

# THE CLARKE LISTER FEEL GOOD CENTRE

England & Wales · Charity number 1159141

## Details

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Other names	CLARKE LISTER FEEL GOOD CENTRE, THE FEEL GOOD CENTRE
Status	Registered
Legal form	CIO
Registered	2014-11-10
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address 10 Lumley Drive  
Peterlee  
County Durham  
SR8 1NL

Phone 0191 5813248

Email [CAROLE@CLARKELISTERFEELGOODCENTRE.ORG.UK](mailto:CAROLE@CLARKELISTERFEELGOODCENTRE.ORG.UK)

## Activities

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**Objects:** TO FURTHER OR BENEFIT THE RESIDENTS OF SEAHAM AND THE NEIGHBOURHOOD, WITHOUT DISTINCTION OF SEX, SEXUAL ORIENTATION, RACE OR OF POLITICAL, RELIGIOUS OR OTHER OPINIONS BY ASSOCIATING TOGETHER THE SAID RESIDENTS AND THE LOCAL AUTHORITIES, VOLUNTARY AND OTHER ORGANISATIONS IN A COMMON EFFORT TO ADVANCE EDUCATION AND TO PROVIDE FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION AND LEISURE TIME OCCUPATION WITH THE OBJECTIVE OF IMPROVING THE CONDITIONS OF LIFE FOR THE RESIDENTS. IN FURTHERANCE OF THESE OBJECTS BUT NOT OTHERWISE, THE TRUSTEES SHALL HAVE POWER: TO ESTABLISH OR SECURE THE ESTABLISHMENT OF A COMMUNITY CENTRE AND TO MAINTAIN OR MANAGE OR CO-OPERATE WITH ANY STATUTORY AUTHORITY IN THE MAINTENANCE AND MANAGEMENT OF SUCH A CENTRE FOR ACTIVITIES PROMOTED BY THE CHARITY IN FURTHERANCE OF THE ABOVE OBJECTS.

**Activities:** The objects of the CIO are: To further or benefit the residents of Seaham and the neighbourhood, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare

## Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Recreation, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Durham

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£5,345	£8,051	-	-
2024-03-31	£16,099	£16,604	-	-
2023-03-31	£22,853	£17,300	-	-
2022-03-31	£25,099	£16,026	-	-
2021-03-31	£39,196	£23,918	-	-

## Trustees

Name	Role	Appointed
CHRISTOPHER PIERCY	Chair	2014-03-14
JULIE ELIZABETH MARTIN		2014-03-14

**THE CLARKE LISTER FEEL GOOD CENTRE**

England & Wales - Charity number 1159141

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# Accounts

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CHARITY NUMBER 1159141

# THE CLARKE LISTER FEEL GOOD CENTRE

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Simplified accounts

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**FOR THE YEAR ENDED**

31<sup>st</sup> March 2025

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## **TRUSTEES REPORT AND GENERAL INFORMATION**

### **Legal and Administration Information**

Management Committee

	Date appointed	Date resigned.
Christopher Piercy	November 2014	
Mrs Julie E. Martin	November 2014	

### **Manager (volunteer)**

Mrs Carole Lister	November 2014
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### **Registered Office**

Earl House, Earl Street, Seaham, Co. Durham. SR7 0DH

### **Bankers**

Barclays Bank plc, Leicester, LE87 2BB

This report was approved by the management committee on

Mr Christopher Piercy.....

Mrs Julie Martin.....

All email signatures are attached at the back of this report

## **Statement of management committee's responsibilities**

The management committee are required to prepare financial statements for the year, which give a true and fair state of affairs of the charity and its results for the period. In preparing those financial statements the statements the committee is required to:

- a) Select suitable accounting policies and apply them consistently;
- b) Make judgements and estimates that are reasonable and prudent;
- c) Prepare the financial statements on an ongoing concern basis unless it is inappropriate to assume that the charity will continue in business.

The management committee is responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking any responsible steps for the prevention and detection of fraud and other regularities.

### **Approval**

This report was approved by the management committee following several phone call and email conversations.

**All email signatures are attached at the back of this report**

## **NOTES to the accounts for year ended 31<sup>st</sup> March 2025**

### Accounting policies

#### Basis of Preparation of the accounts

The accounts are prepared under the historical cost convention and include the results of the charity's operations which are described in the management committee report and all of which are continuing. The charity has taken advantage of the exemption in Financial Reporting Standard No1 from the requirements to prepare a cash flow statement on the grounds that it qualifies as a small charity.

### Income

Voluntary Income and donations are accounted for as being received by the charity. The income from Fund raising ventures is shown gross, with the associated costs included in fundraising costs.

### Value Added Tax

Value Added Tax is not recoverable by the charity, however, such VAT is included in the relevant cost in the income and expenditure account.

### Fund Raising Costs

Fund raising expenditure comprises incurred in inducing people and organisation to contribute financially to the work of the charity. This includes the cost of advertising for donations and the staging of special fund-raising events.

Administration expenditure includes all expenditure not directly to the charitable activity or fund-raising venture. This includes costs of branch contributions.

## **NOTICE OF CLOSURE**

This charity will cease all operations intended to be no later than 31st January 2026.

### Actions:

Carole Lister is to notify the charity commissioners of this date.

Trustees are to agree which charity or charities will benefit from the funds remaining in The Clarke Lister Feel Good centre's accounts.

All funds are to be distributed to charities who are operating with similar objects to the Clarke Lister feel good centre. Once the chosen charities have been agreed, the banks will be asked to transfer the funds.

**From:** Chris Piercy <[chris.piercy1@btinternet.com](mailto:chris.piercy1@btinternet.com)>

**Date:** 11 December 2025 at 14:20:42 GMT

**To:** [carole@clarkelisterfeelgoodcentre.org.uk](mailto:carole@clarkelisterfeelgoodcentre.org.uk)

**Cc:** Julie Martin <[juliemartin146@gmail.com](mailto:juliemartin146@gmail.com)>

**Subject:** Re: year ending march 31st 2025

Hi Carole

I can confirm my agreement with the accounts ending March 25 that they are an accurate representation of the Clarke Lister feel good centre financial position.

