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Friendship at Home CIO



**NE Lincs Charity of the Year
2023**

Trustees Annual Report 2022

From 1st January 2022 Period to 31st December 2022

Friendship at Home

Charity No. 1160062

Company No. CE002812

Trustees' Report and Unaudited Accounts

31 December 2022

Friendship at Home

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Friendship at Home

Chairmans Report

With the impact of Covid now receding into the past, I am pleased to report how well the team have responded to getting all our services returned to some normality and indeed, with more (hybrid) enhancements to offer too. The diverse offer we provide is expanding and is constantly improved.

The home visits and group activities which had to cease during lockdown have now resumed with hybrid activities offered as a norm, as well as the traditional face to face services and activities.

We were again very fortunate in receiving a few supporting grants from successful bids submitted and the generous donations continued from many loyal donors. Thanks to the Local Authority-NELC- who supported us funding for our Over 75 Project. Sector Support NEL also gave us assistance with monies through their Social Isolation Funding.

The National Lottery continued to give us assistance with Covid Grant monies, (before our main Core Funding Application was determined), to underpin salary and cost base. We were granted the £106,000 pounds Core Funding which has sustained the organisation in the short term. However, all our focus now is put into securing alternative sources of long term funding are now secured quickly to fill the gap left. These are therefore critical times with our very survival in jeopardy.

Thanks also to St Hugh's Hospital for their funding for another two years, to support our local Dementia work for clients and their carers. Sadly, though now that funding has ceased. This intensifies our concern to find and secure alternative funding sources.

I would also particularly like to thank Lyse and Julie for again being a rock for me; ever committed and caring and totally dedicated to compassionately serve the needs of our members. They have both worked tirelessly, (as have the staff), to bring in the moneys, manage the service and then deliver them successfully and sensitively. All this amidst a hugely challenging environment. Well done team! You have been, and remain, simply amazing! Thanks too to Mandy Sparks for stepping up into the role of Deputy to Lyse. Her energy and zest is indeed galvanising us further going forward.

However, it was with sadness and regret that we said goodbye to Julie at the end of the Year upon her retirement. Her contribution has been truly monumental, and she should be proud of the amazing and lasting legacy she has left. Over 16 years total commitment to the cause, from leading on our inception to ongoing delivery. She has been a constant source of inspiration, drive and has been a trailblazer and true Champion of our cause. We want to thank you Julie for all your efforts, your support, faithful service and visionary and dynamic leadership. Ever approachable and ever humble; 'Asta lavista Julie'

Membership of the Board of Trustees has remained consistent. Whilst we still lack an experienced accountant as a Trustee, we have nevertheless retained our diverse, experienced, cohesive and committed Board of Trustees. I would like to thank all our Board Members for their patronage, support and hard work too. We are fortunate to have a wide range of thoroughly professional Trustees who are actively involved in setting the vision and overseeing and scrutinising of the charity's work and finances.

They provide a range of support across our activities, including advocacy and promotions recruitment of staff, business continuity, policy development, and risk and impact assessments and overview.

Friendship at Home

Chairmans Report

Finally I want to reflect upon the success of Friendship at Home. The reason we can function efficiently and effectively, is primarily due to the superb support of our cadre of volunteers who provide all our face-to-face befriending, provide support and arrange and assist in fundraising events. Volunteers are our life blood; sitting at the very heart of our service. Without your passion, dedication and enthusiasm, we would not be considered the Befriending 'charity of choice' here in North East Lincolnshire. It is important not to lose sight of the fact that it is our collective activities that plays a major part in redressing the terrible reality, that for older people, social isolation and extreme loneliness has a major impact on health and well-being. If this is not effectively dealt with, it results in costly and debilitating medical interventions, early admission or re-admission to hospital and care facilities. Our 'Social Return on Investment' remains second to none in the community and voluntary sector. This is something we should all be proud of.

Which is why it is our ambition to be seen as a mainstream provider of efficient and effective care and support in our community; especially by our local authority and statutory bodies which commission social care services. Our aim is to receive core funding, on a sustainable basis, from these bodies so that we aren't constantly looking over our shoulders for cash, expending disproportionate amounts of time and energy 'chasing down' ever reducing pots of grant monies and constantly worried whether our charity can survive beyond the next year when funding streams cease. Our service is widespread, valued, needed, dependable and of high quality - and needs recognising and resourcing as such by the powers that be.

It is important to have the surety of continuing, fantastic support of our willing volunteers, underpinned by our committed and professional members of staff. We have always been a charity that has been prepared to adapt to changing circumstances and the needs of clients – an approach likely to be crucial for sustaining our long-term future.

We have now established a unique 'Later Life Partnership' (LLP) for our area, on the back of close working and alignment with Carelink and Age UK locally. We are developing our presence with the greater use of the social media forums- Twitter, Instagram, LinkedIn and Facebook- to maximise our reach and raise and broaden our profile and impact further afield.

