for year	4,092	-	4,092
At 31 December 2022	40,085	3,171	43,256
NET BOOK VALUE			
At 31 December 2022	8,645	-	8,645
At 31 December 2021	11,782	-	11,782

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	309	1,930
Prepayments and accrued income	7,500	39,028
	7,809	40,958

continued...

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Bank loans and overdrafts (see note 15)	-	15,000
Trade creditors	9,617	11,665
Taxation and social security	(1,156)	(1,712)
Other creditors	6,125	9,576
	14,586	34,529

15. LOANS

An analysis of the maturity of loans is given below:

	2022	2021
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	-	15,000

16. MOVEMENT IN FUNDS

	At 1.1.22	Net movement in funds	Transfers between funds	At 31.12.22
	£	£	£	£
Unrestricted funds				
General fund	93,440	14,994	(463)	107,971
Restricted funds				
Monica programme	494	(494)	-	-
Young Hearts	-	2,308	-	2,308
Monica Accreditation	780	(780)	-	-
OPCC	10,414	(10,414)	-	-
Children in Need	11,607	(11,607)	-	-
DCMS - Match Community Challenge Grant	4,492	(4,492)	-	-
Peoples Postcode Trust	620	(620)	-	-
Addiction	4,660	(4,660)	-	-
Tech for Good	19,496	(19,558)	62	-
PCC Salary	9,306	(9,306)	-	-
HCF RRR	4,800	(4,800)	-	-
Welwyn & Hatfield County Council	5,000	(5,000)	-	-
Suicide Prevention	16,528	(16,529)	1	-
Children in Need Continuation Fund	-	416	-	416
Workforce Development	-	(400)	400	-
Bakery@43	-	33,425	-	33,425
Hardship fund	-	4,384	-	4,384
Drama Club	-	2,777	-	2,777
	88,197	(45,350)	463	43,310
TOTAL FUNDS	181,637	(30,356)	-	151,281

continued...

16. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	100,683	(85,689)	14,994
Restricted funds			
Monica programme	-	(494)	(494)
Young Hearts	5,000	(2,692)	2,308
Monica Accreditation	-	(780)	(780)
OPCC	-	(10,414)	(10,414)
Children in Need	-	(11,607)	(11,607)
DCMS - Match Community Challenge Grant	-	(4,492)	(4,492)
Peoples Postcode Trust	-	(620)	(620)
Addiction	-	(4,660)	(4,660)
Tech for Good	6,900	(26,458)	(19,558)
PCC Salary	-	(9,306)	(9,306)
HCF RRR	-	(4,800)	(4,800)
Welwyn & Hatfield County Council	-	(5,000)	(5,000)
Suicide Prevention	-	(16,529)	(16,529)
Young Hearts	5,700	(5,700)	-
Groundworkers	1,000	(1,000)	-
Herts Community Jubilee Fund	7,260	(7,260)	-
Children in Need Continuation Fund	23,443	(23,027)	416
Workforce Development	1,400	(1,800)	(400)
Bakery@43	34,800	(1,375)	33,425
Hardship fund	5,000	(616)	4,384
Drama Club	5,000	(2,223)	2,777
	95,503	(140,853)	(45,350)
TOTAL FUNDS	196,186	(226,542)	(30,356)

continued...

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.21 £	Net movement in funds £	Transfers between funds £	At 31.12.21 £
Unrestricted funds				
General fund	26,438	52,282	14,720	93,440
Restricted funds				
Monica programme	494	-	-	494
Monica Accreditation	5,000	(4,220)	-	780
New Futures	7,310	(7,310)	-	-
Happy Homes	1,601	(1,601)	-	-
Lloyds Bank Foundation	9,389	(9,386)	(3)	-
Cloth Workers	2,019	-	(2,019)	-
Edward Gostling	20	(21)	1	-
OPCC	4,379	6,915	(880)	10,414
Children in Need	10,379	1,228	-	11,607
DCMS - Match Community Challenge Grant	51,204	(36,104)	(10,608)	4,492
Peoples Postcode Trust	3,742	(3,122)	-	620
Addiction	4,660	-	-	4,660
EHC Jewellery	-	1,211	(1,211)	-
Tech for Good	-	19,496	-	19,496
PCC Salary	-	9,306	-	9,306
HCF RRR	-	4,800	-	4,800
Welwyn & Hatfield County Council	-	5,000	-	5,000
Suicide Prevention	-	16,528	-	16,528
	100,197	2,720	(14,720)	88,197
TOTAL FUNDS	126,635	55,002	-	181,637

continued...

16. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	82,865	(30,583)	52,282
Restricted funds			
Monica Accreditation	1,800	(6,020)	(4,220)
New Futures	-	(7,310)	(7,310)
Happy Homes	-	(1,601)	(1,601)
Lloyds Bank Foundation	-	(9,386)	(9,386)
Edward Gostling	-	(21)	(21)
OPCC	11,000	(4,085)	6,915
Children in Need	22,943	(21,715)	1,228
DCMS - Match Community Challenge Grant	-	(36,104)	(36,104)
Peoples Postcode Trust	-	(3,122)	(3,122)
EHC Jewellery	3,224	(2,013)	1,211
Tech for Good	62,100	(42,604)	19,496
PCC Salary	28,626	(19,320)	9,306
HCF RRR	4,800	-	4,800
Welwyn & Hatfield County Council	5,000	-	5,000
Suicide Prevention	31,528	(15,000)	16,528
	171,021	(168,301)	2,720
TOTAL FUNDS	253,886	(198,884)	55,002

continued...

16. MOVEMENT IN FUNDS - continued

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

	At 1.1.21 £	Net movement in funds £	Transfers between funds £	At 31.12.22 £
Unrestricted funds				
General fund	26,438	67,276	14,257	107,971
Restricted funds				
Monica programme	494	(494)	-	-
Young Hearts	-	2,308	-	2,308
Monica Accreditation	5,000	(5,000)	-	-
New Futures	7,310	(7,310)	-	-
Happy Homes	1,601	(1,601)	-	-
Lloyds Bank Foundation	9,389	(9,386)	(3)	-
Cloth Workers	2,019	-	(2,019)	-
Edward Gostling	20	(21)	1	-
OPCC	4,379	(3,499)	(880)	-
Children in Need	10,379	(10,379)	-	-
DCMS - Match Community Challenge Grant	51,204	(40,596)	(10,608)	-
Peoples Postcode Trust	3,742	(3,742)	-	-
Addiction	4,660	(4,660)	-	-
EHC Jewellery	-	1,211	(1,211)	-
Tech for Good	-	(62)	62	-
Suicide Prevention	-	(1)	1	-
Children in Need Continuation Fund	-	416	-	416
Workforce Development	-	(400)	400	-
Bakery@43	-	33,425	-	33,425
Hardship fund	-	4,384	-	4,384
Drama Club	-	2,777	-	2,777
	100,197	(42,630)	(14,257)	43,310
TOTAL FUNDS	126,635	24,646	-	151,281

continued...

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	183,548	(116,272)	67,276
Restricted funds			
Monica programme	-	(494)	(494)
Young Hearts	5,000	(2,692)	2,308
Monica Accreditation	1,800	(6,800)	(5,000)
New Futures	-	(7,310)	(7,310)
Happy Homes	-	(1,601)	(1,601)
Lloyds Bank Foundation	-	(9,386)	(9,386)
Edward Gostling	-	(21)	(21)
OPCC	11,000	(14,499)	(3,499)
Children in Need	22,943	(33,322)	(10,379)
DCMS - Match Community Challenge Grant	-	(40,596)	(40,596)
Peoples Postcode Trust	-	(3,742)	(3,742)
Addiction	-	(4,660)	(4,660)
EHC Jewellery	3,224	(2,013)	1,211
Tech for Good	69,000	(69,062)	(62)
PCC Salary	28,626	(28,626)	-
HCF RRR	4,800	(4,800)	-
Welwyn & Hatfield County Council	5,000	(5,000)	-
Suicide Prevention	31,528	(31,529)	(1)
Young Hearts	5,700	(5,700)	-
Groundworkers	1,000	(1,000)	-
Herts Community Jubilee Fund	7,260	(7,260)	-
Children in Need Continuation Fund	23,443	(23,027)	416
Workforce Development	1,400	(1,800)	(400)
Bakery@43	34,800	(1,375)	33,425
Hardship fund	5,000	(616)	4,384
Drama Club	5,000	(2,223)	2,777
	266,524	(309,154)	(42,630)
TOTAL FUNDS	450,072	(425,426)	24,646

UNRESTRICTED FUNDS

General

The general funds are available for expenditure on the furtherance of the charitable objectives.

RESTRICTED FUNDS

Other restricted funds

continued...

16. MOVEMENT IN FUNDS - continued

In periods prior to 2019 funds received and expended for various programmes and projects had been carried forward within one fund as the major restrictions were similar in nature being restricted to expenditure on salary costs. During the financial period ended 31st December 2020 the Trustees reviewed this policy and adopted a policy of separating these funds for greater transparency and to aid users of the financial statements to gain a better understanding of the Charities funding.

The balance brought forward in financial period ended 31st December 2020 was transferred to the general fund as the Trustees believe that all restricted funds received had been spent.

Monica Programme

Grants received from the Hertfordshire Community Foundation are restricted for expenditure on the salary of the project lead to deliver the Monica Programme for female survivors of domestic abuse. All funds have been expended for this purpose

Young Hearts

Grant received from Hertfordshire Community Foundation are restricted for expenditure to provide a Young Hearts Relationships programme for year 6 primary school pupils to understand what a healthy relationship might look like in preparation for moving up into secondary education.

Monica Accreditation

Donations received from individuals are restricted for expenditure on accreditation fees for the Monica Programme. All funds have been expended for this purpose.

OPCC

Grants received from the Office of the Police and Crime Commissioner are restricted for expenditure to provide staff to support those who were victims of crime connected to domestic abuse during the COVID pandemic.

An element of the grant received has been spent on assets which have been transferred to unrestricted funds in line with the accounting policy for tangible fixed assets.

All funds have been expended for this purpose.

Children in Need

Grants received from BBC Children in Need are restricted for expenditure to provide child therapists and equipment for a therapeutic boxing club for young people during the COVID pandemic.

