



Unaudited financial statements and trustees'
report for the year ending 31 March 2024

TIME NORFOLK
(A company limited by guarantee)

CONTENTS

	Page
Reference and administrative details of the Company, its Trustees and advisers	1
Trustees' report	2 - 17
Independent examiner's report	18
Statement of financial activities	19
Balance sheet	20
Notes to the financial statements	21 - 34

TIME NORFOLK
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2024**

Trustees	Mr M Spaul Mrs J Ford Mrs S Watts Ms M Snell Ms M-L Numuhoza (appointed 23 June 2023)
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Company registered number	07656339
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Charity registered number	1157905
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Registered office	8 Chalk Hill House 19 Rosary Road Norwich Norfolk NR1 1SZ
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Accountants	Larking Gowen LLP Chartered Accountants 1 st Floor Prospect House Rouen Road Norwich NR1 1RE
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1.Trustees' Report

The Trustees, who are directors for the purposes of company law, present their Annual Report together with the Financial Statements of the Company for the year 1st April 2023 to 31st March 2024. The Annual Report serves the purposes of both a Trustees' Report and a Directors' Report under company law. The Trustees confirm that the Annual Report and Financial Statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS102).

Vision:

For wellbeing support to be available to anyone in Norfolk and Waveney who experiences mental health challenges due to pregnancy loss at any stage, baby loss or pregnancy choices.

Mission:

- To create safe spaces where people are welcomed to come as they are, with their grief, concerns, hopes and fears.
- To provide opportunities to remember and to grieve.
- To provide training to counsellors, wellbeing, health and bereavement professionals.
- To ensure that experiences are heard, valued and may be used to improve services in the future.

Values:

- **Hope:** is the catalyst for change.
- **Community:** no one should feel alone.
- **Stories:** every voice deserves to be heard.
- **Inclusion:** support is for everyone.
- **Time:** time to listen, time to grieve, time to heal.

2. Objectives and activities

To preserve and protect mental health of our clients, including that of partners and families and to advance the education of the public by:

- 1** Offering impartial and confidential counselling and caring support to anyone in distress as a result of, and to promote understanding of the issues surrounding:
 - pregnancy
 - birth
 - pregnancy loss (miscarriage, termination, ectopic pregnancy, molar pregnancy, stillbirth and neonatal death up to 12 months)
 - infertility and secondary infertility
- 2** Supporting pregnant women and their partners to make an informed choice regarding their options concerning termination, adoption or parenting with signpost to appropriate agencies as necessary.
- 3** By such other means as the trustees may, in their absolute discretion, determine that may further the above objects.

Aims

- Providing information, training, and support to professionals working in bereavement and healthcare.
- Supporting the choices of clients and their partners in matters relating to pregnancy, birth, pregnancy loss at any stage, infertility, and related issues.
- Fostering a sense of community through outreach and engagement activities to create a supportive network for individuals and families experiencing pregnancy-related challenges.

3. Chair Report

Dear Supporters and Friends,

As Chair of TimeNorfolk's Board of Trustees

I am pleased to share with you our progress over the past year.



In this, TimeNorfolk's 10th year, it remains an honour to share my thoughts about a cause so close to my heart. Our vision to provide support to those who have suffered the loss of a pregnancy, baby or those who are facing difficult pregnancy choices is one that I am deeply passionate about. This past year has highlighted to me the passion shared by all of our trustees, staff and volunteers that drives us to do all we can to support those in need.

I am particularly proud of our team, who have shown remarkable dedication and commitment over the past year in the face of the challenges that the last 12 months have posed. Thanks to funding we have received, we have been able to double our staffing numbers to cope with the increase in client numbers. Everyone has worked tirelessly to ensure that our vital services remain available to those who need them, despite the financial pressures and logistical obstacles.

Looking ahead, I am confident in our future plans. Our strategic plan, developed with the input of our trustees, staff, volunteers, and clients, provides a clear roadmap for our direction over the next three years. One of our focus' is on working together with Norfolk County Council and the NHS to support the Family Hubs, through taking referrals and providing county wide training. This we hope will enable us to reach more clients in need and continue to make a real difference to the lives of those we support.

I am excited about the future of TimeNorfolk as we work together to continue making a positive impact in our community. I am grateful for the ongoing vital support of our donors, partners and stakeholders without which TimeNorfolk could not continue its vital role. It is our shared mission to ensure that no one faces a pregnancy loss, baby loss or a pregnancy choice without being able to receive genuine, compassionate, professional and client-centred support. I am grateful that we have another hope-filled year ahead for us all as a organisation and individuals.

A handwritten signature in white ink, appearing to read 'M Spaul', written over the text 'With warmest regards.'

With warmest regards.

Martin Spaul, Chair of Trustees

4. CEO Report

Dear Supporters and Friends,



The year 2023 - 2024 has seen significant changes in the field of pregnancy loss and baby loss. January 2024 saw the launch of the first All-Party Parliamentary Group on birth trauma in the UK Parliament. TimeNorfolk also championed the introduction of certificates for pre-24 week losses which came into effect in February 2024. These certificates give bereaved parents the choice to have their loss formally recognised.

Internally, the year has brought the opportunity to welcome new staff to TimeNorfolk. It has been a joy to get to know and work alongside new colleagues. They have brought to the team new enthusiasm, creativity and the drive to fuel our vision and take the missional steps to get there.

Throughout the challenges of organisational change, our core values have remained constant and have kept us moving forwards. These values: hope, community, stories, inclusion and time have given us resilience during a time of challenge and uncertainty for the VCSE sector. We are anticipating seeing increasing levels of demand for our service and therefore it is vital that we continue working in partnership with the local authority, the NHS and VCSE sector to tackle this need together.