Also, the development of a joint App, and the procurement and loan out of our Tablets, helps reach another audience that needs our support to address their particular niche of social isolation and assistance in their homes.

On behalf of fellow Trustees, I wish to record my sincere thanks to all Members, Volunteers and Staff for all your hard work and support during 2022 I commend this Annual Report to you and look forward to your continued involvement and commitment in the current year. I am honoured to be your Chair.

Thank you for making this a great and treasured organisation.

RAY OXBY - CHAIR
28 September 2023

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 December 2022.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE002812

Charity No. 1160062

Principal Office

6-7 Aspen Court
Cleethorpes
North East Lincolnshire
DN35 0SJ

Registered Office

6-7 Aspen Court
Cleethorpes
N E Lincolnshire
DN35 0SJ

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M. Bateson
K. Green
A. Maggs MBE
R. Oxby
K. Parker
M. Swales
R. Walsh

Key Management Personnel

Operational Manager	Lyse Stephenson
Development Manager	Julie Rigby
Deputy Manager/Dementia Service Manager	Amanda Sparkes

Accountants

AG Smith & Co Ltd
Chartered Certified Accountants
Unit 8 Laceby Business Park
Grimsby
North East Lincolnshire
DN37 7DP

OBJECTIVES AND ACTIVITIES

The main objectives of the charity are:

- To reduce social isolation and loneliness
- To improve health and wellbeing
- To improve quality of life
- To support older people in maintaining their independence
- To grow and strengthen our charity and its services through an innovative approach which meets the needs of older people and the communities in which we work.
- To work in partnership with all sectors to continuously improve the quality and efficiency of our services to become outstanding and a beacon service.
- To retain, reward, strengthen, motivate and support a high-quality workforce
- Support 1,000 members
- Provide 120 volunteers with opportunities
- Provide placements to social work and university students
- Deliver 588 social and exercise activities
- Facilitate 3,120 1-1 befriending sessions
- Provide over 57,000 volunteer hours
- Introduce 80 members to the digital world
- Provide specialised Dementia support to 180 members
- Facilitate quicker discharge(s), through preparing their home environment.

The strategies used to achieve the charities aims and objective are:

1.To grow and strengthen our charity and its services through an innovative approach which meets the needs of older people and the communities in which we work.

Support 1000 members/carers experiencing social isolation/loneliness.

Introduce innovative ways of befriending- member to member and virtual.

Introduce members to the digital world through our tablet scheme and app.

Enable older people to participate in social/exercise activities in the community/hybrid.

Deliver a 7 day a week service.

2.To work in partnership with other organisations to provide an enhanced service for older people in NE Lincolnshire.

Develop partnership working with a range of appropriate organisations- specifically the Later Life Partnership partners.

3. To encourage service user involvement and consultation in developing our activities and services. To influence local policies that affect older people of NE Lincolnshire by facilitating service user involvement and consultation.

Facilitate fortnightly older peoples forums in a variety of community venues.

Form strategic alliances with statutory, not for profit and community organisations to improve policy and services for older people in NE Lincolnshire.

Senior Managers to form part of local forums- social isolation, digital and mental health groups and disseminate findings and views.

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4.To increase income generation to sustain our services.

Source local/national funding streams to complement Friendship at Home's budgets- including core funding.

Complete quarterly reviews of strategic plan, focusing on quality of service and financial sustainability.

Prepare Friendship at Home's app to be considered as part of local support services.

Develop Friendship at Home's befriending model, app nationally.

Member subscription to our online social activities.

5.To retain, reward, strengthen, motive and support a high-quality workforce.

Invest in our staff, trustees, volunteers to ensure staff development and retention.

Ensure the Board is operating to highest possible operating standards.

Recruit, train and support 130 volunteers.

Provide placement opportunities to students.

6.To ensure Friendship at Home's services are fit for the future and meet the changing needs of older people.

Develop relationships and support with hard-to-reach minority groups, ethnic and LGBT.

Develop a Business Plan for new Day Support services in consultation with older people in NEL that is personalised and cost effective.

Deliver a small-scale pilot 'Day service' project in conjunction with other appropriate organisations based on identified need from consultations.

The charity is a Public Benefit Entity, and the trustees have had regard to the Charity Commissions guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Charity of the year Civic Awards

A key achievement this year was that Friendship at Home was chosen as winner of 'Charity of the Year' at the North East Lincolnshire Civic Awards. The awards celebrate community spirit in North East Lincolnshire and there were more than 200 nominations across several categories.

Students

We have had two IT students working with us and they have been incredibly busy redesigning our website and promotional material; and what a fantastic job they have done too! All our materials have been redesigned to include updated information and look much more professional and modern. We have continued to forge our relationship with local colleges and university to ensure we are providing good placements for students to enable them to build their skills and strengthen our workforce.