All funds have been expended for this purpose.

DCMS - Match Community Fund

Grants received from the Lloyd Bank Foundation are restricted for expenditure on running costs for the charity and staff to support various programmes during the period 1st October 2020 to 31st March 2021.

An element of the grant received has been spent on assets which have been transferred to unrestricted funds in line with the accounting policy for tangible fixed assets.

All funds have been expended for this purpose.

Peoples Postcode Trust

Grants received from Peoples Postcode Trust are restricted for expenditure to provide a support programme for male victims of domestic abuse, Wise Guys

continued...

16. MOVEMENT IN FUNDS - continued

All funds have been expended for this purpose.

Addiction

Grants received from the Hertfordshire Community Fund are restricted for expenditure to provide addiction recovery group, counselling and individual case working to those in recovery from addictions.

All funds have been expended for this purpose.

Tech for Good

Grants received from Comic Relief are restricted for expenditure to develop technology to support needs of our client base. In this case a boxing game app with a digital partner. The game is to build resilience and well being with children aged 9 to 12 years. It is now completed and will be launched in June 2022 at the AGM

The small overspend has been transferred from the general fund.

PCC Salary

Grants received from the Police & Crime Commissioners are restricted for expenditure on the salary of community based addiction professional.

All funds have been expended for this purpose.

HCF - Respond, Recover, Relate

Grants received from the Hertfordshire Community Foundation are restricted for expenditure to provide a quantity of free to access counselling sessions for those who cannot afford counselling but need support for poor mental well being.

All funds have been expended for this purpose.

W&HBC - COVID Relief Counselling

Grants received from Welwyn & Hatfield Borough Council are restricted for expenditure on additional counselling appointments to address the lengthy list of people waiting for COVID Relief Counselling for poor mental well being.

All funds have been expended for this purpose.

Suicide Prevention

Grants received from Department of Health and Social Care are restricted for expenditure to prevent suicide, including supporting their ability to meet increased demands or needs for their services as a result of COVID-19.

The small overspend has been transferred from the general fund.

Children in Need Continuation Fund

Grants received from BBC Children in Need are restricted for expenditure to provide therapeutic programmes and counselling to children and young people who have experienced domestic abuse and are isolated by Covid-19. The activities will improve emotional well-being, coping strategies and ability to identify risks.

Workforce Development

continued...

16. MOVEMENT IN FUNDS - continued

Grants received from Hertfordshire Community Foundation - Workforce development grant is restricted for expenditure to deliver DASH-Ric Training

Bakery@43

Grants received from The Lottery Community Fund and Postcode Places Trust are restricted expenditure on the salary of a baker and to provide baking skills training for people who have experienced domestic abuse and have no skills to take to the workplace.

Hardship Fund

Grants received from Hertfordshire Community Foundation Hardship Fund are restricted for expenditure to support clients who have experienced domestic abuse with a variety of costs: heating, lighting, food, necessities for children.

Drama Club

Grants from Hertfordshire Community Fund are restricted for expenditure to provide a dedicated drama club group to support young people who have experienced or witnessed domestic abuse and poor mental wellbeing.

Transfers between funds

Small over/under spends on restricted funds are regularly transferred at the year end from/to the general unrestricted fund.

Assets purchased from restricted funds are included within expenditure in the year of purchase.

17. RELATED PARTY DISCLOSURES

During the year, payments of £11,000 (2021 £13,600) were made to Mr S Conte for various services provided these are shown as temporary staff payments in the accounts. Mrs S Conte, the charity's CEO, is the wife of Mr S Conte. All payments made to Mr S Conte were authorised by a member of the trustees. As from December 2022 Mr S Conte is a part-time staff member and paid via the Charity's payroll, the appointment was confirmed at a meeting of the trustees.

Mrs S Harvey, a trustee, is also a trustee of the Hertfordshire Community Foundation who provided grants totalling £22,260 (2021 - £4,800). The Charity also invoiced the Hertfordshire Community Foundation for training and support services totalling £1,400 (2021 - £2,900). Mrs S Harvey does not sit on any of the grant funding committees of the Herfordshire Community Foundation when applications are made by Future Living Hertford to the foundation

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	11,678	11,708
Gift aid	8,969	740
	20,647	12,448
Other trading activities		
Other income	-	76
Counselling & therapy income	21,522	36,141
	21,522	36,217
Investment income		
Deposit account interest	64	-
Charitable activities		
Grants	118,853	205,221
Contract income	35,100	-
	153,953	205,221
Total incoming resources	196,186	253,886
EXPENDITURE		
Raising donations and legacies		
Sundries	-	(3)
Other trading activities		
Counselling & therapy expenditure	3,739	6,958
Charitable activities		
Wages	113,381	84,150
Social security	4,843	2,277
Pensions	755	490
Rent	30,000	30,000
Rates and water	499	469
Insurance	925	908
Light and heat	5,600	3,750
Telephone	4,342	3,008
Postage and stationery	627	1,916
Advertising	551	1,528
Sundries	1,672	1,273
Travel & subsistence	1,548	1,062
Volunteer costs	432	674
Reference material	2,461	135
Project materials	1,816	3,365
Carried forward	169,452	135,005

FUTURE LIVING HERTFORD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2022

	2022	2021
	£	£
Charitable activities		
Brought forward	169,452	135,005
Computer costs	5,751	1,942
Professional costs	14,590	21,000
Repairs & renewals	4,252	18,416
Training	2,172	7,212
Subscriptions	1,952	2,338
Equipment purchases	3,240	-
Hardship support	616	-
Temporary staff	11,000	-
Plant and machinery	4,092	4,120
	217,117	190,033
Support costs		
Finance		
Bank charges	207	96
Governance costs		
Accountancy and legal fees	5,479	1,800
Total resources expended	226,542	198,884
Net (expenditure)/income	(30,356)	55,002

FUTURE LIVING HERTFORD

England & Wales - Charity number 1155145

Accounts

REGISTERED CHARITY NUMBER: 1155145

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

FOR

FUTURE LIVING HERTFORD

Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

FUTURE LIVING HERTFORD

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FUTURE LIVING HERTFORD

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021

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

Vision Statement

We envisage a world where every person is given the opportunity to flourish and lead a self-directed life and where non -judgemental support is provided to those who need it to overcome difficulties such as recovery from abuse, trauma, addictions or disadvantaged beginnings.

Mission Statement

Our mission is to help anyone, including children and young people, who have felt vulnerable through abusive relationships to feel stronger, more empowered and able to make healthy life choices for themselves and their families.

We aim to help our clients to flourish and regain control over their lives and to regain the sense of self that is so often lost.

We campaign towards giving children a voice in their future.
We will work tirelessly to support those in need.

Core Values

Our values define who we are and how we work with one another and with our clients. We firmly believe in:

- Respecting one another
- Working with integrity and transparency; being accountable and taking responsibility for all that we do
- Fostering relationships that are built on trust
- Maintaining an environment that is safe for clients, volunteers, staff and the community
- Empowering our clients so that they can find their inner strength and freedom to make good life choices
- Working with consistency and fairness, appreciating diversity and promoting equality for all
- Working jointly with partner organisations that can increase opportunities and services for our clients and staff.
- Working in a professional and inspiring way
- Encouraging a sense of community amongst clients and team members so that support structures can be built

OBJECTIVES AND ACTIVITIES
Objectives and aims
To deliver free to access programmes and projects to support people to break the cycle and recover from domestic abuse and addictions. Educate and early intervention in schools for future generations to become more aware and resilient in the face of domestic abuse.

Expand the programmes on offer to meet the needs of the whole family including empowerment, parenting techniques, counselling, boxing activities, art and play therapy and including social groups for those who feel disconnected from their community, particularly in the light of lockdown and COVID 19. E.g. craft group meeting weekly.

To educate and support organisations and businesses in the recognition of Domestic Abuse for their staff members and teams.

To campaign for Children's Voices to be heard in the judicial arena where domestic abuse has been prevalent.

To provide funding to support our services through grants, commissioned contracts and social enterprise.

FUTURE LIVING HERTFORD

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021

OBJECTIVES AND ACTIVITIES

Public benefit

We continue to strive to engage with service users from a variety of backgrounds and offer a level of service using our holistic environment that puts healing at the centre of our work.

To offer opportunity, training in voluntary and paid for work within community, cementing an ongoing relationship between them.

Through our work we aim to reduce crime, encourage members of our service to embrace a healthy and happy life, and take up volunteering and work opportunities.

The trustees have considered the provisions of Section 17(5) of the 2011 Charities Act and consider that the objectives and aims of the Charity are for the public benefit.

Volunteers

Future Living Hertford is volunteer led and enjoys a large team of placement counsellors, psychologists and admin volunteers, who support our clients and the rest of the team. We have access to specialists who provide a range of ad hoc services such as art therapy, health and wellbeing, fitness, relaxation, debt counselling, legal advice, training, employment and benefit advice.

The trustees are grateful to the work of all volunteers who have helped to ensure that the charity achieves its objectives and aims.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity has expanded and exceeded its objectives for the year 2021. It has delivered over and above its Strategic Plan for the period, expanding the charity into an all round Family service, supporting people who have experienced or witnessed domestic abuse and addiction.

It has responded creatively and with innovation towards challenges, including the effects of Covid 19 on the community.

It has successfully funded the many projects the charity delivers with a small, core staff team and a large group of professional volunteers.

ACHIEVEMENT AND PERFORMANCE

Client comments

"I am so very grateful for the range of life changing services you have been able to offer me free of charge. I am in receipt of universal credit currently and wouldn't have been able to access such high quality services otherwise. I sincerely appreciate all the hard work that goes into securing funding for these services to exist.

Your response to the uncertain demands of COVID19 has been excellent and I appreciate all the hard work and consideration that has gone into keeping both clients and staff safe. I am very grateful that in the second lockdown you were able to offer consistency and run the groups on zoom, enabling therapy to continue uninterrupted."

" I valued the facilitators' own personal lived experience of domestic abuse, as I felt they really understood the extreme difficulties, struggles and issues that these clients experience. They offered sincere and genuine empathy and compassion. They didn't make any negative judgements when I was struggling, they offered kind understanding and a safe space to just come and be me, allowing me to fully experience the sometimes very scary feelings that accompanied this amazing journey of liberation and self-discovery.."