As a result of observing and investigating the continued need for our support in Norfolk and Waveney, we have decided to remain focused on these 4 key areas going forwards: counselling, advocacy, education and community.

With our strategic plan in place and a dedicated team of trustees, staff, volunteers, donors and partners, TimeNorfolk is positioned to meet the needs of its clients in the years to come. Thank you for your commitment to our work. Together, we can continue to make a meaningful difference in the lives of those affected by pregnancy loss, baby loss and pregnancy choices.

Best wishes,

Fiona Gosden, **CEO TimeNorfolk**

5. Our work

Counselling - professional wellbeing support delivered in one-to-one or group settings

At TimeNorfolk, we offer one-to-one counselling sessions as well as counselling for couples and groups. We have a team of 15 compassionate counsellors, who all create a safe and confidential space where clients can feel heard, supported and understood. Our counsellors undergo specific training to understand the issues that face our clients and are either fully qualified counsellors, or working towards a degree level counselling qualification.

We are pleased to be working in partnership with Norfolk County Council to deliver counselling for anyone who has experienced pregnancy loss at any stage, baby loss or pregnancy choices. This project is part of Norfolk's Family Hub approach, funded through the National Government Family Hubs and Start for Life Programme. As a result of this funding, we have employed a part-time Children and Young Person's Counsellor. There has also been an increased focus on support for fathers, who currently do not have access to an NHS support pathway. We were also delighted to be able to fund a Norwich counsellor through an NHS contract. This addition to our Norwich counselling team has significantly reduced our waiting time for clients.

This year, we have recruited and trained 10 new volunteers enabling us to support 75 clients a week across Norfolk and Waveney. As well as the counselling support volunteers provide for TimeNorfolk clients, it is also an honour to see volunteers develop their experience for future counselling work, so that they can continue to support those bereaved by pregnancy loss and baby loss, if they wish.

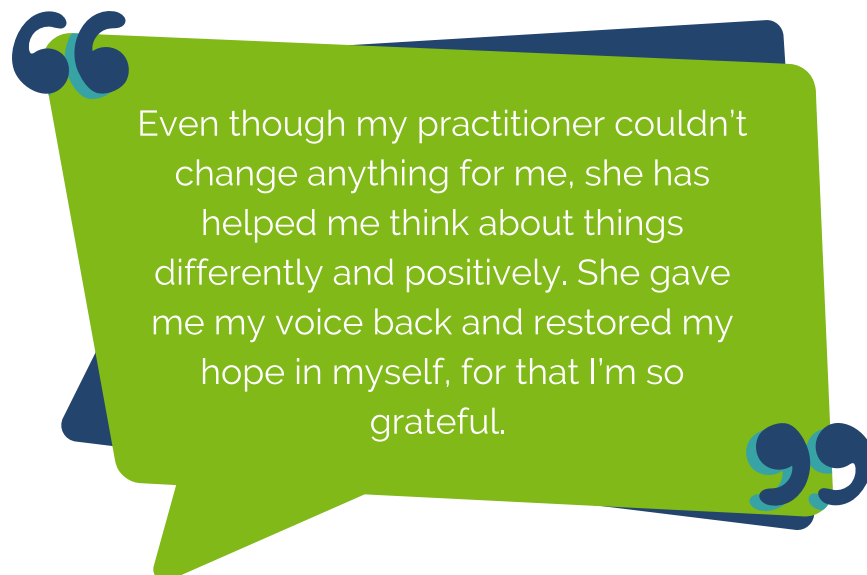


Advocacy - representing client voice and story

We're dedicated to ensuring that experiences are heard and valued. We believe that our client's experiences can help influence the support and services that are available in the future.

TimeNorfolk has been an active voice within the All-Party Parliamentary Group on Baby Loss, including discussion with Donna Ockendon on the vital need for bereavement midwives. Client voice is essential to developing our services and we're looking forward to seeing this area grow as we recommend areas for development in policy and practice.

Our vision states that we provide our support for anyone in Norfolk and Waveney. For this reason, we launched a Practitioners' forum: health and social care for underrepresented groups. The forum aims to enable practitioners from different backgrounds, who would not usually find themselves in the same working space, the opportunity to strengthen professional relationships to benefit clients from underrepresented groups.



Education - sharing our unique knowledge and expertise

We believe that education is a powerful tool for change, which is why we offer a range of education and training initiatives.

We have been intentional about bringing together expertise collectively with healthcare and bereavement professionals. In addition to our annual TimeNorfolk Training Day in partnership with GreenAcres, Colney, we introduced a new workshop in partnership with the University of York titled "Understanding Grief: An Exploratory Workshop". The success of this workshop, in addition to having our voice as part of the Norfolk and Waveney Bereavement Network, has contributed to strong local connections with Norfolk and Waveney referral pathways and appropriate sign-posting agencies.



Family Hubs commissioned TimeNorfolk to provide training on the impact of pregnancy loss and baby loss so that we can better support the professionals and families we work with. Key purposes of the training are to raise awareness of the impact of pregnancy loss, discuss the different types of loss and draw connections to health inequalities.

“

"pregnancy loss and baby loss was very relevant to my work" (Chaplain - TimeNorfolk Training Day)

”



“

"the whole day was interesting and thought provoking and offered other perspectives on grief and loss"
(Child Death Nurse - TimeNorfolk Grief Workshop in partnership with University of York)

”

Community - increasing our presence outside our hub walls

We believe that community support is essential to wellbeing, which is why we strive to increase our presence outside of our hub walls in Norwich, Great Yarmouth and Kings Lynn, to provide opportunities for those with similar experiences to connect and support each other.