Older People's Forums

We have held 16 Older People's Forums this year at a variety of venues; libraries, social groups, community centres, group dwellings and from the end of September 2022 we have arranged a regular forum at Age UK on the last Friday of every month. We are honoured that people are keen to air their views to us and we are proud to give these people a voice; ensuring that their voices are heard, and appropriate action is taken. All the information gathered is collated and a feedback meeting will be planned in 2023 with other services and forum representatives to share and discuss the feedback. Other services and charities are keen to be involved in this and we hope positive action can be taken, as a result.

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Partnership Working

We strive to be active participants in the health and social care sector and dedicate time to attend multi-agency meetings such as Voluntary, Community and Social Enterprise monthly meetings, Mental Health alliance, Safeguarding Adults Board, Social Isolation group and Digital Forum. These meetings promote our partnership working and ensure we work together with other agencies more seamlessly. These meetings also afford us the opportunity to ensure older people and our values remain at the forefront of priorities in NE Lincolnshire.

Later Life Partnership NEL

We have established an effective partnership between Friendship at Home, Carelink and AGE UK providing holistic support to older people in NE Lincolnshire and accordingly seek funding to develop and continue this long term. The Partnership has provided effective working relationships and support for Managers and staff members. The LLP are currently undertaking the £1M Challenge Project and have just secured further funding to deliver this until March 2024. We have agreed to take on the historic NEL Older Peoples Advice Days and have developed a combined Later Life Partnership App and website incorporating all 3 organisations services broadening our reach and scope.

Significant activities

£1M Challenge Project

The LLP received local funding in 2022 for the partnership to deliver a project that engages with older people to ensure they are aware of full benefit entitlements (£1M challenge) as currently as many as 1 in 4 are unclaimed in the area. Friendship at Home is providing the majority of engagement hours and the assessment/advice hours provided by Age UK. At the end of Q3 the partnership project had engaged with 7,588 people and has generated over £414,000 in benefit awards. Some excellent stories around impact are filtering through as awards made can take up to 5 months to come to fruition. PIP claims severely delayed up to 8 months.

Befriending

All evidence suggests loneliness and social isolation is a major health and social concern for older adults living in our community. It is also associated with numerous detrimental health effects including increased risk of all-cause mortality, increased risk for re-hospitalisation, and an increased number of falls.

The pandemic gave everyone the opportunity to experience some of the difficulties social isolation causes, and for many older people this is common reality. It has been estimated that approximately 10% of people over the age of 65 are lonely all or most of the time, with rates rising to 50% amongst those over 80. As such, the demand for our befriending service remains greater than ever before. The Abbeyfield grant we secured this year will enable us to sustain the Befriending service beyond the final 6 months of Lottery funding which is reassuring, and we continue to ensure that loneliness and isolation remains a priority on agendas within NE Lincolnshire.

We have worked tirelessly and creatively to meet this ever-growing demand, but referrals continue to come in thick and fast, thus emphasising the demand for this service.

Over 92% of our members have reported a reduction in loneliness and isolation, that their health and wellbeing has improved and that they have better access to services and information that help them live independently.

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Our telephone befriending also remains incredibly popular, this service provides a vital lifeline for those that prefer social interaction on the telephone as opposed to home visits.

This year we have supported almost 100 members in getting a regular weekly visitor and feel incredibly proud to have had a positive impact on their lives.

We have also introduced member to member telephone befriending this year to cope with the huge demand, this must be well managed and only appropriate for a calibre of members but when it works, it works well and is a great benefit to some of our lovely members.

Telephone befriending is still ongoing and providing essential contact for our members, some prefer this type of communication and feel more comfortable chatting on the telephone. With this and our member-to-member befriending, people feel they are making connections and building relationships and friendships with those they talk to. We shall continue to make these matches and help to reduce feelings of loneliness. This year we have provided weekly telephone calls to over 80 different people and our feedback is a statement to how valuable this has been for our members.

Volunteers

2022 saw the introduction of two new volunteer roles; confidence buddy which supports someone who has lost confidence since covid with things like walking to the local shops, going to the doctors and visiting social clubs; this will then be reassessed after 6 weeks to see if there is a chance to build confidence and improve lifestyle.

We have also introduced the digital buddy to help our members do online searches, access apps, virtual clubs, emails etc. Both roles have been popular with our members and our volunteers are thoroughly enjoying the roles.

Some of our volunteers have also been kind enough to dedicate their time doing some life story work with our members. Life story encourages people to share their stories and build the story with pictures etc thus ensuring they feel valued whilst also promoting positive relationships and improving communication. They can also be used as an aid for anybody with memory loss.