Case Study

Living - EN6

Age - 44

Female with One Child Aged 7

Presenting Problem - Referred by Beacon for support due to an incident of Domestic Abuse, client felt she was instantly provided with support and validation.

Abuse - Through the Monica Programme the client was able to recognize and label the abuse she suffered. Emotional, aggressive & threatening, controlling, manipulative, love-bombing, gaslighting, physically grabbed and pinned against a wall, put down and verbally abused in front of child.

Health - Client says she felt worthless, lost & vulnerable. Chronic pain from a compressed nerve, sleep deprived, run down, anxious, depressed, frightened. Client had stomach problems & was underweight.

Services Accessed - The Monica Programme, Counselling, Play Therapy & The Law Clinic

Aims & Objectives - To recognize abuse and healthy relationships, effects on children and how to manage this, build self esteem & resilience, learn healthy coping strategies and grounding techniques & self- care, to gain peer support. To explore anger & resentment she was feeling. All of which was done through services accessed.

Outcome - The Client found Play Therapy for her child helpful and that it enabled her daughter to explore and manage her emotions. Through the Monica Programme mum learned about her patterns of relating and to label abuse she had experienced and also gained a better sense of self-esteem through feeling validated and supported and found the programme enlightening. Personal counselling helped her to deal with the abuse and anger and resentment that has arisen from that and to see she had a similar pattern of relating with her own mother. The Client's experience of Family Court was amazing and she felt looked after. The Client was also signposted by Future Living Hertford to Herts Mediation Service which she found was a good kick start to proceedings. The Client feels her needs were met and she got what she had wanted to a certain extent from her settlement. The Client feels her daughter has had a lot of support from Future Living Hertford and this has had a positive impact on her daughter. Proceedings are ongoing as her daughter no longer wants to see her father and he is asking for more contact, she is hoping he will not pursue this through the courts.

Ways you can support us

Sponsor our Events and services

Fundraise for us

ACHIEVEMENT AND PERFORMANCE

Commission our service - Employers for example can commission our services to provide bespoke support to their staff for training opportunities. They can commission us to provide counselling to their staff.

Donate via our donation partners Golden Giving: https://www.goldengiving.com/secure/donation/future-living

Leave a legacy

Volunteer with us to learn new skills, explore career options and support the community in which you live. You can volunteer in lots of ways at our events or by fund raising for us.

Placements, we also engage placement counsellors, psychologists and research assistants through a variety of educational establishments. An application form can be found on our website. https://www.futurelivinghertford.co.uk

FINANCIAL REVIEW

Financial position

During the year the charity made a surplus on normal operating activities of £55,002. The trustees consider the results achieved for the year to be excellent given the adversities faced during the pandemic.

Principal funding sources

The charity's principal funding sources continue to be, amongst others: Lloyds Bank Foundation, Hertfordshire Community Foundation, The Police & Crime Commission of Hertfordshire, The Lottery, Department for Digital, Culture, Media & Sport (Gov.UK), BBC Children in Need, East Herts Council and Comic Relief. The trustees wish to thank these organisations for their ongoing support.

Reserves policy

The charity is committed to being an organisation that grows and develops in a sustainable manner. To this end we will work towards ensuring a diverse funding stream and to achieve unrestricted reserves that are in line with the Charity Commissions guidance of being no less than three months operating costs.

Going concern

The trustees have reviewed the Charities financial position and ongoing funding and financial obligations and feel that the charity has adequate resources available to fund the activities of the charity for the foreseeable future.

The trustees regularly review the Charity's financial position to ensure that sufficient resources are available.

FUTURE PLANS

To relaunch our Café as a Heritage project/bakery, giving a space for the public to engage with lost traditions of Heritage and our clients an opportunity to learn new skills in a safe environment.

Expand our work with Families through partnerships with schools where not only our own programmes can be utilised, but also develop new models to meet the ever-growing need of families throughout the school system.
To continue to evaluate and develop new ways of working with families as evidenced by their need.

To increase our capacity for counselling those with mental health difficulties by the engagement of additional counselling and therapeutic staff.

To launch our Boxing game/app for young people to enable them a safe place online where they can meet their life challenges and overcome them, building resilience and confidence.

To expand our services with a newly developed model in schools, providing Family Services supporting those children and young people who have experienced or witnessed domestic abuse through a range of interventions.

Increase our reach into the community through the reopening of the Community Café and a variety of ad hoc projects for those who are lonely or isolated after the effects of Covid 19.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation established on 31 December 2013.

The charity is controlled by its governing document, a deed of trust, and is registered with the Charity Commission number 1155145.

Organisational structure

Patron

The Lord-Lieutenant Robert Voss, CBE and Order of St John, as our Patron attends the majority of our public events and is a really positive link with our community.

Trustees

The affairs of the Charity are controlled and managed by the board of trustees. Our board is made up of senior representatives from business, legal, academic and judicial fields along with other sectors. The board is responsible for the strategic direction, investment and reserves policy of the Charity. All trustees are provided with a job description matching our expectations as a trustee of the charity and its workings, together with an induction programme and identified responsibility within the board. Following induction, any appropriate training is undertaken to ensure all trustees are kept up to date with all current legislation and directives regarding the charity and their position as trustees.

Staff

We currently have 7 staff made up of 5 full time members and 2 part time members. They manage and support our services, clients and volunteer team with a range of specialist skills including domestic abuse, healthy relationships in schools, education, a range of ad hoc holistic programmes and addiction recovery. The charity has over 34 volunteer staff with a range of skills from admin to therapeutic counselling.

Staff Training

We offer a bespoke training and development plan for each team member in order to provide them with the skills to carry out their duties to the best of their ability and enhance their overall knowledge. This provides our clients the safe pair of hands and environment in which to recover and flourish. All team members including the Trustees undertake a DBS check and training that includes a full induction, domestic abuse awareness, mental health awareness, addiction awareness and the counselling process itself.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1155145

Principal address

Vale House
43 Cowbridge
Hertford
Hertfordshire
SG14 1PN

Trustees

Mr F McMullen - Chairman
Mr C Melluish
Mrs R Eames (resigned 26.1.22)
Mr C Fraser
Mrs S Harvey
Mrs K Sweetman (resigned 11.3.21)
Mrs J Marson MP MP (appointed 26.1.21) (resigned 24.11.21)
Mr S Barfoot (appointed 26.1.21)
Mrs A Hardy (appointed 26.1.22)

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner
Colin Wilkinson
Association of Chartered Certified Accountants
Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

Approved by order of the board of trustees on ..... 18 May 2022 ..... and signed on its behalf by:

.....
Mr F McMullen - Chairman - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FUTURE LIVING HERTFORD

Independent examiner's report to the trustees of Future Living Hertford

I report to the charity trustees on my examination of the accounts of Future Living Hertford (the Trust) for the year ended 31 December 2021.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Association of Chartered Certified Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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 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 accounts to be reached.

Colin Wilkinson
Association of Chartered Certified Accountants
Barker Wilkinson Limited
19-21 Middle Row
Stevenage
Hertfordshire
SG1 3AW

Date: 18/5/2022

FUTURE LIVING HERTFORD

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	12,448	-	12,448	2,841
Charitable activities	4				
Core Funding		36,000	169,221	205,221	187,719
Other trading activities	3	34,417	1,800	36,217	21,122
Total		82,865	171,021	253,886	211,682
EXPENDITURE ON					
Raising funds	5	599	6,356	6,955	2,662
Charitable activities	6				
Core Funding		29,986	161,943	191,929	124,346
Total		30,585	168,299	198,884	127,008
NET INCOME		52,280	2,722	55,002	84,674
Transfers between funds	15	14,720	(14,720)	-	-
Net movement in funds		67,000	(11,998)	55,002	84,674
RECONCILIATION OF FUNDS					
Total funds brought forward		26,438	100,197	126,635	41,961
TOTAL FUNDS CARRIED FORWARD		93,438	88,199	181,637	126,635

The notes form part of these financial statements

FUTURE LIVING HERTFORD

BALANCE SHEET
31 DECEMBER 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	11	11,782	-	11,782	4,422
CURRENT ASSETS					
Debtors	12	9,430	31,528	40,958	70,528
Cash at bank		91,757	71,669	163,426	94,270
		101,187	103,197	204,384	164,798
CREDITORS					
Amounts falling due within one year	13	(19,529)	(15,000)	(34,529)	(42,585)
NET CURRENT ASSETS		81,658	88,197	169,855	122,213
TOTAL ASSETS LESS CURRENT LIABILITIES		93,440	88,197	181,637	126,635
NET ASSETS		93,440	88,197	181,637	126,635
FUNDS	15				
Unrestricted funds				93,440	26,438
Restricted funds				88,197	100,197
TOTAL FUNDS				181,637	126,635

The financial statements were approved by the Board of Trustees and authorised for issue on 18 May 2022 ..... and were signed on its behalf by:

.....
Mr C Fraser - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)'. Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	-	25% on cost
Fixtures and fittings	-	25% on cost

Where a tangible fixed asset is funded through an appeal or by way of a grant or donation, the accounting treatment of the asset acquired is dependant on the circumstances of each case. In deciding whether the asset is categorised as restricted or unrestricted, the trustees consider whether the terms of the gift:

- require the charity to hold the tangible fixed asset acquired on an on-going basis for a specific purpose; or
- are met once the specified asset is acquired, so allowing the charity to use the asset acquired on an unrestricted basis for any charitable purpose.