Regards

Chris Piercy Chair

Sent from my iPhone

**From:** Julie Martin <[juliemartin146@gmail.com](mailto:juliemartin146@gmail.com)>

**Sent:** 11 December 2025 09:40

**To:** Carole Lister <[carole@clarkelisterfeelgoodcentre.org.uk](mailto:carole@clarkelisterfeelgoodcentre.org.uk)>

**Subject:** Re: end of year 25

Hi Carole

I give full approval to accounts ending March 2025

Regards

Julie Martin Treasurer



CHARITY COMMISSION  
FOR ENGLAND AND WALES

THE CLARKE LISTER FEEL GOOD CENTRE

1159141

## Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01.04.24		31.03.25

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
ROOM HIRE	2,600	-	-	2,600	-
EVENTS/CATERING	2,628	-	-	2,628	-
FUNDRAISING - JUSTGIVING		-	-	-	-
CREDITS	117	-	-	117	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>5,345</b>	<b>-</b>	<b>-</b>	<b>5,345</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>5,345</b>	<b>-</b>	<b>-</b>	<b>5,345</b>	<b>-</b>
<b>A3 Payments</b>					
cleanng/décor/furnishings	-	-	-	-	-
catering equipment	-	-	-	-	-
catering food/events	470	-	-	470	-
domain/gratuities	175	-	-	175	-
utilities/insurance/accounts	3,129	-	-	3,129	-
maintenance	1,522	-	-	1,522	-
wages/sage	2,750	-	-	2,750	-
printing/stationary		-	-	-	-
postage	5	-	-	5	-
<b>Sub total</b>	<b>8,051</b>	<b>-</b>	<b>-</b>	<b>8,051</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>		<b>-</b>	<b>-</b>	<b>Cross Add Error</b>	<b>-</b>
<b>Net of receipts/(payments)</b>		<b>-</b>	<b>-</b>		<b>-</b>
<b>A5 Transfers between funds</b>		<b>-</b>	<b>-</b>		<b>-</b>
<b>A6 Cash funds last year end</b>	<b>63,193</b>	<b>-</b>	<b>-</b>	<b>63,193</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>60,487</b>	<b>-</b>	<b>-</b>	<b>60,487</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		60,487	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>60,487</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	approved as see on report	Christopher Piercy	11.12.25
			EMAIL

**THE CLARKE LISTER FEEL GOOD CENTRE**

England & Wales - Charity number 1159141

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# Accounts

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CHARITY NUMBER 1159141

# THE CLARKE LISTER FEEL GOOD CENTRE

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Simplified accounts

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**FOR THE YEAR ENDED**

31<sup>st</sup> March 2024

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## **TRUSTEES REPORT AND GENERAL INFORMATION**

### **Legal and Administration Information**

#### Management Committee

	Date appointed	Date resigned.
Christopher Piercy	November 2014	
Mrs Julie E. Martin	November 2014	

#### **Manager (volunteer)**

Mrs Carole Lister                      November 2014

#### **Registered Office**

Earl House, Earl Street, Seaham, Co. Durham. SR7 0DH

#### **Bankers**

Barclays Bank plc, Leicester, LE87 2BB

This report was approved by the management committee on

Mr Christopher Piercy.....4.12.25 VIA COPY OF EMAIL ATTACHED AT BACK OF REPORT...

Mrs Julie Martin.....4.12.25 VIA COPY OF EMAIL ATTACHED AT BACK OF REPORT.

All email signatures are attached at the back of this report

## **Statement of management committee's responsibilities**

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- b) Make judgements and estimates that are reasonable and prudent;
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### **Approval**

This report was approved by the management committee following several conversations and final approval of accounts via email.

Copy of both emails are at the back of this document

Date:

All email signatures are attached at the back of this report

Signature/s

Chairman Chris Piercy

Treasurer Julie Martin

## **NOTES to the accounts for year ended 31<sup>st</sup> March 2024**

### Accounting policies

#### Basis of Preparation of the accounts

The accounts are prepared under the historical cost convention and include the results of the charity's operations which are described in the management committee report and all of which are continuing. The charity has taken advantage of the exemption in Financial Reporting Standard No1 from the requirements to prepare a cash flow statement on the grounds that it qualifies as a small charity.

#### Income

Voluntary Income and donations are accounted for as being received by the charity. The income from Fund raising ventures is shown gross, with the associated costs included in fundraising costs.

#### Value Added Tax

Value Added Tax is not recoverable by the charity, however, such VAT is included in the relevant cost in the income and expenditure account.

#### Fund Raising Costs

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Administration expenditure includes all expenditure not directly to the charitable activity or fund-raising venture. This includes costs of branch contributions.

**From:** Chris Piercy <[chris.piercy1@btinternet.com](mailto:chris.piercy1@btinternet.com)>

**Date:** 04 December 2025 at 11:28:44 GMT

**To:** [carole@clarkelisterfeelgoodcentre.org.uk](mailto:carole@clarkelisterfeelgoodcentre.org.uk)

**Cc:** Julie Martin <[juliemartin146@gmail.com](mailto:juliemartin146@gmail.com)>

**Subject:** Re: year ending march 31st 2025

Hi Carole

I can confirm my agreement with the accounts ending March 24 that they are an accurate representation of the Clarke Lister feel good centre financial position.