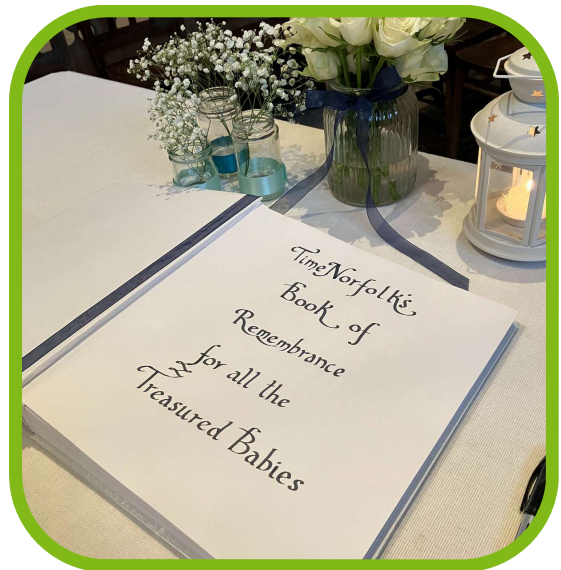
Community is important to our clients, volunteers and staff. For our counsellors, we launched an online noticeboard, which serves as a way of creating unity and sharing supportive resources. The Doorway Of Hope service at Norwich Cathedral during Baby Loss Awareness Week was a deeply moving and popular service. The space invites a comforting community to honour babies lives, grieve remember and find hope.



“

Thank you for all you do especially this service, I shall come again this year to remember my little girl.

”



6. Financial review

TimeNorfolk aims to maintain unrestricted Financial Reserves equal to six months of unrestricted expenditure. This would provide sufficient funds to cover all costs of the charity which may arise. As at 31st March 2024, total unrestricted reserves were £40,811 (2023: £66,106). Of these, £nil (2023: £nil) has been designated for specific purposes by the Trustees. Restricted funds, as at 31st March 2023, totalled £47,958.



“

Being able to understand my own feelings in a safe surrounding and being able to express my thoughts without being judged or made to feel that these thoughts/feelings were wrong.

”

7. Future plans

- 1** Develop a greater understanding of barriers to support; nurturing partnerships with local organisations to enable underrepresented groups to access our services with greater ease.
- 2** Build upon our partnerships with the NHS and Norfolk County Council perinatal mental health workstream to provide support for those who have experienced pregnancy loss or baby loss.
- 3** Develop a strong fundraising plan.
- 4** Recruit and train new volunteer practitioners.
- 5** Enhance our online community by providing specific content for young-people, fathers and underrepresented groups.
- 6** Continue to strengthen the governance and diversity of the board of trustees, bringing the combined skills and experience necessary to ensure that our vision and mission remains relevant across a diverse audience.



8. Public benefit

Statistics

The following charts provide an insight into how the charity has grown and developed over the 2023/2024 Financial Year and have been put together from statistical information from TimeNorfolk's Client Management System. The trustees have complied with their duty to have due regard to the guidance on public benefit by the Charity Commission in exercising their powers or duties.

Volunteers and Student Counsellor volunteers

TimeNorfolk's work is mainly carried out by 12 committed volunteers who are responsible for delivering the aims of the charity alongside the seven staff members. The charity would not be able to continue as it does without the support of its volunteers and the charity is hugely grateful for their dedication.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going-concern basis in preparing the Financial Statements. Further details regarding the adoption of the going-concern basis can be found in the Accounting Policies.



10. Structure, governance and management

Nature of governing document: The company is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association. The company is constituted under a Memorandum of Association and is a registered charity number 1157905. The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

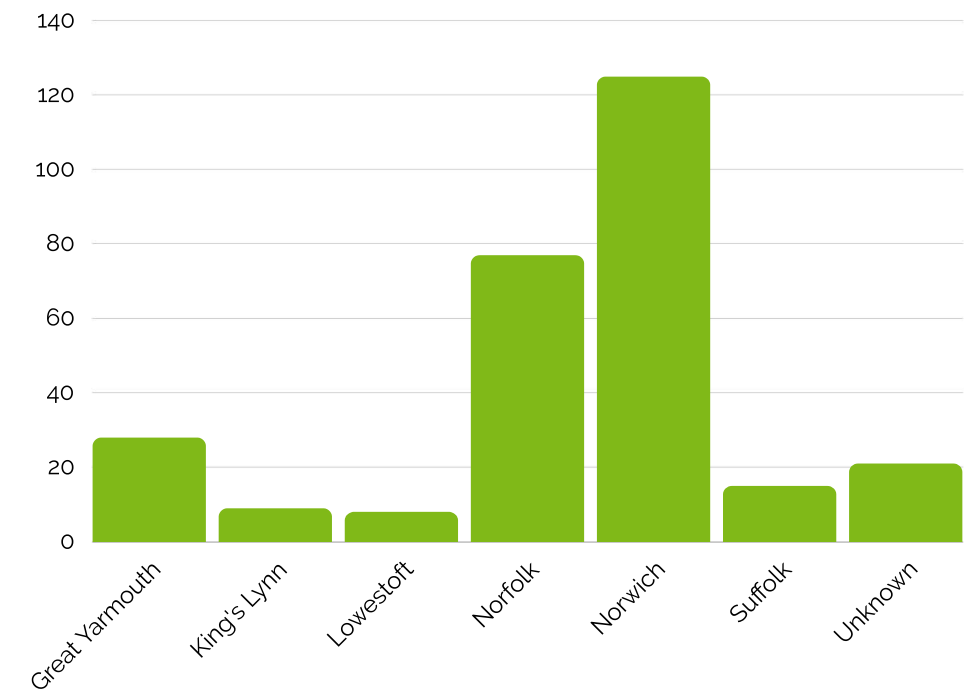
Recruitment and appointment of trustees: the management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