Where such tangible assets are treated as unrestricted then the income is recognised in full as restricted and the value of tangible fixed assets purchased is shown as a transfer from restricted to unrestricted funds.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. DONATIONS AND LEGACIES

	2021	2020
	£	£
Donations	11,708	2,601
Gift aid	740	240
	12,448	2,841

3. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Fundraising events	-	145
Other income	76	724
Counselling & therapy income	36,141	20,253
	36,217	21,122

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2021	2020
		£	£
Grants	Core Funding	205,221	173,719
Contract income	Core Funding	-	14,000
		205,221	187,719

Grants received, included in the above, are as follows:

	2021	2020
	£	£
Tesco Groundworks	-	500
Network Homes	-	10,000
Herfordshire Community Foundation - COVID 19	-	5,000
East Herts District Council - Emergency Fund	7,500	7,500
Groundwork UK - Healthy Hub	-	500
Community Voluntary Services for Broxbourne and East Herts - COVID19	-	2,000
East Herts District Council - Healthy Hub	-	1,000
Hertfordshire Community Foundation - Monica Programme	-	10,000
Hertfordshire Community Foundation - New Futures	-	10,000
National Lottery - Happy Homes	-	9,344
Lloyds Bank Foundation	25,000	14,234
The Clothworkers Foundation	-	2,240
The Edward Gostling Foundation	-	2,500
Hertfordshire Police & Crime Commissioner - OPCC	11,000	8,699
BBC Children in Need	22,943	11,472
Department for Digital, Cultural, Media and Sport	-	62,488
Peoples Postcode Trust	-	11,242
Hertfordshire Community Foundation - Addiction	-	5,000
East Herts District Council - Jwellery	3,224	-
Comic Relief - Tech for Good	62,100	-
Police & Crime Commissioner - Salary	28,626	-
Herfordshire Community Foundation - Respond, Recove, Relate	4,800	-
Welwyn & Hatfield Borough Council - COVID Relief Counselling	5,000	-
East Herts District Council - Art	1,500	-
Carried forward	171,693	173,719

continued...

4. INCOME FROM CHARITABLE ACTIVITIES - continued

	2021	2020
	£	£
Brought forward	171,693	173,719
Archer Trust	2,000	-
Suicide Prevention		
	31,528	-
	205,221	173,719

5. RAISING FUNDS

Raising donations and legacies

	2021	2020
	£	£
Sundries	(3)	(2)

Other trading activities

	2021	2020
	£	£
Purchases	-	268
Counselling & therapy expenditure	6,958	1,350
Other event costs	-	1,046
	6,958	2,664
Aggregate amounts	6,955	2,662

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Core Funding	190,033	1,896	191,929

continued...

7. SUPPORT COSTS

	Finance	Governance costs	Totals
	£	£	£
Core Funding	96	1,800	1,896

8. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

Out-of-pocket expenses were reimbursed to one of the trustees as follows.

	2020	2019
	£	£
Working from home Allowance	385	-

9. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	84,150	59,494
Social security costs	2,277	-
Other pension costs	490	110
	86,917	59,604

The average monthly number of employees during the year was as follows:

	2021	2020
CEO	1	1
Support Workers	2	1
	3	2

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

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2,841	-	2,841
Charitable activities			
Core Funding	40,500	147,219	187,719
Other trading activities	21,122	-	21,122
Total	64,463	147,219	211,682

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
EXPENDITURE ON			
Raising funds	1,283	1,379	2,662
Charitable activities			
Core Funding	43,999	80,347	124,346
Total	45,282	81,726	127,008
NET INCOME	19,181	65,493	84,674
Transfers between funds	(1,000)	1,000	-
Net movement in funds	18,181	66,493	84,674
RECONCILIATION OF FUNDS			
Total funds brought forward	8,255	33,706	41,961
TOTAL FUNDS CARRIED FORWARD	26,436	100,199	126,635

11. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Totals £
COST			
At 1 January 2021	36,296	3,171	39,467
Additions	11,479	-	11,479
At 31 December 2021	47,775	3,171	50,946
DEPRECIATION			
At 1 January 2021	31,874	3,171	35,045
Charge for year	4,119	-	4,119
At 31 December 2021	35,993	3,171	39,164
NET BOOK VALUE			
At 31 December 2021	11,782	-	11,782
At 31 December 2020	4,422	-	4,422

continued...

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade debtors	1,930	540
Prepayments and accrued income	39,028	69,988
	40,958	70,528

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Bank loans and overdrafts (see note 14)	15,000	-
Trade creditors	11,665	30,740
Taxation and social security	(1,712)	2,390
Other creditors	9,576	9,455
	34,529	42,585

14. LOANS

An analysis of the maturity of loans is given below:

	2021	2020
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	15,000	-

continued...

15. MOVEMENT IN FUNDS

	At 1.1.21 £	Net movement in funds £	Transfers between funds £	At 31.12.21 £
Unrestricted funds				
General fund	26,438	52,282	14,720	93,440
Restricted funds				
Monica programme	494	-	-	494
Monica Accreditation	5,000	(4,220)	-	780
New Futures	7,310	(7,310)	-	-
Happy Homes	1,601	(1,601)	-	-
Lloyds Bank Foundation	9,389	(9,386)	(3)	-
Cloth Workers	2,019	-	(2,019)	-
Edward Gostling	20	(21)	1	-
OPCC	4,379	6,915	(880)	10,414
Children in Need	10,379	1,228	-	11,607
DCMS - Match Community Challenge Grant	51,204	(36,104)	(10,608)	4,492
Peoples Postcode Trust	3,742	(3,122)	-	620
Addiction	4,660	-	-	4,660
EHC Jewellery	-	1,211	(1,211)	-
Tech for Good	-	19,496	-	19,496
PCC Salary	-	9,306	-	9,306
HCF RRR	-	4,800	-	4,800
Welwyn & Hatfield County Council	-	5,000	-	5,000
Suicide Prevention	-	16,528	-	16,528
	100,197	2,720	(14,720)	88,197
TOTAL FUNDS	126,635	55,002	-	181,637

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	82,865	(30,583)	52,282
Restricted funds			
Monica Accreditation	1,800	(6,020)	(4,220)
New Futures	-	(7,310)	(7,310)
Happy Homes	-	(1,601)	(1,601)
Lloyds Bank Foundation	-	(9,386)	(9,386)
Edward Gostling	-	(21)	(21)
OPCC	11,000	(4,085)	6,915
Children in Need	22,943	(21,715)	1,228
DCMS - Match Community Challenge Grant	-	(36,104)	(36,104)
Peoples Postcode Trust	-	(3,122)	(3,122)
EHC Jewellery	3,224	(2,013)	1,211
Tech for Good	62,100	(42,604)	19,496
PCC Salary	28,626	(19,320)	9,306
HCF RRR	4,800	-	4,800
Welwyn & Hatfield County Council	5,000	-	5,000
Suicide Prevention	31,528	(15,000)	16,528
	171,021	(168,301)	2,720
TOTAL FUNDS	253,886	(198,884)	55,002

continued...

15. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.20 £	Net movement in funds £	Transfers between funds £	At 31.12.20 £
Unrestricted funds				
General fund	8,255	19,183	(1,000)	26,438
Restricted funds				
CEO Salary	25,000	(25,000)	-	-
Young Hearts	4,706	(4,212)	-	494
Monica Accreditation	4,000	-	1,000	5,000
New Futures	-	7,310	-	7,310
Happy Homes	-	1,601	-	1,601
Lloyds Bank Foundation	-	9,389	-	9,389
Cloth Workers	-	2,019	-	2,019
Edward Gostling	-	20	-	20
OPCC	-	4,379	-	4,379
Children in Need	-	10,379	-	10,379
DCMS - Match Community Challenge Grant	-	51,204	-	51,204
Peoples Postcode Trust	-	3,742	-	3,742
Addiction	-	4,660	-	4,660
	33,706	65,491	1,000	100,197
TOTAL FUNDS	41,961	84,674	-	126,635

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	64,463	(45,280)	19,183
Restricted funds			
CEO Salary	-	(25,000)	(25,000)
Monica programme	10,000	(10,000)	-
Young Hearts	-	(4,212)	(4,212)
New Futures	10,000	(2,690)	7,310
Happy Homes	9,344	(7,743)	1,601
Lloyds Bank Foundation	14,234	(4,845)	9,389
Cloth Workers	2,240	(221)	2,019
Edward Gostling	2,500	(2,480)	20
OPCC	8,699	(4,320)	4,379
Children in Need	11,472	(1,093)	10,379
DCMS - Match Community Challenge Grant	62,488	(11,284)	51,204
Peoples Postcode Trust	11,242	(7,500)	3,742
Addiction	5,000	(340)	4,660
	147,219	(81,728)	65,491
TOTAL FUNDS	211,682	(127,008)	84,674

continued...

15. MOVEMENT IN FUNDS - continued

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

	At 1.1.20 £	Net movement in funds £	Transfers between funds £	At 31.12.21 £
Unrestricted funds				
General fund	8,255	71,465	13,720	93,440
Restricted funds				
CEO Salary	25,000	(25,000)	-	-
Young Hearts	4,706	(4,212)	-	494
Monica Accreditation	4,000	(4,220)	1,000	780
Lloyds Bank Foundation	-	3	(3)	-
Cloth Workers	-	2,019	(2,019)	-
Edward Gostling	-	(1)	1	-
OPCC	-	11,294	(880)	10,414
Children in Need	-	11,607	-	11,607
DCMS - Match Community Challenge Grant	-	15,100	(10,608)	4,492
Peoples Postcode Trust	-	620	-	620
Addiction	-	4,660	-	4,660
EHC Jewellery	-	1,211	(1,211)	-
Tech for Good	-	19,496	-	19,496
PCC Salary	-	9,306	-	9,306
HCF RRR	-	4,800	-	4,800
Welwyn & Hatfield County Council	-	5,000	-	5,000
Suicide Prevention	-	16,528	-	16,528
	33,706	68,211	(13,720)	88,197
TOTAL FUNDS	41,961	139,676	-	181,637

continued...

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	147,328	(75,863)	71,465
Restricted funds			
CEO Salary	-	(25,000)	(25,000)
Monica programme	10,000	(10,000)	-
Young Hearts	-	(4,212)	(4,212)
Monica Accreditation	1,800	(6,020)	(4,220)
New Futures	10,000	(10,000)	-
Happy Homes	9,344	(9,344)	-
Lloyds Bank Foundation	14,234	(14,231)	3
Cloth Workers	2,240	(221)	2,019
Edward Gostling	2,500	(2,501)	(1)
OPCC	19,699	(8,405)	11,294
Children in Need	34,415	(22,808)	11,607
DCMS - Match Community Challenge Grant	62,488	(47,388)	15,100
Peoples Postcode Trust	11,242	(10,622)	620
Addiction	5,000	(340)	4,660
EHC Jewellery	3,224	(2,013)	1,211
Tech for Good	62,100	(42,604)	19,496
PCC Salary	28,626	(19,320)	9,306
HCF RRR	4,800	-	4,800
Welwyn & Hatfield County Council	5,000	-	5,000
Suicide Prevention	31,528	(15,000)	16,528
	318,240	(250,029)	68,211
TOTAL FUNDS	465,568	(325,892)	139,676

UNRESTRICTED FUNDS

General

The general funds are available for expenditure on the furtherance of the charitable objectives.