Regards

Chris Piercy

Sent from my iPhone

**From:** Julie Martin <[juliemartin146@gmail.com](mailto:juliemartin146@gmail.com)>

**Sent:** 04 December 2025 13:55

**To:** Carole Lister <[carole@clarkelisterfeelgoodcentre.org.uk](mailto:carole@clarkelisterfeelgoodcentre.org.uk)>

**Subject:** Re: end of year 24

Hi Carole

I approve of the accounts for year 2023 to 2024

Regards

Julie Martin

End of report

Simplified accounts to be forwarded to the charity commissioners



CHARITY COMMISSION  
FOR ENGLAND AND WALES

THE CLARKE LISTER FEEL GOOD CENTRE

1159141

## Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	1.04.23		31.03.2024

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
ROOM HIRE	5,650	-	-	5,650	-
EVENTS/CATERING	8,999	-	-	8,999	-
FUNDRAISING - JUSTGIVING	1,370	-	-	1,370	-
CREDITS	80	-	-	80	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>16,099</b>	<b>-</b>	<b>-</b>	<b>16,099</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>16,099</b>	<b>-</b>	<b>-</b>	<b>16,099</b>	<b>-</b>
<b>A3 Payments</b>					
cleanng/décor/furnishings	74	-	-	74	-
catering equipment	16	-	-	16	-
catering food/events	2,646	-	-	2,646	-
domain	25	-	-	25	-
utilities/insurance/accounts	7,192	-	-	7,192	-
maintenance	1,140	-	-	1,140	-
wages/sage	5,415	-	-	5,415	-
printing/stationary	67	-	-	67	-
postage	29	-	-	29	-
<b>Sub total</b>	<b>16,604</b>	<b>-</b>	<b>-</b>	<b>16,604</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>16,604</b>	<b>-</b>	<b>-</b>	<b>16,604</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 505</b>	<b>-</b>	<b>-</b>	<b>- 505</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>63,688</b>	<b>-</b>	<b>-</b>	<b>63,688</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>63,193</b>	<b>-</b>	<b>-</b>	<b>63,193</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		63,193	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>63,193</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	APPROVED AS ON EMAIL	Christopher Piercy	4.12.25	

**THE CLARKE LISTER FEEL GOOD CENTRE**

England & Wales - Charity number 1159141

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# Accounts

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CHARITY NUMBER 1159141

# THE CLARKE LISTER FEEL GOOD CENTRE

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Simplified accounts

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FOR THE YEAR ENDED

31<sup>st</sup> March 2023

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## **TRUSTEES REPORT AND GENERAL INFORMATION**

### **Legal and Administration Information**

#### Management Committee

	Date appointed	Date resigned.
Christopher Piercy	November 2014	
Mrs Julie E. Martin	November 2014	

#### **Manager (volunteer)**

Mrs Carole Lister                      November 2014

#### **Registered Office**

Earl House, Earl Street, Seaham, Co. Durham. SR7 0DH

#### **Bankers**

Barclays Bank plc, Leicester, LE87 2BB

This report was approved by the management committee on: 25.04.25

Mr Christopher Piercy – Trustee – email copy of approval at the end of this report

Mrs Julie Martin – treasurer - email copy of signature/s are attached at the back of this report

## Statement of management committee's responsibilities

The management committee are required to prepare financial statements for the year, which give a true and fair state of affairs of the charity and its results for the period. In preparing those financial statements the statements the committee is required to:

- a) Select suitable accounting policies and apply them consistently;
- b) Make judgements and estimates that are reasonable and prudent;
- c) Prepare the financial statements on an ongoing concern basis unless it is inappropriate to assume that the charity will continue in business.

The management committee is responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking any responsible steps for the prevention and detection of fraud and other regularities.

### Approval

This report was approved by the management committee following a virtual meeting to discuss the content.

Date:25.04.25

Signature/s.....

Chairman: Christopher Piercy

All email signatures are attached at the end of this report

## NOTES to the accounts for year ended 31<sup>st</sup> March 2023

### Accounting policies

#### Basis of Preparation of the accounts

The accounts are prepared under the historical cost convention and include the results of the charity's operations which are described in the management committee report and all of which are continuing. The charity has taken advantage of the exemption in Financial Reporting Standard No1 from the requirements to prepare a cash flow statement on the grounds that it qualifies as a small charity.

#### Income

Voluntary Income and donations are accounted for as being received by the charity. The income from Fund raising ventures is shown gross, with the associated costs included in fundraising costs.

#### Value Added Tax

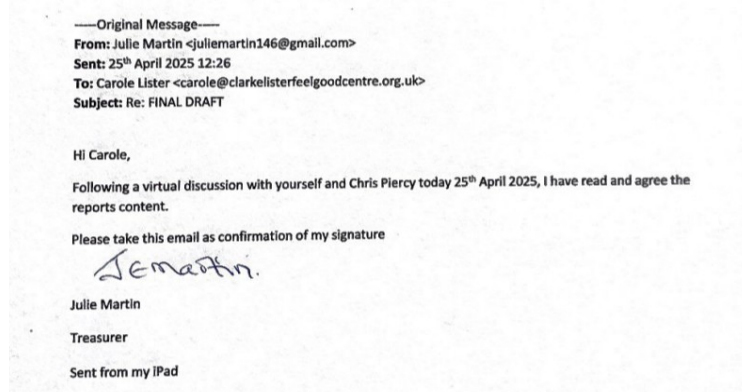
Value Added Tax is not recoverable by the charity, however, such VAT is included in the relevant cost in the income and expenditure account.

#### Fund Raising Costs

Fund raising expenditure comprises incurred in inducing people and organisation to contribute financially to the work of the charity. This includes the cost of advertising for donations and the staging of special fund-raising events.

Administration expenditure includes all expenditure not directly to the charitable activity or fund-raising venture. This includes costs of branch contributions.

Email signatures herewith.



-----Original Message-----

From: Chris Piercy <chris.piercy1@btinternet.com>  
Sent: 25 April 2025 18:04  
To: Carole Lister <carole@clarkelisterfeelgoodcentre.org.uk>  
Cc: Julie Martin <juliemartin146@gmail.com>  
Subject: \*\*\*SPAM\*\*\* Year end accounts

Hi Carole further to our virtual meeting today I am happy to confirm my approval of accounts as shared during our discussion.

Many thanks for your hard work getting the accounts finalised.