“

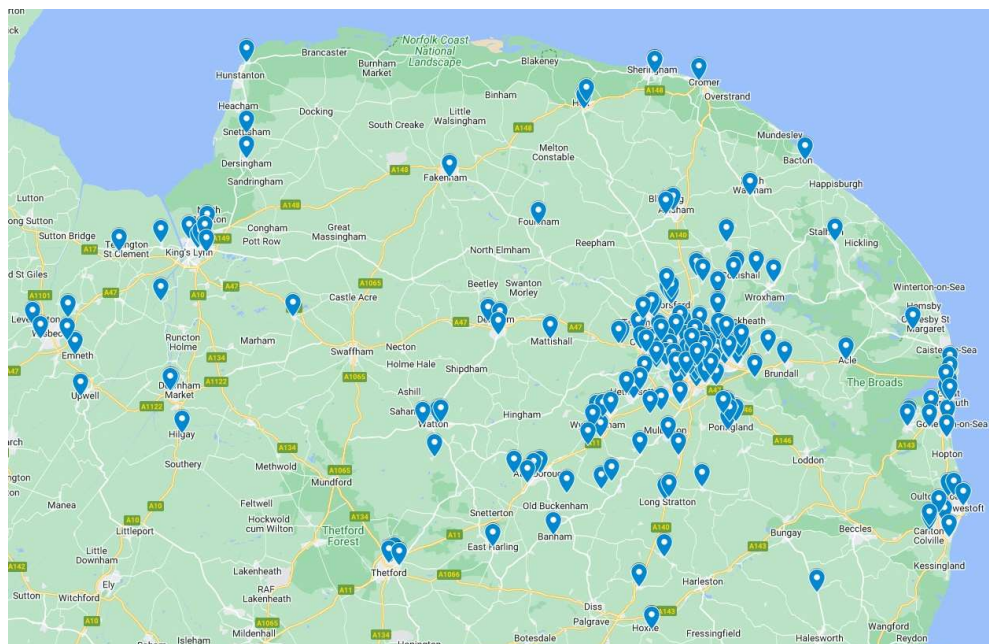
I can't thank Time Norfolk enough for how much they have helped me to improve my quality of life both mentally and physically. I was under such a large amount of emotional stress that it caused a lot of pain in my body. I really appreciated how my practitioner took such time and thought into each of our sessions to ensure I was coming away healthier and understanding myself more. It was truly invaluable for me & I feel so much lighter after completing my sessions with Time Norfolk.

”

Location of Clients

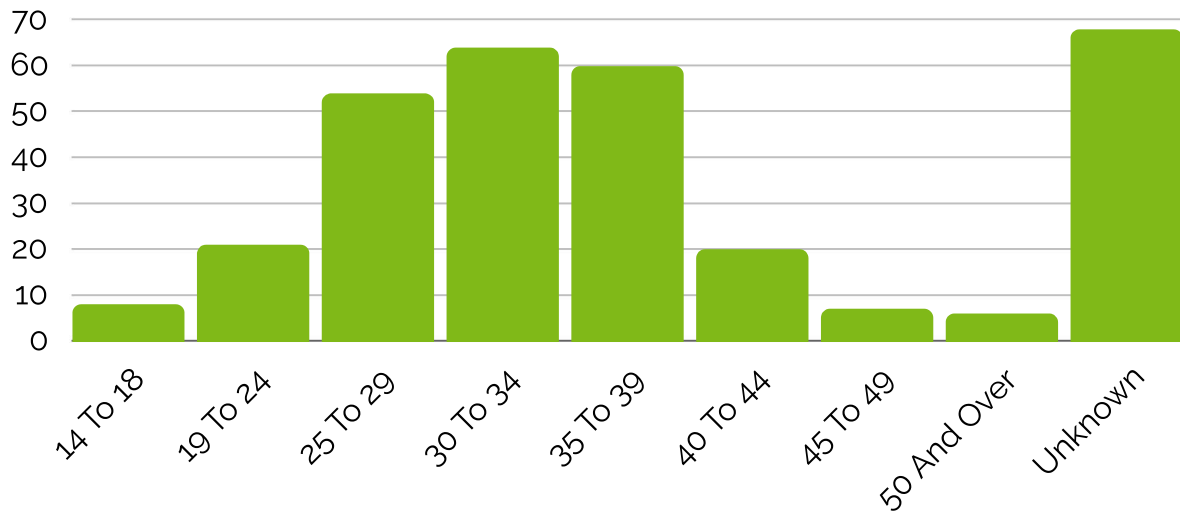


Please note: Most unknown clients approached us for support but then did not respond when followed up or were offered an initial appointment