We currently have just over 100 active volunteers and are always striving to recruit more to meet the increasing demand. Continuing to advertise through Indeed works well with a steady intake of around 5/6 applicants a month, not all who apply become volunteers, but we have had 8 new Volunteers since July from Indeed.

Social Clubs

Our social clubs continue to be well attended with attendees increasing throughout the year, some of our specialised social groups, such as choir and CST group, are at full capacity. It would appear that some of our social groups have not fully recovered in numbers prior to the pandemic; we offered our help and support to anyone who was worried or anxious about attending social clubs, following the end of all covid restriction, by listening to their concerns and trying to mitigate them where possible.

We recognise the benefits and importance of physical activity and recently introduced some regular exercise sessions to the start of some of our clubs. We were pleasantly surprised how well this concept has been embraced by most of our members; our Thursday social club have been enjoying a free, 30 minute chair based exercise session with a professional fitness coach, before the club begins and have reported back with overwhelming positive praise for the benefits they have seen from engaging in this.

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Tuesday Choir

This has been a wonderful year for our fantastic Memory Lane Choir, and we are incredibly proud of all that they have achieved. The choir remains at full capacity with just a few members on the waiting list. We are delighted to inform all that we recorded a double CD with all our favourite tracks on; not only will the CD's be lovely keepsakes and a practicing tool, any money generated from CD sales will contribute to Friendship at Home's funds. The choir are becoming quite popular in the local community and have had several invites throughout the year; We were elated to be invited to sing at national armed forces weekend again and the crowd certainly enjoyed the performance, they even danced and sang along. We were also honoured to be invited to perform at Grimsby Central Hall for a couple of the Xmas memorial services. St Andrews Hospice also invited us to perform at their Xmas concert where patients had their spirits raised as they thoroughly enjoyed singing along.

Wednesday Social

The Wednesday social group has become increasingly popular and now benefits around 16 - 20 members each week. The group has two wonderful volunteers who are committed to ensuring the group runs smoothly and support our members to participate in all the activities. The group is aimed at people with memory concerns, but it has also benefited their carers and some members in the group now meet outside the club to offer each other support.

We have enjoyed some special celebrations this year, we shared a joint party with Thursday CST members for the queen's jubilee and loved being entertained by Joan and Angie. Wednesday group members were also grateful to be invited to Morrison's food factory and enjoyed chatting to staff there while sharing a fish and chip supper.

Thursday CST

The Thursday CST group continues to be a valuable contribution to our specialised social groups for people with memory concerns. This group is designed to incorporate concepts from cognitive stimulation therapy, which aims to improve memory and cognition. Compelling evidence suggests that these sessions, (where Group members take part in meaningful and stimulating activities), help maintain memory and mental functioning, it is also considered to be an effective non-medical treatment for those diagnosed with dementia. The group thoroughly enjoy the weekly themed sessions. This year they have particularly enjoyed some special celebrations including the Queen's Jubilee and we have also celebrated two of our members 90th birthday!

We have enjoyed getting a little more physically active; playing active games such as bowls, kurling and even getting out for a day on our local Nunny's Farm.

Our social club survey results show the following:

- 88.6% of members say the exercises have helped to manage their mental health.
- 88.6% of members say the exercises have improved their physical health.
- 77.1% of members say it has helped them build new friendships.
- 79.4% of members say it has enabled them to do more exercises than they would have.
- 91.4% of members say they have enjoyed taking part in the exercises.
- 91.4% of members say that it has increased their confidence to be active.

Tablet Loan Scheme and Virtual Groups.

The tablet loan service aims to combat digital isolation by loaning digital tablets with free Wi-Fi access and personalised tuition to meet individual's needs. We have seen great results supporting older people to access online form filling, banking, shopping and surfing the web. We currently have over 30 tablets out on loan, with most of these people never having accessed the internet before we believe this is quite an achievement. Our LLP app is becoming increasingly popular; it includes useful information and a range of online social activities that are updated regularly. The app also provides access to our online virtual social sessions. Throughout the lockdown periods, we started holding zoom groups for members, which we have continued throughout 2022. These are of particular benefit to those who can't get out to other social clubs, but still want to have that social contact. We have online bingo sessions and fun quizzes, and it is a chance to connect and chat with others.

Our chair based exercise club, which is held in person at the Annie Chapple Centre, can also be accessed live via zoom, which is beneficial to those who can't make the journey there but still want the benefits of regular exercise.

Parties and events

This year we were able to hold our Annual Summer and Christmas Parties at the Memorial Hall, much to the delight of over 300 attendees. A good time was had by all, and we were very pleased to be able to throw two super parties for our members. We have enjoyed some lovely days out this year including a trip to Brigg Garden Centre, a mystery tour to the Kinema in the Woods and a theatre trip to see a Christmas Memories show in December which was a big hit with members. The CST group also enjoyed a day out at Nunny's Farm, many of our members do not have any contact with animals now so they found this was a very special treat, cuddling with the furry and feathery friends!