Regards

Chris Piercy

TRUSTEE



CHARITY COMMISSION  
FOR ENGLAND AND WALES

THE CLARKE LISTER FEEL GOOD CENTRE

1159141

## Receipts and payments accounts

CC16a

For the period from	Period start date 1.04.2022	To	Period end date 31.03.2023
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
ROOM HIRE	4,280	-	-	4,280	-
EVENTS/CATERING	15,504	-	-	15,504	-
FUNDRAISING - JUSTGIVING	2,905	-	-	2,905	-
CREDITS	164	-	-	164	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>22,853</b>	<b>-</b>	<b>-</b>	<b>22,853</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>22,853</b>	<b>-</b>	<b>-</b>	<b>22,853</b>	<b>-</b>
<b>A3 Payments</b>					
cleanng/décor/furnishings	292	-	-	292	-
catering equipment	107	-	-	107	-
catering food/events	4,372	-	-	4,372	-
great north run - costs	608	-	-	608	-
utilities/insurance/accounts	5,505	-	-	5,505	-
maintenance	811	-	-	811	-
wages/sage	5,401	-	-	5,401	-
printing/stationary	38	-	-	38	-
training	168	-	-	168	-
<b>Sub total</b>	<b>17,300</b>	<b>-</b>	<b>-</b>	<b>17,300</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>17,300</b>	<b>-</b>	<b>-</b>	<b>17,300</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>5,553</b>	<b>-</b>	<b>-</b>	<b>5,553</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>58,135</b>	<b>-</b>	<b>-</b>	<b>58,135</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>63,688</b>	<b>-</b>	<b>-</b>	<b>63,688</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		63,688	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>63,688</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
approved as see on report	Christopher Piercy	25.05.25

**THE CLARKE LISTER FEEL GOOD CENTRE**

England & Wales - Charity number 1159141

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# Accounts

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CHARITY NUMBER 1159141

# THE CLARKE LISTER FEEL GOOD CENTRE

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TRUSTEES REPORT AND FINACIAL STATEMENTS

FOR THE YEAR ENDED

31<sup>st</sup> March 2022

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Statement of Management and Committees responsibilities

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Independent Examiners Report

### **Page 10**

Annual Cover Letter

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Trustees signatures

# **TRUSTEES REPORT AND GENERAL INFORMATION**

## **Legal and Administration Information**

Management Committee

	Date appointed	Date resigned.
Christopher Piercy	November 2014	
Mrs Julie E. Martin	November 2014	
Ms Dawn M Culley	June 2015	

### **Manager (volunteer)**

Mrs Carole Lister                      November 2014

### **Registered Office**

Earl House, Earl Street, Seaham, Co. Durham. SR7 0DH

### **Bankers**

Barclays Bank plc, Leicester, LE87 2BB

### **Independent Examiners**

AccuTax Accounting  
1 Beech Terrace  
Horden  
Peterlee  
County Durham

This report was approved by the management committee on 28<sup>th</sup> March 2023.....

Mr Christopher Piercy.....

Mrs Julie Martin.....

All email signatures are attached at the back of this report

NOTED: THESE ACCOUNTS ARE OVERDUE AS STATED WITHIN THE CHARITY COMMISSIONERS SITE

# The Clarke Lister Feel Good Centre Seaham

## Management report

The management committee present their report and accounts for the year end March 31<sup>st</sup> 2022.

In November 2014 the Clarke Lister Feel Good Centre received charitable status as a CIO.

In December 2014 the charity signed a 30year lease and asset transfer of Earl House in Seaham Co. Durham

Having worked closely with Durham County council and their representatives in the learning and understanding of the principles of managing a centre and acquiring a prefeasibility, evidencing the need, the council approved the asset transfer.

***The primary aim for The Clarke Lister Feel Good Centre is to manage and direct the centre for the benefit of all users, providing added value. Also to actively promote full inclusion for all, supporting people who have a neurological condition as well as the wider community in helping to combat isolation and loneliness, creating a friendly space where people can socialise, make friends and feel safe. This will be done by offering social settings with 'home cooked food' as well as exercise, and therapy sessions the centre will create a place where people will 'feel good' improving their wellbeing.***

Since acquiring the building in 2014 major refurbishment, has taken place, in small stages until now in 2022. Windows /doors /exit doors and heating has been replaced, a new toilet block has been built, an uplift took place in the main hall including a new floor and kitchen has been replaced, a new roof /ceiling and electric lights/sockets was also replaced in the entrance hall. The building had an alarm and camera system installed. A massive garden makeover was carried out by local firm Jewson Builders, and secure fencing was erected.

## **20-21 Year of the Pandemic**

Working within Government Covid guidelines the centre closed its doors to our community users on the 17<sup>th</sup> March 2021, and re-opened in September 2022 when it was safe to do so. This was done working within government guidelines and restricted numbers attending.

### **Grants restricted.**

We were awarded restricted grants for a cook assistant, which has been carried forward to 2022 @ £8640.

We were also awarded a £500 grant to buy a fogging machine to ensure being covid clean throughout our premises.

We also received a grant of £7246 towards the cost of a kitchen refit, and main hall updates including electrics. Which took place behind closed doors when tradesmen, could return to work in a safe place. The centre was closed for this duration of the refurbishment.

During 2022 all of the above tasks were completed

### **Grants Unrestricted**

We received unrestricted grants of £11500 from Durham County council to help financially with the restart of our community centre and the loss of incomes. This will help immensely in providing a service to encourage our service users back, overtime.

## **Outcome - Returning group users.**

A return to normal has been challenging, with many who lack confidence not returning.

### **Plans for 2022 – 2023. Feel Good Sessions will include:**

Monthly cabaret – inviting like for like groups, promoting social interaction, in a social setting, enhancing their wellbeing.

Exercise in chairs/or standing. This will be for a mix of abilities, with the aim, of increasing circulation, and acquiring the 'FEEL GOOD' factor

Community Bingo with high tea

MONDAY'S FEEL GOOD – session. Not only do we have a 'feel good' day of activity on Mondays at our centre, but we also invite our members to days out. We have a saying in our group, we don't use the word disabled, we quote the phrase "differently abled' proving that everyone has a different ability and each person is an individual. Our Monday Group is growing from strength to strength.