RESTRICTED FUNDS

Other restricted funds

In periods prior to 2019 funds received and expended for various programmes and projects had been carried forward within one fund as the major restrictions were similar in nature being restricted to expenditure on salary costs. During the financial period ended 31st December 2020 the Trustees reviewed this policy and adopted a policy of separating these funds for greater transparency and to aid users of the financial statements to gain a better understanding of the Charities funding.

The balance brought forward in financial period ended 31st December 2020 was transferred to the general fund as the Trustees believe that all restricted funds received had been spent,

Monica Programme

continued...

15. MOVEMENT IN FUNDS - continued

Grants received from the Hertfordshire Community Foundation are restricted for expenditure on the salary of the project lead to deliver the Monica Programme for female survivors of domestic abuse

Monica Accreditation

Donations received from individuals are restricted for expenditure on accreditation fees for the Monica Programme..

New Futures

Grants received from the Hertfordshire Community Foundation are restricted for expenditure to provide staff and associated resources to embrace new ways of working during COVID restrictions including digital and telephone programmes/support. All funds have been expended for this purpose.

Happy Homes

Grants received from the National Lottery are restricted for expenditure to provide additional staffing and resources in the light of COVID pandemic. All funds have been expended for this purpose..

Lloyds Bank Foundation

Grants received from the Lloyds Bank Foundation are restricted for expenditure to provide additional staff and digital/telephone services in light of increased domestic abuse caseload numbers during the COVID pandemic. The small underspend has been transferred to unrestricted reserves.

Cloth Workers

Grants received from the Clockwork's Foundation are restricted for expenditure to provide headsets for staff and volunteers to carry out remote home working to clients accessing the service

An element of the grant received has been spent on assets which have been transferred to unrestricted funds in line with the accounting policy for tangible fixed assets. The small underspend has been transferred to unrestricted reserves.

Edward Gosling

Grants received from the Edward Gosling Foundation are restricted for expenditure to provide resources for Domestic abuse clients during the COVID pandemic. All funds have been expended for this purpose.

OPCC

Grants received from the Office of the Police and Crime Commissioner are restricted for expenditure to provide staff to support those who were victims of crime connected to domestic abuse during the COVID pandemic.

An element of the grant received has been spent on assets which have been transferred to unrestricted funds in line with the accounting policy for tangible fixed assets.

Unspent funds at the year end are to be expended for this purpose in the coming year.

Children in Need

Grants received from BBC Children in Need are restricted for expenditure to provide child therapists and equipment for a therapeutic boxing club for young people during the COVID pandemic.

Unspent funds at the year end are to be expended for this purpose in the coming year.

continued...

15. MOVEMENT IN FUNDS - continued

DCMS - Match Community Fund

Grants received from the Lloyd Bank Foundation are restricted for expenditure on running costs for the charity and staff to support various programmes during the period 1st October 2020 to 31st March 2021.

An element of the grant received has been spent on assets which have been transferred to unrestricted funds in line with the accounting policy for tangible fixed assets.

Unspent funds at the year end are to be expended for this purpose in the coming year via depreciation.

Peoples Postcode Trust

Grants received from Peoples Postcode Trust are restricted for expenditure to provide a support programme for male victims of domestic abuse, Wise Guys

Unspent funds at the year end are to be expended for this purpose in the coming year.

Addiction

Grants received from the Hertfordshire Community Fund are restricted for expenditure to provide addiction recovery group, counselling and individual case working to those in recovery from addictions.

Unspent funds at the year end are to be expended for this purpose in the coming year.

EHC Jewellery

Grants received from East Herts Council are restricted for expenditure on equipment and staffing to offer free access to art therapy and jewellery making sessions for members of the community.

An element of the grant received has been spent on assets which have been transferred to unrestricted funds in line with the accounting policy for tangible fixed assets.

Tech for Good

Grants received from Comic Relief are restricted for expenditure to develop technology to support needs of our client base. In this case a boxing game app with a digital partner. The game is to build resilience and well being with children aged 9 to 12 years. It is now completed and will be launched in June 2022 at the AGM

Unspent funds at the year end are to be expended for this purpose in the coming year.

PCC Salary

Grants received from the Police & Crime Commissioners are restricted for expenditure on the salary of community based addiction professional.

Unspent funds at the year end are to be expended for this purpose in the coming year.

HCF - Respond, Recover, Relate

Grants received from the Hertfordshire Community Foundation are restricted for expenditure to provide a quantity of free to access counselling sessions for those who cannot afford counselling but need support for poor mental well being.

Unspent funds at the year end are to be expended for this purpose in the coming year.

W&HBC - COVID Relief Counselling

continued...

15. MOVEMENT IN FUNDS - continued

Grants received from Welwyn & Hatfield Borough Council are restricted for expenditure on additional counselling appointments to address the lengthy list of people waiting for COVID Relief Counselling for poor mental well being.

Unspent funds at the year end are to be expended for this purpose in the coming year.

Suicide Prevention

Grants received from Department of Health and Social Care are restricted for expenditure to prevent suicide, including supporting their ability to meet increased demands or needs for their services as a result of COVID-19.

Unspent funds at the year end are to be expended for this purpose in the coming year.

Transfers between funds

Small over/under spends on restricted funds are regularly transferred at the year end from/to the general unrestricted fund.

Assets purchased from restricted funds are transferred to unrestricted funds in line with the accounting policy for tangible fixed assets.

16. RELATED PARTY DISCLOSURES

During the prior year, payments of £13,600 were made to Mr S Conte for decorating and building services, Mrs S Conte, the charity's CEO, is the wife of Mr S Conte. All payments to Mr S Conte were authorised by the board of trustees.

Mrs S Harvey, a trustee, is also a trustee of the Hertfordshire Community Foundation who provided grants totalling £4,800 (2020 - £44,000). The Charity also invoiced the Hertfordshire Community Foundation for training and support services totalling £2,900 (2020 - £350). Mrs S Harvey does not sit on any of the grant funding committees of the Herfordshire Community Foundation when applications are made by Future Living Hertford to the foundation

FUTURE LIVING HERTFORD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	11,708	2,601
Gift aid	740	240
	12,448	2,841
Other trading activities		
Fundraising events	-	145
Other income	76	724
Counselling & therapy income	36,141	20,253
	36,217	21,122
Charitable activities		
Grants	205,221	173,719
Contract income	-	14,000
	205,221	187,719
Total incoming resources	253,886	211,682
EXPENDITURE		
Raising donations and legacies		
Sundries	(3)	(2)
Other trading activities		
Café expenditure	-	268
Counselling & therapy expenditure	6,958	1,350
Other event costs	-	1,046
	6,958	2,664
Charitable activities		
Wages	84,150	59,494
Social security	2,277	-
Pensions	490	110
Rent	30,000	29,446
Rates and water	469	364
Insurance	908	645
Light and heat	3,750	2,011
Telephone	3,008	2,393
Postage and stationery	1,916	998
Advertising	1,528	1,516
Sundries	1,273	95
Travel & subsistence	1,062	629
Volunteer costs	674	2,042
Carried forward	131,505	99,743

FUTURE LIVING HERTFORD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	2021	2020
	£	£
Charitable activities		
Brought forward	131,505	99,743
Reference material	135	189
Project materials	3,365	5,382
Computer costs	1,942	823
Professional costs	21,000	-
Repairs & renewals	18,416	5,866
Training	7,212	1,028
Subscriptions	2,338	3,074
Plant and machinery	4,120	6,029
Fixtures and fittings	-	70
	190,033	122,204
Support costs		
Finance		
Bank charges	96	42
Governance costs		
Accountancy and legal fees	1,800	2,100
Total resources expended	198,884	127,008
Net income	55,002	84,674

This page does not form part of the statutory financial statements

FUTURE LIVING HERTFORD

England & Wales - Charity number 1155145

Accounts

REGISTERED CHARITY NUMBER: 1155145

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

FOR

FUTURE LIVING HERTFORD

Barker Wilkinson Limited
108 High Street
Stevenage
Hertfordshire
SG1 3DW

FUTURE LIVING HERTFORD

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FUTURE LIVING HERTFORD

CHAIRMAN'S AND CEO'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

2020 presented many challenges from almost the beginning of the year with COVID 19 forcing the charity to shut down its offices and face to face working. I am delighted that the team rallied very quickly and made a smooth transition to working over the telephone and online.

Sadly numbers increased four fold but the team were able to manage the client numbers in excess of 1,000, in a supportive manner, and each client had the opportunity to access one or more of our existing online services. These included group therapy, personal counselling and art therapy as well as case working.

Financially the charity has benefitted from the COVID 19 support grants enabling them to recruit further volunteers to support the ever growing number of clients caught up in addiction and domestic abuse, exacerbated by COVID 19 and lockdown.

Need to support children and young people became apparent during the year; the charity's response was to develop a bespoke children's service, The Base, to support them with art and play therapy and a range of other holistic approaches. This work is ongoing and due to expand during 2021.

On one final note The Trustees would like to thank two people especially this year.

The first being Christopher Melluish, who recently retired as chairman of the Trustees after 6 years of dedication and first class support to the betterment of all those that have needed or worked for Future Living Hertford. Christopher is staying on as a Trustee and will become life President after he wishes to step down.

The second is Sandra Conte, our Chief Executive Officer, who under extremely difficult circumstances stepped up to the plate and carried on helping others without any thought to her own safety.

Sandra never stopped helping others in dire need throughout the pandemic and the Trustees would like to convey their eternal thanks to her.

FUTURE LIVING HERTFORD

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2020

The trustees present their report with the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES
Objectives and aims

Who we are

We provide free, non-judgemental, confidential and impartial support to those seeking recovery from domestic abuse and addictions.