Over 75's Wellbeing Checks

We are now in the third year of the Over 75's Live Well, Wellbeing Service, although the service is mainly for over 75's, we support anyone over the age of 60 to identify need and signpost to appropriate services/agencies. Post Covid, things are starting to pick up and people are reaching out more for help, we have had 122 referrals from January to December, 2022. The majority of referrals are from Focus, Navigo, and self-referrals, also regular referrals from Red Cross, Age UK, Centre 4, Admiral nurses and the Stroke Association. We have found the most successful referral route is via GP letter; the GP's share lists of people in a determined age bracket and NELC business support will send wellbeing check invites to their home address inviting them to call us. We have worked closely with Cleve medical this year; they have a large number of people in the 75-80 age bracket and now we have completed that list we will move to the 70-75 year olds.

Our more recent referral route is via the hospital discharge project, we offer a wellbeing check within 7 days of leaving hospital and this has proven to be highly valuable for our members especially those who have had a change in circumstances due to their decline in health and mobility. Often it is just a number for a cleaner, hairdresser or a chiropodist but the main concern is usually loneliness and the anxiety that comes with it. It can often be after a bereavement of a partner or maybe due to illness that they suddenly find themselves housebound.

Hospital Discharge

The service is providing a holistic and long-term approach to discharge not just dealing with the presenting needs. We are uncovering issues that could potentially be a factor in readmission, such as an unsafe home environment. For example, we have supported urgent OT assessments, social care referrals, installation of Carelink units and medication. Because we are supporting beyond initial discharge, we are able to build that rapport with the service users and identify potential risks to readmission. Despite the project being in its early stages we are seeing the service user contact us for practical and emotional support rather than take up valuable time of the primary care services, such as, seeing their GP because they are anxious or lonely, or because they have been discharged with the wrong medication. We can act swiftly and get things in place quickly to minimise the risk of readmission.

We undertook 110 hospital discharges to quarter 3 period. Despite the hard work of the staff having a presence at the hospital and building excellent links with the hospital staff the voluntary sector are still facing numerous barriers to acquiring referrals, thus, working with the Trust to try and reduce wider system issues. Although we envisaged demand would be higher during the winter crisis and the much-publicised hospital crisis our discharge numbers in the first month of the crisis did not reflect this. We feel this is a slow journey but confident the VCS is becoming recognised as a vital part of the discharge process. Going forward we will have a full-time presence at the hospital as we agreed resources could be saved/stepped up during this period.

St Hughs Project- Dementia Service

2022 has been yet another successful year for the St Hugh's project and this is reflected in our figures; during 2022 we were pleased to have supported 99 (annual target of 30) new members as well as providing ongoing support to our current members from the previous years.

2022 started just five months after the final Covid lockdown restrictions were lifted so 2022 was a year that we were discovering the impact that lockdown had on people's mental health, particularly those with dementia. It is evidenced that social interactions play a crucial role in easing some of dementia's most devastating symptoms and social isolation increases the risk of dementia by 26% so we were elated to be able to encourage our members back to our social clubs. St Hugh's project are still seen as a beacon for raising awareness of dementia in North East Lincolnshire. This year we used National Dementia Action Day as a platform to raise awareness of dementia and some of the common symptoms that affect people in their day to day living. We had a different event each day in various locations throughout NEL and engaged with general members of the public; giving away sweets with information leaflets. We also hoped this would encourage symptomatic people to seek a diagnosis as an official diagnosis can trigger eligible support networks and promote understanding and better outcomes.

We are very grateful to St Hughs for funding this project for six years but we have recently discovered the funding will terminate in March 2023. We hope to secure funding so we can carry on the fantastic work we have achieved on this project and take it forward into 2023.

FINANCIAL REVIEW

The trustees are satisfied with the financial performance and Impeccable management of the organisations funds which has generated a healthy net income of £365,382.

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Currently, and historically, the charity has been primarily funded via grants from foundations and trusts, such as The Lottery and St Hugh's HMT. Our core funding up to June 2023 come primarily from the Big Lottery which has provided continuous support for the last 13 years. Other sources of income include donations and monies raised through activities (such as club fees and fundraising which decreased significantly over 2020/21). We are funded by the local authority to deliver the Over 75's project until June 2023 and to support with hospital discharge as part of the winter pressures initiative until June 2023. We are hoping that these will be the start of a funding partnership between the local authority and Friendship at Home and one that will grow.