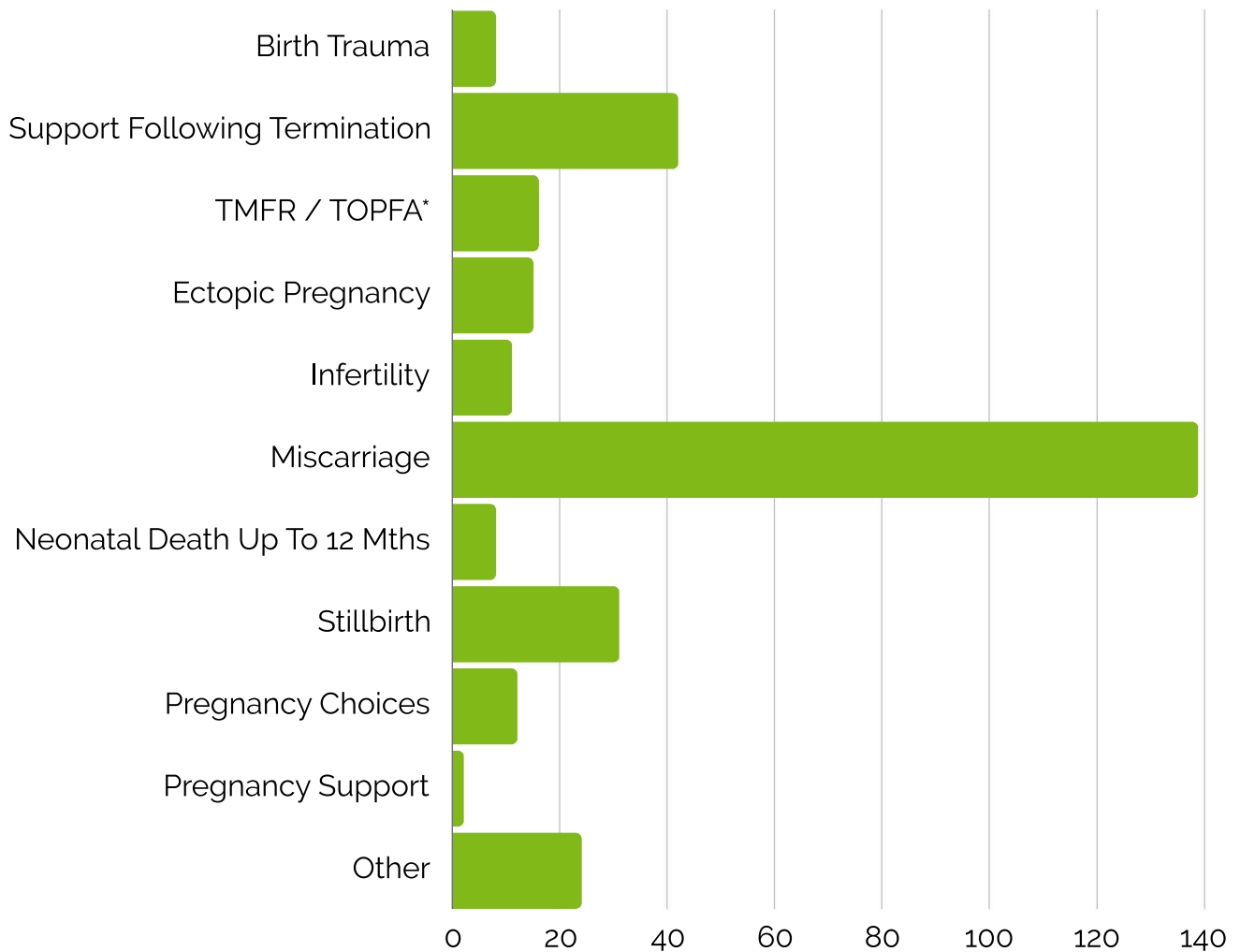


This map shows where our clients are located within Norfolk and the Waveney areas.