### **Wednesday sessions are planned – following our success of Mondays.**

#### **2 YEAR PLAN –phase 2**

Assisted exercise suite. To prepare a robust business plan and its costings and seek funding.

The building still needs to be reconfigured to develop more areas/rooms to be able to increase activity. However now that Phase 1 is complete with the new toilets built, and now with the new refurbishment of the kitchen and main hall, it is time to plan phase 2 which is to reconfigure the rest of the down stairs floor are to accommodate an Assisted Exercise suite.

Funding needs to be sought for the provision of equipment, and salaries to run the assisted exercise suite.

Partnership working with the AAP to assist us, as well as and other funders are being sought.

#### **STAFF**

Although retired Carole continues to cover the work of a centre manager on a voluntary basis. The position of a manager is vital in taking the charity forward. It is recognised that as a sole worker on a project of this size, cannot continue, and therefore it is a key priority to seek the funding based on lessons learned and success so far. Carole is to work with the AAP who are confident that a funder/s can be found and have said they would work with the charity in support.

#### **Volunteers and staff training**

To ensure we can deliver our plans, the need for volunteers has never been more apparent. Volunteers will offer a valuable and significant difference in the service to our community, beneficiaries and play a vital role in the management of our centre.

Carole is to speak with Durham Community Action to assist in the recruitment of volunteers.

Further training sessions are to be attended with staff and volunteers to increase the knowledge Of Facebook and social media, as a marketplace. Other training sessions for staff are: safe guarding: Food safety: first aid: health and safety in the work place

## The Clarke Lister Feel Good Centre

### Balance Sheet Year Ending 31/03/2022

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Current assets</b>		
Cash at bank	58,135.00	49,062.00
<b>Total</b>		
<b>Current Assets</b>	58,135.00	49,062.00
<b>Current liabilities</b>		
Creditors: due within one year	500.00	500.00
<b>Net Current Assets</b>		
<b>Total</b>	<u>57,635.00</u>	<u>48,562.00</u>
<b>The Funds of the charity</b>		
<b>Unrestricted funds brought forward</b>	39,922.00	24,644.00
Excess of income/expenditure for the year	12,639.00	15,278.00
<b>Unrestricted funds carried forward</b>	<u>52,561.00</u>	<u>39,922.00</u>
<b>Restricted funds brought forward</b>	8,640.00	-
Spent during year	- 3,566.00	-
Received in year		8,640.00
<b>Restricted funds carried forward</b>	<u>5074</u>	<u>8,640.00</u>
<b>Total</b>	<u>57,635.00</u>	<u>48,562.00</u>

# THE CLARKE LISTER FEEL GOOD CENTRE

INCOME AND EXPENDITURE ACCOUNT      ENDING MARCH 31ST 2022

INCOME	2022		2022 TOTAL	2021		Total
	U	R		U	R	2021 £
<b>U= UNRESTRICTED</b>						
<b>R = RESTRICTED</b>						
Room hire	2,220.00			-		-
Catering	11,083.67			-		-
Fundraising	80.00			-		-
dcc grants            various	11,500.00			22,238.00		22,238.00
dcc local cook grant/wages		-		-	8,640.00	8,640.00
dcc local 'kitchen refit' grant		-			7,246.00	7,246.00
believe housing covid clean grant		-			500.00	500.00
donations	25.00			40.00		40.00
CREDITS - VARIOUS	16.80			532.00		532.00
Bereavement	174.00					
	25,099.47	-	25,099.47	22,810.00	16386	39,196.00
<b>EXPENDITURE</b>						
Cleaning	364.95			246.00		246.00
Catering	4,377.44			25.00		25.00
Fundraising	830.00			-		
Utilities	3,302.16			1,882.00		1,882.00
Maintenance	2,327.09			1,416.00		1,416.00
Miscellaneous	1,149.46			301.00		301.00
dcc local cook grant/wages		3,565.50			-	
Print and stationery	27.25			184.00		184.00
Insurance/Accountant	34.98			1,006.00		1,006.00
Training/class facilitating	47.35			539.00		539.00
dcc local 'kitchen refit'				915.00	7,246.00	8,161.00
believe housing - covid clean				1,018.00	500.00	1,518.00
<b>Total</b>	12,460.68	3,565.50	16,026.18	7,532.00	7746	15,278.00
C/F      restricted funds cook		- 3,565.50	-3565.5	15,278.00		15,278.00
	12,638.79		12638.79		8640	8,640.00
<b>Excess of income over expenditure</b>			9,073.29	15,278.00	8,640.00	23918.00

## Statement of management committee's responsibilities

The management committee are required to prepare financial statements for the year, which give a true and fair state of affairs of the charity and its results for the period. In preparing those financial statements the statements the committee is required to:

- a) Select suitable accounting policies and apply them consistently;
- b) Make judgements and estimates that are reasonable and prudent;
- c) Prepare the financial statements on an ongoing concern basis unless it is inappropriate to assume that the charity will continue in business.

The management committee is responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking any responsible steps for the prevention and detection of fraud and other regularities.

### Approval

This report was approved by the management committee attending a virtual meeting.

Date: 28<sup>th</sup> March 2023

All email signatures are attached at the back of this report

Signature/s

Chairman Chris Piercy

Treasurer Julie Martin

.

## **NOTES to the accounts for year ended 31<sup>st</sup> March 2022**

### Accounting policies

#### Basis of Preparation of the accounts

The accounts are prepared under the historical cost convention and include the results of the charity's operations which are described in the management committee report and all of which are continuing. The charity has taken advantage of the exemption in Financial Reporting Standard No1 from the requirements to prepare a cash flow statement on the grounds that it qualifies as a small charity.

#### Income

Voluntary Income and donations are accounted for as being received by the charity. The income from Fund raising ventures is shown gross, with the associated costs included in fundraising costs.

#### Value Added Tax

Value Added Tax is not recoverable by the charity, however, such VAT is included in the relevant cost in the income and expenditure account.