We provide personal counselling, group therapy, training, work access and training, social meet up community café, legal support and advocacy and volunteering opportunities.

We raise awareness in the community of issues surrounding domestic abuse through networking events and awareness training. We carry our research and programme writing connected to domestic abuse and addictions.

We provide support programmes for young people connected to addiction and abuse.

Our aims

To provide therapy and support for vulnerable people who are in recovery from domestic abuse and addiction.

To provide educational opportunities via our community awareness surrounding domestic abuse and addiction.

Our values

We value diversity, promote equality and challenge discrimination.

We promote a non-judgemental attitude towards people.

We value the freedom to enjoy a full and independent life.

Our service

Drop-In Advice

by attending our offices Monday to Friday 9am - 4pm at:

Vale House
4 Cowbridge
Hertford
SG14 1PN

by telephoning our offices on 01992 537344

by telephoning our dedicated abuse line on 07775 107520

attending our Drop In café at our Offices every Wednesday from 9am - 1pm.

by referral from other service providers

for appointments contact 01992 537344

e-mail: info@futuelivingherford.co.uk
website: http://www.futurelivinghertford.co.uk

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2020

OBJECTIVES AND ACTIVITIES

Public benefit

We continue to strive to engage with service users from a variety of backgrounds and offer a level of service using our holistic environment that puts healing at the centre of our work.

To offer opportunity, training in voluntary and paid for work within community, cementing an ongoing relationship between them.

Through our work we aim to reduce crime, encourage members of our service to embrace a healthy and happy life, and take up volunteering and work opportunities.

The trustees have considered the provisions of Section 17(5) of the 2011 Charities Act and consider that the objectives and aims of the Charity are for the public benefit.

Volunteers

Future Living Hertford is volunteer led and enjoys a large team of placement counsellors, psychologists and admin volunteers, who support our clients and the rest of the team. We have access to specialists who provide a range of ad hoc services such as art therapy, health and wellbeing, fitness, relaxation, debt counselling, legal advice, training, employment and benefit advice.

The trustees are grateful to the work of all volunteers who have helped to ensure that the charity achieves its objectives and aims.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Future Living Hertford was able to expand its grant income during 2020 through support packages from a variety of sources surrounding COVID 19 leaving it in a financially stable position to carry out its strategic plan and meet its commitments.

A number of the volunteer team were awarded Hero of Hertfordshire awards for their commitment to an ever expanding client base during the year as a result of the pandemic.

Notably the charity teams were able to not only sustain their service whilst based at home but manage the huge influx of clients, particularly those experiencing domestic abuse during the pandemic.

The charity has been nominated for a Queens Award for Voluntary Service, outcome yet to be determined.

ACHIEVEMENT AND PERFORMANCE

Client comments

"I am so very grateful for the range of life changing services you have been able to offer me free of charge. I am in receipt of universal credit currently and wouldn't have been able to access such high quality services otherwise. I sincerely appreciate all the hard work that goes into securing funding for these services to exist.

Your response to the uncertain demands of COVID19 has been excellent and I appreciate all the hard work and consideration that has gone into keeping both clients and staff safe. I am very grateful that in the second lockdown you were able to offer consistency and run the groups on zoom, enabling therapy to continue uninterrupted."

" I valued the facilitators' own personal lived experience of domestic abuse, as I felt they really understood the extreme difficulties, struggles and issues that these clients experience. They offered sincere and genuine empathy and compassion. They didn't make any negative judgements when I was struggling, they offered kind understanding and a safe space to just come and be me, allowing me to fully experience the sometimes very scary feelings that accompanied this amazing journey of liberation and self-discovery.."

Case Study

Living - EN6

Age - 44

Female with One Child Aged 7

Presenting Problem - Referred by Beacon for support due to an incident of Domextic Abuse, client felt she was instantly provided with support and validation.

Abuse - Through the Monica Programme the client was able to recognize and label the abuse she suffered. Emotional, aggressive & threatening, controlling, manipulative, love-bombing, gaslighting, physically grabbed and pinned against a wall, put down and verbally abused in front of child.

Health - Client says she felt worthless, lost & vulnerable. Chronic pain from a compressed nerve, sleep deprived, run down, anxious, depressed, frightened. Client had stomach problems & was underweight.

Services Accessed - The Monica Programme, Counselling, Play Therapy & The Law Clinic

Aims & Objectives - To recognize abuse and healthy relationships, effects on children and how to manage this, build self esteem & resilience, learn healthy coping strategies and grounding techniques & self- care, to gain peer support. To explore anger & resentment she was feeling. All of which was done through services accessed.

Outcome - The Client found Play Therapy for her child helpful and that it enabled her daughter to explore and manage her emotions. Through the Monica Programme mum learned about her patterns of relating and to label abuse she had experienced and also gained a better sense of self-esteem through feeling validated and supported and found the programme enlightening. Personal counselling helped her to deal with the abuse and anger and resentment that has arisen from that and to see she had a similar pattern of relating with her own mother. The Client's experience of Family Court was amazing and she felt looked after. The Client was also signposted by Future Living Hertford to Herts Mediation Service which she found was a good kick start to proceedings. The Client feels her needs were met and she got what she had wanted to a certain extent from her settlement. The Client feels her daughter has had a lot of support from Future Living Hertford and this has had a positive impact on her daughter. Proceedings are ongoing as her daughter no longer wants to see her father and he is asking for more contact, she is hoping he will not pursue this through the courts.

Ways you can support us

Sponsor our Events and services

Fundraise for us

ACHIEVEMENT AND PERFORMANCE

Commission our service - Employers for example can commission our services to provide bespoke support to their staff for training opportunities. They can commission us to provide counselling to their staff.

Donate via our donation partners Golden Giving: https://www.goldengiving.com/secure/donation/future-living

Leave a legacy

Volunteer with us to learn new skills, explore career options and support the community in which you live. You can volunteer in lots of ways at our events or by fund raising for us.

Placements, we also engage placement counsellors, psychologists and research assistants through a variety of educational establishments. An application form can be found on our website. https://www.futurelivinghertford.co.uk

FINANCIAL REVIEW

Financial position

During the year the charity made a surplus on normal operating activities of £85,674 (2019 £36,227). Non designated unrestricted funds at the period end were £26,436 (2019 £8,255).

The trustees consider the results achieved for the year to be satisfactory in the current economic climate.

Principal funding sources

The Charity's principal funding sources for the period continued to be for the Sunflower commission income from the Hertfordshire Community Foundation and Lloyds Bank for the CEO salary grant. The trustees wish to thank these organisations for their ongoing support.

Reserves policy

The Charity is committed to being an organisation that grows and develops in a sustainable manner. To this end we will work towards ensuring a diverse funding stream and to achieve unrestricted reserves that is in line with Charity Commission guidance of being no less than three months running costs. At the balance sheet date unrestrcited reserves were approximately three to six months running costs.

Going concern

The trustees have reviewed the Charities financial position and ongoing funding and financial obligations, the trustees consider that the charity has adequate resources available to fund the activities of the charity for the foreseeable future.

The trustees regularly review the Charity's financial position to ensure that sufficient resources are available

FUTURE PLANS

Future Living Hertford managed its increased caseload with an expansion of volunteers during 2020 which continue on with the supportive grant packages available to us from a variety of sources, surrounding COVID 19. The charity moves into the New Year with three to six months of reserves and a budget that will enable it to meet its commitments for the year.

It is planned to continue to expand The Base, the Children and Young People centre, further in 2021 with the inclusion of the Sugar Foot Boxing Academy, a planned boxing app and a new approach to parenting through a Daring to Parent programme. This was developed in house by a Lead Clinician for Children and Young People.

The charity plans to expand its holistic programmes subject to funding and increase its social enterprise activities.

Funding

Future Living Hertford is reliant on a combination of local and Hertfordshire authority grants, project funding from charitable trusts, support from fundraising activities, private donations and social enterprise. It is our plan for the future to market some of our ad hoc services to the public at competitive rates. We feel this will enhance the opportunities for members of the public and ensure that the charity receives the necessary funding to continue its services to its clients.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation established on 31 December 2013.

The charity is controlled by its governing document, a deed of trust, and is registered with the Charity Commission number 1155145.

Organisational structure

Patron

The Lord-Lieutenant Robert Voss, CBE as our Patron attends the majority of our public events and is a great link to our Community.

Trustees

The affairs of the Charity are controlled and managed by the board of trustees. Our board of trustees is made up of senior representative from business, legal, academic and judiciary fields along with other sectors. The board is responsible for the strategic direction, investment and reserves policy of the Charity.

The day to day operations of the Charity are delegated by the board of trustees to the Charities Chief Executive Officer, Mrs Sandra Conte, who reports directly to the board and she is supported by the Charities staff and volunteers.

Staff

We currently have two members of staff. They manage and support our services, clients and volunteer team with a range of specialist skills including Domestic Abuse and Addiction. Healthy Relationships with young people in schools together with a range of holistic programmes. Our team all enjoy a personal development programmes providing them with additional skills and support.

Volunteers

The charity currently enjoys 34 volunteers who bring a variety of skills including counselling, art therapy, jewellery making, quilt making, nutrition and exercise. We welcome the continued expansion of this vital team.

Staff Training

We offer a bespoke personal development plan for each staff member and volunteer in order to provide them with the skills to carry out their duties to the best of their ability and enhance their overall knowledge. This provides our clients with the best possible opportunity of recovery in a pair of 'safe hands'. The team including the trustees undertake a Disclosure and Barring Service check and safeguarding vulnerable adults training together with domestic abuse awareness, addiction awareness, mental health awareness and the counselling process.

Induction and training of new trustees

All new trustees are given full training with regards to the workings of the Charity prior to their induction.