Age Range of Clients



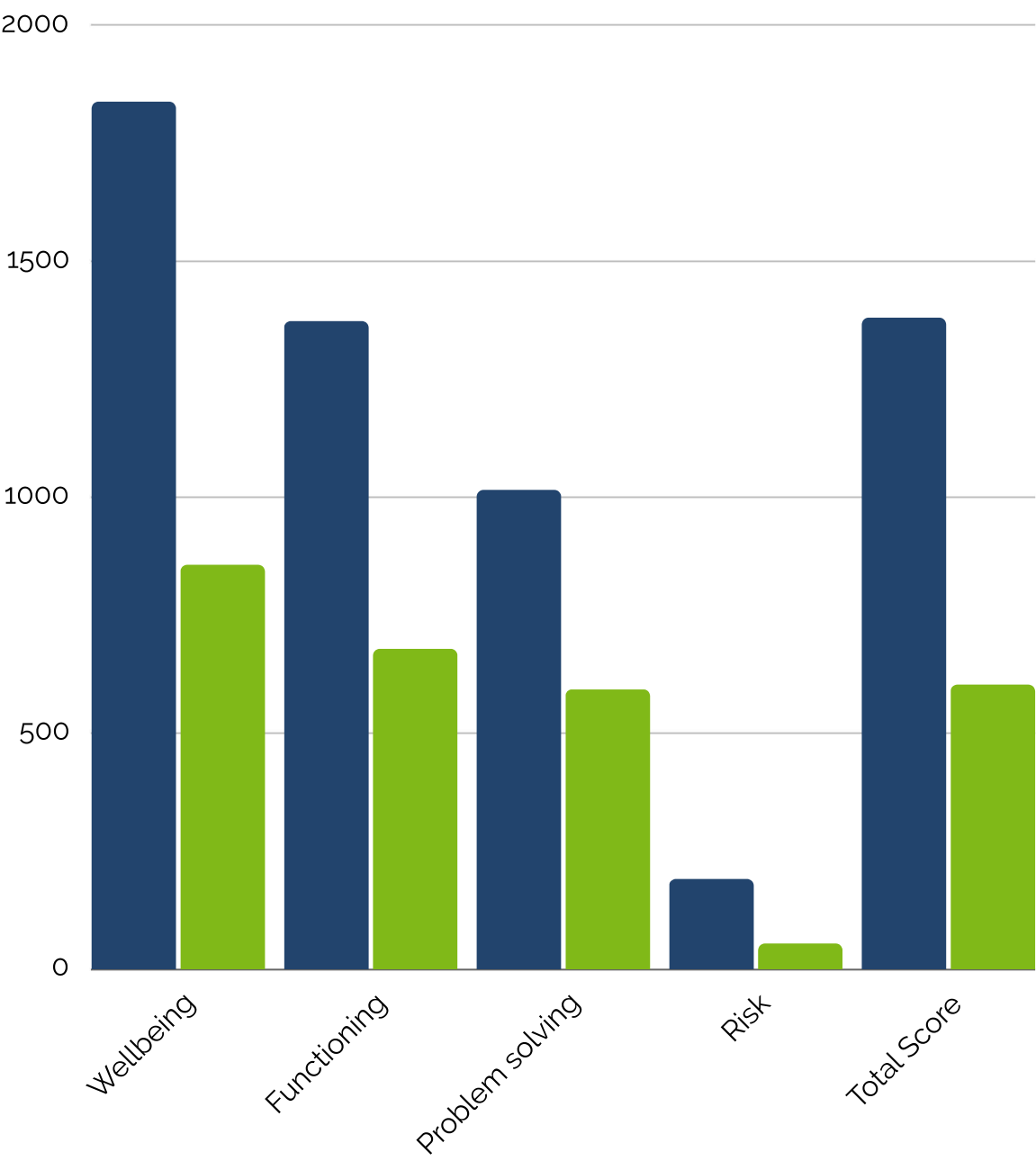
Category of Need



*TMFR - Termination For Medical Reasons /
TOPFA - Termination of Pregnancy For Abnormality

CORE-OM Assessment Scores

Please note: lower scores indicate improvement. Blue indicates before support, green indicates after support.



11. Concluding statements

The Trustees (who are also the Directors of TimeNorfolk for the purposes of company law) are responsible for preparing the Trustees' Report and the Financial Statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations. Company law requires the Trustees to prepare Financial Statements for each Financial Year. Under company law, the Trustees must not approve the Financial Statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period.

In preparing these Financial Statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities' SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the Financial Statements; and
- prepare the Financial Statements on the going-concern basis, unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are also responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy, at any time, the financial position of the Company and enable them to ensure that the Financial Statements comply with the Companies' Act 2006. They are also responsible for safeguarding the assets of the Company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Prepared and approved by order of the members of the Board of Trustees and signed on their behalf by:



Date: 28 May 2024

Mr Martin Spaul, Chair of Trustees.

TIME NORFOLK
(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Independent examiner's report to the Trustees of Time Norfolk ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Independent examiner's statement

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

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

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

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Signed:



Dated: 28 May 2024

G Kerkham FCA DChA

Larking Gowen LLP

Chartered Accountants
1 st Floor Prospect House
Rouen Road
Norwich
NR1 1RE

TIME NORFOLK
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024**

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and grants	3	30,482	95,096	125,578	154,282
Events and room hire	4	12,069	-	12,069	8,037
Investments	5	333	-	333	134
Total income		42,884	95,096	137,980	162,453
Expenditure on:					
Raising funds	6	20,791	-	20,791	15,366
Charitable activities		47,383	121,255	168,638	128,220
Total expenditure		68,174	121,255	189,429	143,586
Net (expenditure)/income		(25,290)	(26,159)	(51,449)	18,867
Transfers between funds	15	(5)	5	-	-
Net movement in funds		(25,295)	(26,154)	(51,449)	18,867
Reconciliation of funds:					
Total funds brought forward		66,106	74,112	140,218	121,351
Net movement in funds		(25,295)	(26,154)	(51,449)	18,867
Total funds carried forward		40,811	47,958	88,769	140,218

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

The notes on pages 21 to 34 form part of these financial statements.

TIME NORFOLK
(A company limited by guarantee)
REGISTERED NUMBER: 07656339

BALANCE SHEET
AS AT 31 MARCH 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	12	4,236	2,763
		<u>4,236</u>	<u>2,763</u>
Current assets			
Debtors	13	9,225	45,787
Cash at bank and in hand		80,562	94,873
		<u>89,787</u>	<u>140,660</u>
Creditors: amounts falling due within one year	14	(5,254)	(3,205)
Net current assets		<u>84,533</u>	<u>137,455</u>
Total net assets		<u><u>88,769</u></u>	<u><u>140,218</u></u>
Charity funds			
Restricted funds	15	47,958	74,112
Unrestricted funds	15	40,811	66,106
Total funds		<u><u>88,769</u></u>	<u><u>140,218</u></u>


The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

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

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

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



.....
Mr M Spaul
 (Chair of Trustees)
 Date: 28 May 2024

The notes on pages 21 to 34 form part of these financial statements.

Company registered number: 07656339

TIME NORFOLK
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

1. General information

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £10 towards the assets of the charity in the event of liquidation. The Registered Office address is 8 Chalk Hill House, 19 Rosary Road, Norwich, NR1 1SZ.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Time Norfolk meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The charity has been hit hard this year by the cost living crisis which has affected how funding bodies award grants. The Charity has been fortunate enough to be awarded funding by Norfolk County Council as a part of the Family Hubs project the second wave of funding for this project is due early in the 2024-2025 financial year. We continue to receive support from the Norfolk Community Foundation alongside other grant providers, donations and fundraising activities. With this in mind and after making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for at least the next 12 months from the date of approval of the accounts. For this reason, the Trustees continue to adopt the ongoing concern basis in preparing the financial statements.