#### Fund Raising Costs

Fund raising expenditure comprises incurred in inducing people and organisation to contribute financially to the work of the charity. This includes the cost of advertising for donations and the staging of special fund-raising events.

Administration expenditure includes all expenditure not directly to the charitable activity or fund-raising venture. This includes costs of branch contributions.

## **AccuTax Accounting**

Independent Examiners Report on behalf of The Clarke Lister Feel Good Centre

### **Independent Examiners Report**

Wesley Hepburn from AccuTax Accounting reports the yearend financial accounts for The Clarke Lister Feel Good Centre for the period of 1<sup>st</sup> April 2021 - 31<sup>st</sup> March 2022.

### **Respective Responsibilities of Trustees and Examiner**

The Trustees of The Clarke Lister Feel Good Centre (registered Charity) are responsible for the preparation of the accounts; they consider that the audit requirement under section 144 of the Charities Act 2011 does not apply. I have been appointed under the Charities Act 211 and report in accordance with the regulations made under section 145. It is my responsibility to examine the accounts and statement, with no audit required, and to report information and findings to the Trustees.

### **Basis of Examiners Statement**

This report is in respect of an examination carried out in accordance with the directions given by the Charity Commissioners under the Act. An examination includes a review of the accounting records kept by the charity Trustees and a comparison of the accounts presented with those records. It also includes a review of the accounts and making such enquires as are necessary for the purpose of this report. The procedures undertake do not constitute an Audit.

### **Examiner's Statement**

Based on my examination, at no point has any matter come to my attention which gives reasonable cause to believe that in any material respect, accounting records have not been in accordance with section 130 of the Charities Act 2011. I am satisfied that the accounts presented are in accordance with section 130 of the Charities Act and comply with the accounting requirements of the Charities Act 2011. No material has given me doubt of non-compliance with the required accounting procedural requirements.

Wes Hepburn ACCA, AATQB  
AccuTax Accounting  
Accutaxaccounting.co.uk  
07528113601

AccuTax Accounting is satisfied and happy to confirm the 01/04/2021 – 31/03/2022 year-end accounts preparation is fully complete and ready for submission to the Charity Commission.

The accounts consist of invoices, payments and receipts via bank transactions with receipts as evidence. I am happy to confirm the bank account and cash book has been reconciled fully confirming that all transactions have been fully accounted for according to the Accounting framework with the IASB (International Accounting Standards Board).

All paperwork provided by The Clarke Lister Feel Good Centre has been signed/initialled by myself, Wesley Hepburn (AATBQ & ACCA), AccuTax Accounting, stating I am fully satisfied with the integrity of the paperwork and the documents have been captured and recorded correctly to make up the year-end financial statements.

Along with this cover letter the Balance Sheet and Income and Expense are displayed on pages 7 & 8 respectively.

I am fully satisfied that no recommendations need to be given to The Clarke Lister Feel Good Centre with regards to their financial accounting methods. Invoices are available and every bank/cash transaction has evidence as back up.

Please take this report as confirmation of my signature. Wes Hepburn

Signature; Wes Hepburn

Date 28/03/2023

Wes Hepburn (ACCA/AATQB)

AccuTax Accounting

accutaxaccounting.co.uk

07528113601

## Trustees email confirmation and signatures

-----Original Message-----

From: Chris Piercy <chris.piercy1@btinternet.com>  
Sent: 28 March 2023 17:20  
To: Carole Lister <carole@clarkelisterfeelgoodcentre.org.uk>  
Subject: Todays meeting and discussion re the accounts

Hi Carole thank you for meeting with Julie, Brian and I this morning. We had a really helpful discussion about the accounts and confirm my agreement to the accuracy of the text as well as the actual accounts. We also had the opportunity to discuss future plans for the charity. We agreed to meet again on Tuesday 25th April.  
Kind regards  
Chris

Sent from my iPhone

-----Original Message-----

**From:** Julie Martin <juliemartin146@gmail.com>  
**Sent:** 28 March 2023 12:26  
**To:** Carole Lister <carole@clarkelisterfeelgoodcentre.org.uk>  
**Subject:** Re: FINAL DRAFT

Hi Carole,

Following a virtual discussion with the trustees and charity manager on 28 March 2023, I have read and agree the reports content.

Please take this email as confirmation of my signature

Julie Martin

Treasurer

Sent from my iPad

**THE CLARKE LISTER FEEL GOOD CENTRE**

England & Wales - Charity number 1159141

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# Accounts

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CHARITY NUMBER 1159141

# THE CLARKE LISTER FEEL GOOD CENTRE

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TRUSTEES REPORT AND FINACIAL STATEMENTS

FOR THE YEAR ENDED

31<sup>st</sup> March 2021



TRUSTEES REPORT AND GENERAL INFORMATION

Management Committee

	Date appointed	Date resigned
Christopher Piercy	November 2014	
Mrs Julie E. Martin	November 2014	
Ms Dawn M Culley	June 2015	

Manager (volunteer)

Mrs Carole Lister

Registered Office

Earl House, Earl Street, Seaham, Co.Durham. SR7 0DH

Bankers

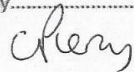
Barclays Bank plc

Leicester

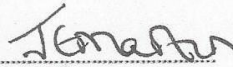
LE87 2BB

This report was approved by the management committee on 30<sup>th</sup> January 2022.....

Mr Christopher Piercy.....



Mrs Julie Martin.....



Following a virtual meeting agreeing this report Chris Piercy added his signature on a printed out email copy from Julie Martin. The original copy of signature from Julie Martin is to follow by post

## CONTENT

Management Committee report

Statement of financial Activities

## The Clarke Lister Feel Good Centre Seaham

The management committee present their report and accounts for the year end March 31<sup>st</sup> 2021

### **BACKGROUND as to how and why the FEEL GOOD CENTRE was formed**

In 1996 10 year old Clarke Lister died suddenly and without warning of a brain haemorrhage. His Mother Carole, wanted to know Why or How could someone so young just die, and What causes a brain haemorrhage to happen in the first place. After meeting with neurosurgeons and neurologists in Teesside it was obvious that very little was known as to the cause.