Reserves Policy

A formal policy on general reserves was agreed at the January 2019 Trustees meeting. It states: A general reserves policy is desirable to identify that part of the assets of the charity which must be set aside to cover adverse financial contingencies. The reserve fund for Friendship at Home is intended to cover the following contingencies:

1. Orderly closure of the business if continuation is no longer possible.
2. The continuation of the business in periods of adverse cashflow.
3. The acquisition of new office premises and associated moving costs.
4. Orderly closure of the business implies the cessation of operations, the redundancy of staff and any contracted obligations to suppliers. This requires sufficient funds to cover three months funding of salaries and salary related payments.
5. Continued operation in the face of delays to funding grants requires funds to operate the business for a period of up to two months. It is therefore the policy of the charity to designate a general reserve to cover all these contingencies and to ensure that an appropriate proportion of the assets be protected for that purpose.

As per the Charity Commission recommendations the trustees aim to maintain free reserves in unrestricted funds at a level that equates to approximately three months of unrestricted charitable expenditure plus reasonable closure costs enabling appropriate service cessation for the vulnerability of the organisation's client group.

The balance held as unrestricted funds at 31st December 2022 was £196,538 of which £105,000 was ring-fenced shutdown costs.

PLANS FOR FUTURE PERIODS

2023 is crucial for Friendship at Home to maintain financial sustainability by identifying long term income generation that will fund our core services. To provide sustainability beyond June 2023 we need to secure further core funding of at least £130,000 per year to run our core service at its current level- this does not include the added projects, such as, Dementia, Over 75's or Digital which are short-term projects that are reviewed annually. We have a clear business plan in place to attract investment into Friendship at Home to ensure survival beyond this. Currently there is great uncertainty around contracts with the new ICB's (Integrated Care Boards)/Health Care Partnership changes. The Board will continue to work in collaboration with the Senior Managers and within the framework of agreed objectives. The trustees hold monthly meetings to discuss current operations, direction and priorities. Loneliness and isolation have risen to the top of the agenda for Local Authorities and ICB's. Loneliness and isolation have a huge impact on physical/mental health and a person's ability to engage with their community these both have huge financial implications for statutory bodies. They now recognise the positive impact we have in the community and to acknowledge the important part Friendship at Home has to play in going forward with the delivery of services for older people.

Over the next 12 months we seek to increase engagement opportunities in activities that address our vision whilst supporting greater income generation and strengthen our work with partners and stakeholders, delivering on joint projects and seeking new collaborative opportunities. We have set priorities for 2023 coupled with strategies to achieve our future vision. Our vision for 2023 takes us further into the fields of community, connections and partnerships, recognising the positive impact of others in our area of work. We will build on the relationships of organisations that mirror our values and exchange our knowledge and experience, hence the formation of the Later Life Partnership (Friendship at Home, Age UK and Carelink). We will work with these as partners where opportunity arises, and where a combined approach will create greater impact.

We aim to build upon the learning of the last 16 years to guide us on our forthcoming journey, with the support of staff, trustees, members, volunteers and the general public. This next phase will be no less demanding or challenging. This report outlines our commitment to Our Vision, Our Values and Our Mission which are key to us all and the foundation for our success.

Our priorities for 2022-23 outline what we want to achieve, building on the success of our work so far. The last 3 years have certainly been a period of diversification, rethinking priorities and responding to new ways of working. Our focus for this year will be to look at contract opportunities around older people's provision and provide the sustainability of our core service as we approach the completion of Lottery funding in 2023. Covid has highlighted the importance of human relationships and social cohesion bringing loneliness and isolation to the forefront of public attention which is fundamental to the work of Friendship at Home so we feel we are in a prominent position to secure sustainability. The demand for funding available from trusts will be heightened again this year consequential to the Covid recovery situation and Cost of Living Crisis.

Our plans for 2023 predominantly mean we will continue to raise awareness of loneliness and isolation and develop new and modern services that help build social connections. Friendship at Home will strive to work tirelessly, with transparency, integrity and a focus that ensures the older people in our area come first. Moreover, we will endeavour to continue to serve the needs of our community and contribute to its wellbeing with the support and provision that enrich the lives of older people of NEL and the surrounding area.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Friendship at Home is a Charitable Incorporated Organisation and governed by its Constitution. It is registered as a CIO with the Charity Commission. The Constitution was updated in 2014 and amended in 2022 to include 'working with people under 60 that may be isolated'.

Structure and Decision Making

The Board of Trustees meet at least 4 times per year and are responsible for governing the affairs of the charity.

The Board agrees the broad strategy and direction of the charity to ensure the organisation fulfils its objectives. The Operational Manager reports on all areas of risks, financial and non-financial that could threaten the viability, reputation or operational efficiency of the organisation. It takes overall responsibility for ensuring that the financial, legal and contractual obligations of the charity are met and that there are satisfactory systems and controls in place to ensure quality, continuous improvements and regular engagement for stakeholders.

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The Operational Manager and Chair maintain regular contact in order to discuss strategy and communications and to ensure the Board is fully advised of any major achievements, incidents or risk issues.