2.3 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

TIME NORFOLK
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets costing £100 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Fixtures and fittings	-	33% straight line
Office equipment	-	33% straight line

2.7 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

TIME NORFOLK
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.8 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.9 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.10 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.11 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

TIME NORFOLK
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

3. Income from donations and grants

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Donations	26,482	-	26,482	37,969
Grants	4,000	95,096	99,096	116,313
	<u>30,482</u>	<u>95,096</u>	<u>125,578</u>	<u>154,282</u>
<i>Total 2023</i>	<u><u>44,712</u></u>	<u><u>109,570</u></u>	<u><u>154,282</u></u>	

4. Income from events and room hire

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Pregnancy Choices	12,069	12,069	8,037
	<u>8,037</u>	<u>8,037</u>	
<i>Total 2023</i>	<u><u>8,037</u></u>	<u><u>8,037</u></u>	

5. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Interest receivable on bank deposits	333	333	134
	<u>134</u>	<u>134</u>	
<i>Total 2023</i>	<u><u>134</u></u>	<u><u>134</u></u>	

TIME NORFOLK
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

6. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Costs of generating donations and grants	20,791	20,791	15,366
	<u> </u>	<u> </u>	<u> </u>
<i>Total 2023</i>	15,366	15,366	
	<u> </u>	<u> </u>	

7. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Pregnancy and birth, Parenting Support	3,172	5,517	8,689	4,328
Pregnancy Loss	34,917	66,193	101,110	76,270
Provision of training	-	22,064	22,064	21,059
Infertility	991	5,516	6,507	4,620
Promoting awareness	19,236	11,032	30,268	21,943
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	58,316	110,322	168,638	128,220
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
<i>Total 2023</i>	36,109	92,111	128,220	
	<u> </u>	<u> </u>	<u> </u>	

TIME NORFOLK
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

8. Support costs

	2024 £	2023 £
Staff and volunteer training	2,148	3,545
Staff costs	53,927	45,339
Rent	16,136	14,561
Service delivery support costs	5,196	4,153
Management and office costs	16,004	13,450
Insurance	972	1,028
Professional fees and subscriptions	8,097	6,589
Depreciation	1,401	985
Other costs	6,441	2,461
	<u>110,322</u>	<u>92,111</u>

9. Independent examiner's remuneration

	2024 £	2023 £
Fees payable to the Company's independent examiner for the independent examination of the Company's annual accounts	<u>2,880</u>	<u>2,640</u>

10. Staff costs

	2024 £	2023 £
Wages and salaries	125,861	94,654
Social security costs	2,530	214
Pension costs	2,251	1,395
	<u>130,642</u>	<u>96,263</u>

The average number of persons employed by the Company during the year was as follows:

	2024 No.	2023 No.
Average number	<u>10</u>	<u>7</u>

TIME NORFOLK
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

10. Staff costs (continued)

No employee received remuneration amounting to more than £60,000 in either year.

The total employee benefits of the key management personnel of the charity were £71,505 (2023: £71,653).

11. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 March 2024, no Trustee expenses have been incurred (2023 - £NIL).

TIME NORFOLK
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

12. Tangible fixed assets

	Fixtures and fittings £
Cost or valuation	
At 1 April 2023	6,476
Additions	2,874
	<hr/>
At 31 March 2024	9,350
	<hr/>
Depreciation	
At 1 April 2023	3,713
Charge for the year	1,401
	<hr/>
At 31 March 2024	5,114
	<hr/>
Net book value	
At 31 March 2024	4,236
	<hr/> <hr/>
<i>At 31 March 2023</i>	2,763
	<hr/> <hr/>

TIME NORFOLK
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

13. Debtors

	2024 £	<i>2023</i> <i>£</i>
Due within one year		
Trade debtors	-	24,262
Prepayments and accrued income	9,225	21,525
	<u>9,225</u>	<u>45,787</u>

14. Creditors: Amounts falling due within one year

	2024 £	<i>2023</i> <i>£</i>
Other taxation and social security	1,873	272
Other creditors	501	497
Accruals and deferred income	2,880	2,436
	<u>5,254</u>	<u>3,205</u>

TIME NORFOLK
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

15. Statement of funds

Statement of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2024 £
Unrestricted funds					
General Funds - all funds	66,106	42,884	(68,174)	(5)	40,811
Restricted funds					
Fixed Asset Funds	2,763	-	(1,204)	2,223	3,782
Paul Bassham Charitable Trust	2,000	-	(2,000)	-	-
Albert Hunt	2,000	-	(742)	-	1,258
NHS Norfolk & Waveney ICB	24,062	-	(14,399)	(871)	8,792
Norwich Freeman's Charity (Norwich Charitable Trusts)	6,915	-	(5,468)	-	1,447
Alan Boswell Group Charitable Trust	-	5,000	(2,283)	-	2,717
Norfolk Community Foundation	12,590	3,438	(13,789)	-	2,239
East of England Co op	-	1,114	(930)	-	184
Florence Clark Charitable Trust	289	-	(93)	-	196
NCF Gt Yarmouth & Waveney Maternity Care Fund	2,000	-	(2,000)	-	-
The Mrs Smith and Mount Trust	3,500	-	(2,452)	-	1,048
Other grants	5,267	1,000	(5,286)	-	981
Norwich Consolidated Charities (Norwich Charitable Trusts)	12,726	-	(12,726)	-	-
Goodman Trust	-	1,500	(296)	-	1,204
Anne French Memorial Trust	-	1,000	(843)	-	157
Charles Littlewood Hill Trust	-	1,000	(659)	-	341
Pebbles - Rank Foundation	-	1,850	(994)	(856)	-
Norfolk County Council	-	78,644	(55,091)	(491)	23,062
Broadcare Gardens	-	550	-	-	550
	74,112	95,096	(121,255)	5	47,958
Total of funds	140,218	137,980	(189,429)	-	88,769

TIME NORFOLK
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

15. Statement of funds (continued)

Restricted Funds:

Fixed Asset Fund - held to fund capital expenditure.