Neurologist Mr Laurence Bindoff stated: "There is no doubt that we need to carry out more research in to this problem, which is a common cause of death in our community". Carole Lister said "We know we can't bring Clarke back, but if through research a life can be saved then our loss has not been in vain." One year later The Clarke Lister Brain Haemorrhage Foundation a registered charity based in Peterlee was formed.

The primary aim of the Clarke Lister Brain Haemorrhage Foundation (CLBHF) charity is to fund research. In 2004 it funded a PHD studentship for 4yrs at Durham University looking at 'The functional impact of Subarachnoid Haemorrhage on patients and their relatives'. The outcome of this study was hugely successful, in the understanding of the aftercare and needs for individuals in the community. Findings were recorded in the medical journal -Lancet

In the same year Carole and Chris Piercy (CHAIRMAN) lobbied the Primary Care Trust and helped initiate the very first 'Brain Haemorrhage clinical support nurse', and the very first 'district stroke nurse post', both serving the people of East Durham .In partnership they offered financial and supervision of both roles. Successfully the stroke nurse today, plays an integral part of a bigger team in East Durham, now financed by the NHS

In 2009 an agreement from the charity to support a 10 year 'genetic' research study at James Cook University Hospitals took place with the aim of recruiting 200 families. The final recruitment total was 397! Researchers revealed that because of this study, during recruitment they were able to recognise families and risk and that so far 2 lives had been saved.

Over the years Carole had been continually approached by people and their families who were living with the after effects of a brain haemorrhage and who were looking for support. The charity was able to provide a range of support services for people who had survived and were affected by a neurological condition, or who had lost a loved one, in the form of: a befriending service via home visits/telephone chats: signposting: and advocacy and monthly meetings. .

Following the monthly support group meetings which started in 2001, the charity opened a weekly luncheon club/drop in 2007 for survivors of stroke and brain haemorrhage, promoting social interaction and independence, hosting activities, benefitting those who have a like for like mental or physical problem, which has helped stimulate and improve their wellbeing.

This worked well and in 2012 the CLBHF found an increasing need and responsibility to its members to grow and expand its services within the community by offering its services daily and not just weekly, it was decided to investigate the possibility of acquiring a building to expand its services to a wider community. It also agreed to set up the new venture, as a separate charity with complete focus on community support. This would then allow both charities to have their own identification, one for research and one for community support working with their own set of aims and objects.

## **The Clarke Lister Feel Good Centre**

In November 2014 The Clarke Lister Feel Good Centre received charitable status as a CIO.

In December 2014 the charity signed a 30year lease and asset transfer of Earl House in Seaham Co. Durham

Having worked closely with Durham county council and their representatives in the learning and understanding of the principles of managing a centre and acquiring a prefeasibility, evidencing the need, the council approved the asset transfer.

***The primary aim for The Clarke Lister Feel Good Centre is to manage and direct the centre for the benefit of all users, providing added value. Also to actively promote full inclusion for all, supporting people who have a neurological condition as well as the wider community in helping to combat isolation and loneliness, creating a friendly space where people can socialise, make friends and feel safe. This will be done by offering social settings with 'home cooked food' as well as exercise, and therapy sessions the centre will create a place where people will 'feel good' improving their wellbeing.***

Since acquiring major refurbishment, has taken place, in small stages over a period of years. Windows /doors /exit doors and heating has been replaced, a new toilet block has been built, an uplift took place in the main hall including a new floor which was replaced, a new roof /ceiling and electric lights/sockets was also replaced in the entrance hall. The building had an alarm and camera system installed. A massive garden makeover was carried out by local firm Jewson Builders, and secure fencing was erected.

### **20-21 Year of the Pandemic**

Working within Government and Covid guidelines the centre closed to our community users on the 17<sup>th</sup> March 2020. This was done working within guidelines and restricted numbers attending.

#### **Grants restricted**

We were awarded restricted grants for a cook assistant, which has been carried forward to 2022 @ £8640

We were also awarded a £500 grant to buy a fogging machine to ensure being covid clean throughout our premises.

We also received a grant of £7246 towards the cost of a kitchen refit, and main hall updates including electrics. Which took place behind closed doors when tradesmen, could return to work in a safe place. The centre was closed for this duration of the refurb.

#### **Grants Unrestricted**

We received unrestricted grants from Durham County council to help with rates, utilities and the loss of incomes of over £22000. This will help immensely in providing a service to encourage our service users back, when that time comes.

### **Outcome**

The Kitchen and main hall improvements complete phase 1 of our development and will mean we are able to give each person more space to feel comfortable in (when able to return) within a bright and airy hall and modern facilities. This will help rebuild the confidence and esteem, when we can all return.

It will be safe to use, as the cleaning routines using our new appliances, will mean thorough cleansing can take place after every event, eliminating the effects of Covid.

### **Returning group users.**

Will see the improvement, and immediately feel at home, reunited with their friends,

### **Plans for 2021 – 2022**

#### **Feel Good Sessions will include:**

A meals on wheels once we are back in full operation

Monthly cabaret – inviting like for like groups, promoting social interaction, in a social setting, enhancing their well being

Exercise in chairs/or standing. This will be for a mix of abilities, with the aim, of increasing circulation, and acquiring the 'FEEL GOOD' factor

Community Bingo with high tea

MONDAY'S FEEL GOOD – session

Not only do we have a 'feel good' day of activity on Monday's at our centre, but we also invite our members to days out. We have a saying in our group, we don't use the word disabled, we quote the phrase "differently abled' proving that everyone has a different ability and each person is an individual. Our Monday Group is growing from strength to strength.

### **Wednesday sessions are planned – following our success of Mondays**

#### **Cook**

New funding has been secured to take on 1 more part time cook to help with our social events and Wednesday sessions where meals are included. This will be as soon as we return in full capacity

The outcome of the above post was very quickly recognised as an early success, in being able to deliver a breakfast and a 2 course lunch to our growing membership at the club.