Following induction, any appropriate training is undertaken to ensure all trustees are kept up to date with all current legislation and directives regarding the charity and their position as trustees.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1155145

Principal address

Vale House
43 Cowbridge
Hertford
Hertfordshire
SG14 1PN

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FUTURE LIVING HERTFORD

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2020

Trustees
Mr F McMullen - Chairman
Mr C Melluish
Mrs R Eames
Mr C Fraser
Mrs S Harvey
Mrs K Sweetman (appointed 12.11.20)
Mrs J Marson MP (appointed 26.1.21)
Mr S Barfoot (appointed 26.1.21)

Independent Examiner
Colin Wilkinson - FCCA
Barker Wilkinson Limited
108 High Street
Stevenage
Hertfordshire
SG1 3DW

Approved by order of the board of trustees on 15 March 2021 and signed on its behalf by:

DocuSigned by:
BZ27781786639471

Mr F McMullen - Chairman - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FUTURE LIVING HERTFORD

Independent examiner's report to the trustees of Future Living Hertford
I report to the charity trustees on my examination of the accounts of Future Living Hertford (the Trust) for the year ended 31 December 2020.

Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement
I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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 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 accounts to be reached.

Colin Wilkinson - FCCA
Barker Wilkinson Limited
108 High Street
Stevenage
Hertfordshire
SG1 3DW

15 March 2021

FUTURE LIVING HERTFORD

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	Unrestricted fund £	Restricted funds £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	2,842	1	2,843	12,675
Charitable activities	4				
Core Funding		40,500	147,219	187,719	138,971
Other trading activities	3	21,122	-	21,122	29,271
Total		64,464	147,220	211,684	180,917
EXPENDITURE ON					
Raising funds	5	1,284	1,380	2,664	11,039
Charitable activities	6				
Core Funding		43,999	80,347	124,346	133,651
Total		45,283	81,727	127,010	144,690
NET INCOME		19,181	65,493	84,674	36,227
Transfers between funds	14	(1,000)	1,000	-	-
Net movement in funds		18,181	66,493	84,674	36,227
RECONCILIATION OF FUNDS					
Total funds brought forward		8,255	33,706	41,961	5,734
TOTAL FUNDS CARRIED FORWARD		26,436	100,199	126,635	41,961

The notes form part of these financial statements

FUTURE LIVING HERTFORD

BALANCE SHEET
31 DECEMBER 2020

	Notes	Unrestricted fund £	Restricted funds £	2020 Total funds £	2019 Total funds £
FIXED ASSETS					
Tangible assets	11	1,114	3,308	4,422	6,806
CURRENT ASSETS					
Debtors	12	540	69,988	70,528	24,061
Cash at bank		47,324	46,946	94,270	43,510
		47,864	116,934	164,798	67,571
CREDITORS					
Amounts falling due within one year	13	(22,540)	(20,045)	(42,585)	(32,416)
NET CURRENT ASSETS		25,324	96,889	122,213	35,155
TOTAL ASSETS LESS CURRENT LIABILITIES		26,438	100,197	126,635	41,961
NET ASSETS		26,438	100,197	126,635	41,961
FUNDS	14				
Unrestricted funds				26,438	8,255
Restricted funds				100,197	33,706
TOTAL FUNDS				126,635	41,961

The financial statements were approved by the Board of Trustees and authorised for issue on 15 March 2021 and were signed on its behalf by:

Mr C Fraser - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on cost
Fixtures and fittings	- 25% on cost

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. DONATIONS AND LEGACIES

	2020	2019
	£	£
Donations	2,603	8,714
Gift aid	240	3,961
	2,843	12,675

3. OTHER TRADING ACTIVITIES

	2020	2019
	£	£
Run Hertford	145	7,199
Café income	724	3,576
Counselling & therapy income	20,253	18,496
	21,122	29,271

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2020	2019
		£	£
Grants	Core Funding	173,719	104,971
Contract income	Core Funding	14,000	34,000
		187,719	138,971

Grants received, included in the above, are as follows:

	2020	2019
	£	£
Tesco Groundworks	500	1,000
Network Homes	10,000	10,000
Herfordshire Community Foundation - COVID 19	5,000	-
East Herts District Council - Emergency Fund	7,500	-
Groundwork UK - Healthy Hub	500	-
Community Voluntary Services for Broxbourne and East Herts - COVID19	2,000	-
East Herts District Council - Healthy Hub	1,000	-
Hertfordshire Community Foundation - Monica Programme	10,000	10,000
Lloyds Bank - CEO Salary	-	50,000
Hertfordshire Community Foundation - Young Hearts	-	4,706
Hertfordshire Community Foundation - New Futures	10,000	-
National Lottery - Happy Homes	9,344	-
Lloyds Bank Foundation	14,234	-
The Clothworkers Foundation	2,240	-
The Edward Gostling Foundation	2,500	-
Hertfordshire Police & Crime Commissioner - OPCC	8,699	-
BBC Children in Need	11,472	-
Department for Digital, Cultural, Media and Sport	62,488	-
Peoples Postcode Trust	11,242	-
Hertfordshire Community Foundation - Addiction	5,000	-
Hertfordshire Community Foundation - Wise Guys	-	10,000
Hertfordshire Community Foundation - Iwill	-	2,010
Carried forward	173,719	87,716

continued...

4. INCOME FROM CHARITABLE ACTIVITIES - continued

	2020	2019
	£	£
Brought forward	173,719	87,716
Hertford Town Council - Clinical Supervision	-	800
East Herts District Council - D2C	-	2,955
Hertfordshire County Council - D2C	-	1,000
Hertfordshire County Council - DA-App	-	1,000
QBE Foundation	-	10,000
High Sheriff Award	-	1,500
	173,719	104,971

5. RAISING FUNDS

Other trading activities

	2020	2019
	£	£
Purchases	268	1,010
Run Hertford expenditure	-	3,724
Counselling & therapy expenditure	1,350	4,214
Other event costs	1,046	2,091
	2,664	11,039

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Core Funding	122,204	2,142	124,346

7. SUPPORT COSTS

	Finance	Governance costs	Totals
	£	£	£
Core Funding	42	2,100	2,142

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 nor for the year ended 31 December 2019.

continued...

8. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

Out-of-pocket expenses were reimbursed to one of the trustees as follows.

	2020	2019
	£	£
Working from home Allowance	385	-

9. STAFF COSTS

	2020	2019
	£	£
Wages and salaries	59,494	74,975
Social security costs	-	4,951
Other pension costs	110	97
	59,604	80,023

The average monthly number of employees during the year was as follows:

	2020	2019
CEO	1	1
Support Workers	1	2
	2	3

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

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	8,675	4,000	12,675
Charitable activities			
Core Funding	56,500	82,471	138,971
Other trading activities	29,271	-	29,271
Total	94,446	86,471	180,917
EXPENDITURE ON			
Raising funds	6,222	4,817	11,039
Charitable activities			
Core Funding	84,920	48,731	133,651
Total	91,142	53,548	144,690

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
NET INCOME	3,304	32,923	36,227
Transfers between funds	5,554	(5,554)	-
Net movement in funds	8,858	27,369	36,227
RECONCILIATION OF FUNDS			
Total funds brought forward	(603)	6,337	5,734
TOTAL FUNDS CARRIED FORWARD	8,255	33,706	41,961

11. TANGIBLE FIXED ASSETS

	Plant and machinery	Fixtures and fittings	Totals
	£	£	£
COST			
At 1 January 2020	32,581	3,171	35,752
Additions	3,715	-	3,715
At 31 December 2020	36,296	3,171	39,467
DEPRECIATION			
At 1 January 2020	25,845	3,101	28,946
Charge for year	6,029	70	6,099
At 31 December 2020	31,874	3,171	35,045
NET BOOK VALUE			
At 31 December 2020	4,422	-	4,422
At 31 December 2019	6,736	70	6,806

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Trade debtors	540	17,015
Prepayments and accrued income	69,988	7,046
	70,528	24,061

continued...

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Trade creditors	30,740	8,691
Taxation and social security	2,390	2,529
Other creditors	9,455	21,196
	42,585	32,416

14. MOVEMENT IN FUNDS

	At 1.1.20	Net movement in funds	Transfers between funds	At 31.12.20
	£	£	£	£
Unrestricted funds				
General fund	8,255	19,183	(1,000)	26,438
Restricted funds				
CEO Salary	25,000	(25,000)	-	-
Young Hearts	4,706	(4,212)	-	494
Monica Accreditation	4,000	-	1,000	5,000
New Futures	-	7,310	-	7,310
Happy Homes	-	1,601	-	1,601
Lloyds Bank Foundation	-	9,389	-	9,389
Cloth Workers	-	2,019	-	2,019
Edward Gostling	-	20	-	20
OPCC	-	4,379	-	4,379
Children in Need	-	10,379	-	10,379
DCMS - Match Community Challenge Grant	-	51,204	-	51,204
Peoples Postcode Trust	-	3,742	-	3,742
Addiction	-	4,660	-	4,660
	33,706	65,491	1,000	100,197
TOTAL FUNDS	41,961	84,674	-	126,635

continued...

14. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	64,464	(45,281)	19,183
Restricted funds			
CEO Salary	-	(25,000)	(25,000)
Monica programme	10,000	(10,000)	-
Young Hearts	-	(4,212)	(4,212)
New Futures	10,001	(2,691)	7,310
Happy Homes	9,344	(7,743)	1,601
Lloyds Bank Foundation	14,234	(4,845)	9,389
Cloth Workers	2,240	(221)	2,019
Edward Gostling	2,500	(2,480)	20
OPCC	8,699	(4,320)	4,379
Children in Need	11,472	(1,093)	10,379
DCMS - Match Community Challenge Grant	62,488	(11,284)	51,204
Peoples Postcode Trust	11,242	(7,500)	3,742
Addiction	5,000	(340)	4,660
	147,220	(81,729)	65,491
TOTAL FUNDS	211,684	(127,010)	84,674

Comparatives for movement in funds

	At 1.1.19 £	Net movement in funds £	Transfers between funds £	At 31.12.19 £
Unrestricted funds				
General fund	(603)	3,304	5,554	8,255
Restricted funds				
Other restricted funds	6,337	-	(6,337)	-
CEO Salary	-	25,000	-	25,000
D2C	-	(7)	7	-
DA - App	-	(776)	776	-
Young Hearts	-	4,706	-	4,706
Monica Accreditation	-	4,000	-	4,000
	6,337	32,923	(5,554)	33,706
TOTAL FUNDS	5,734	36,227	-	41,961

continued...

14. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	94,446	(91,142)	3,304
Restricted funds			
CEO Salary	50,000	(25,000)	25,000
Wise Guys	10,000	(10,000)	-
Monica programme	10,000	(10,000)	-
Iwill	2,010	(2,010)	-
Clinical Supervision	800	(800)	-
D2C	3,955	(3,962)	(7)
DA - App	1,000	(1,776)	(776)
Young Hearts	4,706	-	4,706
Monica Accreditation	4,000	-	4,000
	86,471	(53,548)	32,923
TOTAL FUNDS	180,917	(144,690)	36,227

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

	At 1.1.19 £	Net movement in funds £	Transfers between funds £	At 31.12.20 £
Unrestricted funds				
General fund	(603)	22,487	4,554	26,438
Restricted funds				
Other restricted funds	6,337	-	(6,337)	-
D2C	-	(7)	7	-
DA - App	-	(776)	776	-
Young Hearts	-	494	-	494
Monica Accreditation	-	4,000	1,000	5,000
New Futures	-	7,310	-	7,310
Happy Homes	-	1,601	-	1,601
Lloyds Bank Foundation	-	9,389	-	9,389
Cloth Workers	-	2,019	-	2,019
Edward Gostling	-	20	-	20
OPCC	-	4,379	-	4,379
Children in Need	-	10,379	-	10,379
DCMS - Match Community Challenge Grant	-	51,204	-	51,204
Peoples Postcode Trust	-	3,742	-	3,742
Addiction	-	4,660	-	4,660
	6,337	98,414	(4,554)	100,197
TOTAL FUNDS	5,734	120,901	-	126,635

continued...

14. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	158,910	(136,423)	22,487
Restricted funds			
CEO Salary	50,000	(50,000)	-
Wise Guys	10,000	(10,000)	-
Monica programme	20,000	(20,000)	-
Iwill	2,010	(2,010)	-
Clinical Supervision	800	(800)	-
D2C	3,955	(3,962)	(7)
DA - App	1,000	(1,776)	(776)
Young Hearts	4,706	(4,212)	494
Monica Accreditation	4,000	-	4,000
New Futures	10,001	(2,691)	7,310
Happy Homes	9,344	(7,743)	1,601
Lloyds Bank Foundation	14,234	(4,845)	9,389
Cloth Workers	2,240	(221)	2,019
Edward Gostling	2,500	(2,480)	20
OPCC	8,699	(4,320)	4,379
Children in Need	11,472	(1,093)	10,379
DCMS - Match Community Challenge Grant	62,488	(11,284)	51,204
Peoples Postcode Trust	11,242	(7,500)	3,742
Addiction	5,000	(340)	4,660
	233,691	(135,277)	98,414
TOTAL FUNDS	392,601	(271,700)	120,901

UNRESTRICTED FUNDS

General

The general funds are available for expenditure on the furtherance of the charitable objectives.

The fund is largely maintained by contract monies received from Hertfordshire County Council.

RESTRICTED FUNDS

Other restricted funds

In periods prior to 2019 funds received and expended for various programmes and projects had been carried forward within one fund as the major restrictions were similar in nature being restricted to expenditure on salary costs. During the prior period the Trustees reviewed this policy and adopted a policy of separating these funds for greater transparency and to aid users of the financial statements to gain a better understanding of the Charities funding.

The balance brought forward in the prior period was transferred to the general fund as the Trustees believe that all restricted funds received have been spent.

continued...

14. MOVEMENT IN FUNDS - continued

CEO Salary

Grants received from Lloyds Bank are restricted for expenditure on the CEO's salary.

Monica Programme

Grants received from the Hertfordshire Community Foundation are restricted for expenditure on the salary of the project lead to deliver the Monica Programme for female survivors of domestic abuse. All funds received have been expended for this purpose.

Young Hearts

Grants received from the Hertfordshire Community Foundation are restricted for expenditure on the salary of the project lead to deliver Young Hearts our young people's relationship programme in schools.

Unspent funds at the year end are to be expended for this purpose in the coming year.

Monica Accreditation

Donations received from individuals are restricted for expenditure on accreditation fees for the Monica Programme. The accreditation process commenced in 2020 and it is hoped will be completed in 2021.

New Futures

Grants received from the Hertfordshire Community Foundation are restricted for expenditure to provide staff and associated resources to embrace new ways of working during COVID19 restrictions including digital and telephone programmes/support.

Unspent funds at the year end are to be expended for this purpose in the coming year.

Happy Homes

Grants received from the National Lottery are restricted for expenditure to provide additional staffing and resources in the light of COVID19 pandemic.

Unspent funds at the year end are to be expended for this purpose in the coming year.

Lloyds Bank Foundation

Grants received from the Lloyds Bank Foundation are restricted for expenditure to provide additional staff and digital/telephone services in light of increased domestic abuse caseload numbers during the COVID19 pandemic.

Unspent funds at the year end are to be expended for this purpose in the coming year.

Cloth Workers

Grants received from the Clothworkers Foundation are restricted for expenditure to provide headsets for staff and volunteers to carry out remote home working to clients accessing the service

The full grant received has been spent on assets which are depreciated in line with the Charity's depreciation policy and included within fund expenditure.

Unspent funds at the year end are to be expended for this purpose in the coming year.

Edward Gostling

continued...

14. MOVEMENT IN FUNDS - continued

Grants received from the Edward Gostling Foundation are restricted for expenditure to provide resources for Domestic abuse clients during the COVID19 pandemic.

Unspent funds at the year end are to be expended for this purpose in the coming year.

OPCC

Grants received from the Office of the Police and Crime Commissioner are restricted for expenditure to provide staff to support those who were victims of crime connected to domestic abuse during the COVID19 pandemic.

Assets purchased from the OPCC Fund are depreciated in line with the Charity's depreciation policy and included within fund expenditure.

Unspent funds at the year end are to be expended for this purpose in the coming year.

Children in Need

Grants received from BBC Children in Need are restricted for expenditure to provide child therapists and equipment for a therapeutic boxing club for young people during the COVID19 pandemic.

Unspent funds at the year end are to be expended for this purpose in the coming year.

DCMS - Match Community Fund

Grants received from the Lloyd Bank Foundation are restricted for expenditure on running costs for the charity and staff to support various programmes during the period 1st October 2020 to 31st March 2021.

Assets purchased from the DCMS - Match Community Fund are depreciated in line with the Charity's depreciation policy and included within fund expenditure.

Unspent funds at the year end are to be expended for this purpose in the coming year.

Peoples Postcode Trust

Grants received from Peoples Postcode Trust are restricted for expenditure to provide a support programme for male victims of domestic abuse, Wise Guys

Unspent funds at the year end are to be expended for this purpose in the coming year.

Addiction

Grants received from the Hertfordshire Community Fund are restricted for expenditure to provide addiction recovery group, counselling and individual case working to those in recovery from addictions.

Unspent funds at the year end are to be expended for this purpose in the coming year.

Wise Guys

Grants received are restricted for expenditure on the salary of the project lead to deliver the Wise Guys Programme for male survivors of domestic abuse. All funds received have been expended for this purpose.

Iwill

Grants received are restricted for expenditure on the salary of the part time project lead and clinical supervision to deliver the Iwill young peoples volunteer project. All funds received have been expended for this purpose.

Clinical supervision

continued...

14. MOVEMENT IN FUNDS - continued

Grants received are restricted for expenditure on clinical supervision. All funds received have been expended for this purpose.

D2C

Grants received are restricted for expenditure on the salary of the project lead and other related costs to deliver the D2C Project to disconnect young people from the internet and engage with a creative art.

DA-App

Grants received are restricted for expenditure on costs related to developing an app. The overspend in the prior period on this fund were funded by a transfer from the unrestricted general fund.

Transfers between funds

£1,000 has been transferred from the general fund to the Monica Accreditation Fund for Gift Aid receipt which was incorrectly shown as General fund income in 2019.

As noted above the opening funds in 2019 on the Other restricted funds were transferred to the unrestricted general fund.

15. RELATED PARTY DISCLOSURES

During the year, payments of £4,000 were made to Mr S Conte for decorating and building services, Mrs S Conte, the charity's CEO, is the wife of Mr S Conte. All payments to Mr S Conte were authorised by the board of trustees.

Mrs S Harvey, a trustee, is also a trustee of the Hertfordshire Community Foundation who provided grants totalling £44,000 (2019 - £60,716). The Charity also invoiced the Hertfordshire Community Foundation for training and support services totalling £350 (2019 - £1,276). Mrs S Harvey does not sit on any of the grant funding committees of the Herfordshire Community Foundation.

FUTURE LIVING HERTFORD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

	2020 £	2019 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,603	8,714
Gift aid	240	3,961
	2,843	12,675
Other trading activities		
Run Hertford	145	7,199
Café income	724	3,576
Counselling & therapy income	20,253	18,496
	21,122	29,271
Charitable activities		
Grants	173,719	104,971
Contract income	14,000	34,000
	187,719	138,971
Total incoming resources	211,684	180,917
EXPENDITURE		
Other trading activities		
Café expenditure	268	1,010
Run Hertford expenditure	-	3,724
Counselling & therapy expenditure	1,350	4,214
Other event costs	1,046	2,091
	2,664	11,039
Charitable activities		
Wages	59,494	74,975
Social security	-	4,951
Pensions	110	97
Rent	29,446	25,000
Rates and water	364	402
Insurance	645	846
Light and heat	2,011	4,108
Telephone	2,393	2,614
Postage and stationery	998	699
Advertising	1,516	1,383
Sundries	95	714
Travel & subsistence	629	1,058
Volunteer costs	2,042	751
Reference material	189	137
Project materials	5,382	202
Carried forward	105,314	117,937

FUTURE LIVING HERTFORD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020

	2020	2019
	£	£
Charitable activities		
Brought forward	105,314	117,937
Computer costs	823	914
Repairs & renewals	5,866	1,813
Training	1,028	433
Subscriptions	3,074	156
Plant and machinery	6,029	6,236
Fixtures and fittings	70	233
	122,204	127,722
Support costs		
Finance		
Bank charges	42	52
Governance costs		
Accountancy and legal fees	2,100	5,487
AGM costs	-	390
	2,100	5,877
Total resources expended	127,010	144,690
Net income	84,674	36,227