Albert Hunt Fund - held to provide support services for young people (under 18s)

NHS Norfolk & Waveney ICB Fund - held to provide specialist bereavement counselling to women and men, (singularly, or as a couple) living in the Norwich and surrounding localities who have poor mental health having experienced a pregnancy related issue associated with pregnancy loss at any stage, pregnancy choices, and baby loss.

Norwich Freeman's Charity (Norwich Charitable Trusts) - help to provide specialist training for local professionals and bereavement organisations.

Alan Boswell Group Charitable Trust - grant towards employing p/t counsellor (14hrs p/w over 12 months) - with a lead in the GY area.

Norfolk Community Foundation - (Family Flux Fund); Love Norfolk, Denbury Charitable Fund and GT Yarmouth & Waveney Maternity Care Fund - held to deliver specialist support for the wellbeing of clients affected by pregnancy loss and other pregnancy related issues in King's Lynn, Gt Yarmouth & Waveney.

East of England Co-op - help to support the provision of counselling services for pregnancy loss in the Great Yarmouth area.

Florence Clark Charitable Trust - held to fund the charity's work in King's Lynn supporting anyone in distress as a result of pregnancy loss, termination or infertility and to support pregnant women and their partners to make informed choices.

The Mrs Smith and Mount Trust (The Mount Fund) - held to fund specialist counselling support to anyone affected by baby loss and training and supervision of volunteer counsellors.

Other grants include:

- Aquarius Trust - held for service delivery in Kings Lynn including Travel, DBS checks, Professional Journals, External Supervision & Online Services
- Pettit Charitable Trust - held to fund service charge (Chalk Hill House), additional room hire (Great Yarmouth) and counsellor salary.

Norwich Consolidated Charities (Norwich Charitable Trusts) - help to support proportional salary costs of the CEO and Heads of Counselling, Administration and Operations, ensuring core charitable functions effectively underpin Norwich-based activities and beneficiaries.

Norfolk Community Foundation, The Goodman Trust - held to cover the costs of specialist counselling service for those who are experiencing mental health challenges due to pregnancy loss at any stage.

Anne French Memorial Trust - held to fund running costs for Great Yarmouth counselling.

Charles Littlewood Hill Trust - held to provide support for TimeNorfolk's Doorway of Hope service at Norwich Cathedral.

TIME NORFOLK
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

15. Statement of funds (continued)

The Rank Foundation (Pebbles Grants) - capital grant for refurbishment of client rooms, reception and staff areas.

Norfolk County Council/ICB - held to fund Norfolk Family Hubs project - employment and support of 3 counselling/lead/training posts project length 21 months starting 6th Sept 2023.

Broadcare Gardens - held to assist with the costs of hosting TimeNorfolk's 10th Anniversary event at Moosy Gallary in June 2024

Statement of funds - prior year

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2023 £</i>
Unrestricted funds					
General Funds	64,907	52,883	(51,684)	-	66,106
Restricted funds					
Fixed Asset Fund	1,241	-	(985)	2,507	2,763
Geoffrey Watling Trust	2,500	-	(2,500)	-	-
Paul Bassham Charitable Trust	2,000	2,000	(2,000)	-	2,000
NCF - Perinatal	2,968	-	(2,968)	-	-
Albert Hunt	-	2,000	-	-	2,000
NHS Norfolk & Waveney ICB	-	24,062	-	-	24,062
Lady Hind Trust - Great Yarmouth project	1,000	-	(1,000)	-	-
Hospital Saturday Fund	-	2,000	(590)	(1,410)	-
Norwich Freeman's Charity (Norwich Charitable Trusts)	-	10,000	(3,085)	-	6,915
Alan Boswell Group Charitable Trust	2,000	-	(2,000)	-	-
Norfolk Community Foundation grants	-	16,894	(3,833)	(471)	12,590
Big Give - Woman and Girls Match Fund	700	-	(281)	(419)	-
East of England Co op	-	1,000	(1,000)	-	-
Florence Clark Charitable Trust	1,220	-	(931)	-	289
NCF - Bishop of Norwich Fund	1,500	-	(1,500)	-	-

TIME NORFOLK
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

15. Statement of funds (continued)

Statement of funds - prior year (continued)

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2023 £</i>
NCF Gt Yarmouth & Waveney Maternity Care Fund	5,000	2,000	(5,000)	-	2,000
The Mrs Smith and Mount Trust	-	3,500	-	-	3,500
Other grants	257	6,114	(897)	(207)	5,267
Norwich Consolidated Charities (Norwich Charitable Trusts)	33,995	40,000	(61,269)	-	12,726
NCF - Shelroy Charitable Trust Fund	2,063	-	(2,063)	-	-
	<u>56,444</u>	<u>109,570</u>	<u>(91,902)</u>	<u>-</u>	<u>74,112</u>
Total of funds	<u>121,351</u>	<u>162,453</u>	<u>(143,586)</u>	<u>-</u>	<u>140,218</u>

16. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	454	3,782	4,236
Current assets	45,611	44,176	89,787
Creditors due within one year	(5,254)	-	(5,254)
Total	<u>40,811</u>	<u>47,958</u>	<u>88,769</u>

TIME NORFOLK
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

16. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior period

	<i>Unrestricted funds 2023 £</i>	<i>Restricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Tangible fixed assets	-	2,763	2,763
Current assets	69,311	71,349	140,660
Creditors due within one year	(3,205)	-	(3,205)
Total	66,106	74,112	140,218

17. Operating lease commitments

At 31 March 2024 the Company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2024 £	2023 £
Not later than 1 year	12,500	-
Later than 1 year and not later than 5 years	25,000	37,500
	37,500	37,500

The commitment is stated for the full lease period, and not up to the 3-year break clause. This is because it is expected the Charity will be in occupation for the full lease period.

18. Related party transactions

The Company has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Company at 31 March 2024.