Day to day decision-making is delegated to the Operational Manager who delegates specific responsibilities to senior managers/project leaders as appropriate. The Board receive regular quality, performance and finance reports from the manager.

Recruitment and Appointment of Trustees

Eligibility-Membership of the CIO is open to anyone who is interested in furthering its purposes, and who, by applying for membership, has indicated his or her agreement to become a member and acceptance of the duty of members set out in the Constitution.

Trustee candidates are selected through a rigorous process involving advertising/using NEL Sector Support Services, interview, DBS and references.

The Chair and Trustees are elected at the charity's AGM and serve for three years from the date of their election and are eligible for re-election. All Trustees give their time voluntarily and receive no benefits from the charity. Following appointment trustees attend an induction meeting with the Chair where they are briefed on their legal obligations under charity and company law and constitution, the decision-making process and recent financial performance of the charity. Opportunities are provided for them to meet with staff members to familiarise themselves with the day-to-day operation of the Charity. Trustees are encouraged to attend appropriate external training events where these will facilitate their role. The Board can co-opt during the year to ensure the Board has a full range of skills and experience to fulfil trustee responsibilities and organisational requirements.

Trustee candidates are selected through a rigorous process involving advertising/using NEL Sector Support Services, interview, DBS and references.

The Chair and Trustees are elected at the charity's AGM and serve for three years from the date of their election and are eligible for re-election. All Trustees give their time voluntarily and receive no benefits from the charity. Following appointment trustees attend an induction meeting with the Chair where they are briefed on their legal obligations under charity and company law and constitution, the decision-making process and recent financial performance of the charity. Opportunities are provided for them to meet with staff members to familiarise themselves with the day-to-day operation of the Charity. Trustees are encouraged to attend appropriate external training events where these will facilitate their role. The Board can co-opt during the year to ensure the Board has a full range of skills and experience to fulfil trustee responsibilities and organisational requirements.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Friendship at Home
Trustees Annual Report

Signed on behalf of the board

R. Oxby
Trustee
28 September 2023

Independent Examiner's Report to the trustees of Friendship at Home

I report to the charity trustees on my examination of the financial statements of Friendship at Home for the year ended 31 December 2022 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as 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

As the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants.

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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

Andrew Smith FCCA
AG Smith & Co Ltd
Chartered Certified Accountants
Unit 8 Laceby Business Park
Grimsby
North East Lincolnshire
DN37 7DP
28 September 2023

Friendship at Home
Statement of Financial Activities
for the year ended 31 December 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
	Notes				
Income and endowments from:					
Donations and legacies	4	9,417	-	9,417	5,554
Charitable activities	5	41,803	309,687	351,490	186,396
Other trading activities	6	4,210	-	4,210	15,100
Investments	7	265	-	265	12
Total		55,695	309,687	365,382	207,062
Expenditure on:					
Raising funds	8	1,131	-	1,131	540
Charitable activities	9	35,089	197,676	232,765	212,972
Other	10	31,580	-	31,580	31,624
Total		67,800	197,676	265,476	245,136
Net gains on investments		-	-	-	-
Net income/(expenditure)		(12,105)	112,011	99,906	(38,074)
Transfers between funds		2,567	(2,567)	-	-
Net income/(expenditure) before other gains/(losses)		(9,538)	109,444	99,906	(38,074)
Other gains and losses					
Net movement in funds		(9,538)	109,444	99,906	(38,074)
Reconciliation of funds:					
Total funds brought forward		206,076	26,423	232,499	270,573
Total funds carried forward		196,538	135,867	332,405	232,499

Friendship at Home

Summary Income and Expenditure Account

for the year ended 31 December 2022

	2022 £	2021 £
Income	365,117	207,050
Interest and investment income	265	12
Gross income for the year	<u>365,382</u>	<u>207,062</u>
Expenditure	265,476	245,136
Total expenditure for the year	<u>265,476</u>	<u>245,136</u>
Net income/(expenditure) before tax for the year	99,906	(38,074)
Net income /(expenditure)for the year	<u>99,906</u>	<u>(38,074)</u>

Friendship at Home**Balance Sheet**

at 31 December 2022

Company No.	CE002812	Notes	2022 £	2021 £
Current assets				
Debtors		12	505	-
Cash at bank and in hand			339,294	234,515
			<u>339,799</u>	<u>234,515</u>
Creditors: Amount falling due within one year		13	(7,394)	(2,016)
Net current assets			<u>332,405</u>	<u>232,499</u>
Total assets less current liabilities			<u>332,405</u>	<u>232,499</u>
Net assets excluding pension asset or liability			<u>332,405</u>	<u>232,499</u>
Total net assets			<u>332,405</u>	<u>232,499</u>
The funds of the charity				
Restricted funds				
Restricted income funds		14	135,867	26,423
			<u>135,867</u>	<u>26,423</u>
Unrestricted funds				
General funds		14	91,538	142,331
Designated funds			105,000	63,745
			<u>196,538</u>	<u>206,076</u>
Reserves		14		
Total funds			<u>332,405</u>	<u>232,499</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 December 2022 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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