### **Future events and activities**

Further 'FEEL GOOD' Sessions to investigate

- Specific informative sessions, targeted to individual groups with a specific medical condition, such as Brain Haemorrhage, Stroke, Parkinsons, Dementia. Inviting consultants or other charity specialists to give a talk to our members/public
- Specific informative session's related to our aged community.
- Creative and interactive sessions, on how to eat and cook healthy meals.
- Exercise for all.
- Luncheon clubs, on Wednesdays.
- 'FEEL GOOD' Social and Activity events for all to enjoy

- Local events to include:
  - Outdoor bowling and BBQ's, Craft fairs
  - Themed cabaret nights/afternoons.
- Group sessions, walking, exercise, yoga, singing, crafts, Food demonstrations, for all ages/abilities

### **CLAIRVOYANT EVENINGS**

We now run 2 a year due to its success.

### **CRAFT FAIRS AND table top sales**

- Hire of the hall to other local community groups, individual classes or functions

### **2YEAR PLAN –phase 2**

Assisted exercise suite. To prepare a robust business plan and its costings and seek funding.

The building still needs to be reconfigured to develop more areas/rooms to be able to increase activity. However now that Phase 1 is complete with the new toilets built, and now with the new refurbishment of the kitchen and main hall, it is time to plan phase 2 which is to reconfigure the rest of the down stairs floor are to accommodate an Assisted Exercise suite.

- Funding needs to be sought for the provision of equipment, and salaries to run the assisted exercise suite. Partnership working with the AAP to assist us, is currently in place

### **STAFF**

Carole continues to cover the work of a centre manager on secondment at The Feel Good Centre. The position of a manager is vital in taking the charity forward. It is recognised that as a sole worker on a project of this size, cannot continue, and therefore it is a key priority to seek the funding based on lessons learned and success so far. Carole is to work with the AAP who are confident that a funder/s can be found and have said they would work with the charity in support.

### **Volunteer's and staff training**

To ensure we can deliver our plans, the need for volunteers has never been more apparent. Volunteers will offer a valuable and significant difference in the service to our community, beneficiaries and play a vital role in the management of our centre.

Carole is to speak with Durham Community Action to assist in the recruitment of volunteers.



# THE CLARKE LISTER FEEL GOOD CENTRE

## BALANCE SHEET

31st March 2021

	2021	2020
	£	£
<b>Current assets</b>		
Cash at bank	49062	25144
<b>Total Current Assets</b>	49062	25144
<b>Current liabilities</b>		
Creditors: due within one year	500	500
<b>Net Current Assets</b>		
<b>Total</b>	48562	24644
<b>The Funds of the charity</b>		
<b>Unrestricted funds brought forward</b>	24644	24994
Excess of income/expenditure for the year	15278	-350
<b>Unrestricted funds carried forward</b>	39922	24644
<b>Restricted funds brought forward</b>	0	1563
Spent during year		1563
Received in year	8640	0
<b>Restricted funds carried forward</b>	8640	0
<b>Total</b>	48562	24644

# THE CLARKE LISTER FEEL GOOD CENTRE

INCOME AND EXPENDITURE ACCOUNT

ENDING MARCH 31ST 2021

	2021	2021	2021	2020	2020	Total
INCOME	U	R	TOTAL	U	R	2020
U= UNRESTRICTED	U	R	TOTAL	U	R	£
R = RESTRICTED						
Room hire	0			2349		2349
Catering	0			11615		11615
Fundraising	0			2817		2817
dcc grants various	22238					
dcc local cook grant		8640		0		0
dcc local 'kitchen refit' grant		7246				
believe housing covid clean grant		500				
donations	40					
CREDITS - VARIOUS	532					
						0
	22810	16386	39196	16781		16781
<b>EXPENDITURE</b>						
Cleaning	246			189		189
Catering	25			3565		3565
Fundraising	0			693		693
Utilities	1882			2891		2891
Maintenance	1416			1085		1085
Miscellaneous	301			630		630
grant cook		0			1563	
Wages		0		4828		4828
Print and stationery	184			159		159
Insurance/Accountant	1006			1090		1090
				0		0
Training/class facilitating	539			2000		2000
dcc local 'grant cook'		0				
dcc local 'kitchen refit'	915	7246				
believe housing - covid clean	1018	500				
Total	7532	7746		17131		17131
C/F restricted funds cook		8640	8640		1563	
	15278		15278			
Excess of income over expenditure			23918	-350	0	

#### Statement of management committee's responsibilities

The management committee are required to prepare financial statements for the year, which give a true and fair state of affairs of the charity and its results for the period. In preparing those financial statements the statements the committee is required to:

- a) Select suitable accounting policies and apply them consistently;
- b) Make judgements and estimates that are reasonable and prudent;
- c) Prepare the financial statements on an ongoing concern basis unless it is inappropriate to assume that the charity will continue in business.

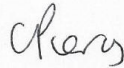
The management committee is responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking any responsible steps for the prevention and detection of fraud and other regularities.

#### Approval

This report was approved by the management committee attending a virtual meeting

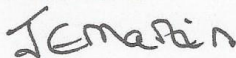
Date: 30<sup>th</sup> January 2022

Signature



Chairman Chris Piercy

Treasurer Julie Martin



Following a virtual meeting agreeing this report Chris Piercy added his signature on a printed out email copy from Julie Martin. The original copy of signature from Julie Martin is to follow by post

Independent Examiners Report on the Financial Statements of

The Clarke Lister Feel Good Centre for the year ended

31st March 2021

Respective responsibilities of trustees and examiner

The Charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year (under Section 43(2) of the Charities Act 1993 (the Act) and that an independent examination is needed.

It is my responsibility to:-

- 1) Examine the accounts (under section 43(3)(a) of the Act)
- 2) Follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7)(b) of the Act): and
- 3) State whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records.

It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In connection with my examinations, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

a) to keep accounting records in accordance with section 41 of the 1993 Act; and

b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....

R B Logan

4 Douro Terrace

Sunderland

SR2 7DX

Date: 30th January 2022