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

Approved by the board on 28 September 2023

And signed on its behalf by:

R. Oxby

Trustee

28 September 2023

for the year ended 31 December 2022

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is Included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Friendship at Home

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

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

Trade and other debtors

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

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Friendship at Home
Notes to the Accounts

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Income and endowments from:			
Donations and legacies	5,554	-	5,554
Charitable activities	74,127	112,269	186,396
Other trading activities	15,100	-	15,100
Investments	12	-	12
Total	94,793	112,269	207,062
Expenditure on:			
Raising funds	540	-	540
Charitable activities	26,848	193,384	220,232
Other	24,324	-	24,324
Total	51,712	193,384	245,096
Net income	43,081	(81,115)	(38,034)
Net income before other gains/(losses)	43,081	(81,115)	(38,034)
Other gains and losses:			
Net movement in funds	43,081	(81,115)	(38,034)
Reconciliation of funds:			
Total funds brought forward	162,995	107,578	270,573
Total funds carried forward	206,076	26,463	232,539

4 Income from donations and legacies

	Unrestricted £	Total 2022 £	Total 2021 £
Donations	9,417	9,417	5,554
	9,417	9,417	5,554

5 Income from charitable activities

	Unrestricted	Restricted	Total 2022	Total 2021
	£	£	£	£
Charitable activities	30,812	-	30,812	10,221
Grants	10,991	309,687	320,678	176,175
	<u>41,803</u>	<u>309,687</u>	<u>351,490</u>	<u>186,396</u>

6 Income from other trading activities

	Unrestricted	Total 2022	Total 2021
	£	£	£
Fundraising activities	4,210	4,210	15,100
	<u>4,210</u>	<u>4,210</u>	<u>15,100</u>

7 Income from investments

	Unrestricted	Total 2022	Total 2021
	£	£	£
Interest on cash deposits	265	265	12
	<u>265</u>	<u>265</u>	<u>12</u>

8 Expenditure on raising funds

	Unrestricted	Total 2022	Total 2021
	£	£	£
<i>Fundraising trading costs</i>			
Fundraising activities	1,131	1,131	540
	<u>1,131</u>	<u>1,131</u>	<u>540</u>

9 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2022	Total 2021
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Charitable activities	32,245	197,676	229,921	212,564
<i>Governance costs</i>				
Accountancy	2,844	-	2,844	408
	<u>35,089</u>	<u>197,676</u>	<u>232,765</u>	<u>212,972</u>

10 Other expenditure

	Unrestricted	Total 2022	Total 2021
	£	£	£
Employee costs	25,295	25,295	23,534
Motor and travel costs	-	-	66
Premises costs	164	164	308
General administrative costs	6,121	6,121	7,716
	<u>31,580</u>	<u>31,580</u>	<u>31,624</u>

11 Staff costs

	2022	2021
Salaries and wages	25,295	23,534
	<u>25,295</u>	<u>23,534</u>

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

Total employee benefits received by key management personnel	50,074	49,766
--	--------	--------

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

	2022 Number	2021 Number
Charitable activities	6	8
Administration	2	2
	<u>8</u>	<u>10</u>

12 Debtors

	2022 £	2021 £
Trade debtors	32	-
Prepayments and accrued income	473	-
	<u>505</u>	<u>-</u>

13 Creditors:

amounts falling due within one year

	2022 £	2021 £
Trade creditors	71	500
Other taxes and social security	2,994	-
Other creditors	2,170	1,144
Accruals	2,159	372
	<u>7,394</u>	<u>2,016</u>

14 Movement in funds

	At 1 January 2022	Incoming resources (including other gains/losses) £	Resources expended £	Gross transfers £	At 31 December 2022 £
Restricted funds:					
Restricted Income funds:					
Lottery	(208)	113,056	(105,928)	15	6,935
St Hughes	7,283	35,729	(36,158)	1,527	8,381
NBF - Social Isolation	10,783	707	(12,279)	-	(789)
Million Pound Challenge	-	26,478	(18,115)	-	8,363
Longhurst	-	4,717	(2,299)	-	2,418
Humber and North Yorkshire					
HCP - Hospital Discharge	-	40,000	(10,092)	-	29,908
NELC - Over 75's	-	35,000	(12,159)	-	22,841
Active Humber	-	4,000	(646)	-	3,354
Abbeyfields	-	50,000	-	-	50,000
CAF	(17)	-	-	17	-
Sports England	4,456	-	-	-	4,456
Lottery Covid Bridge	1,290	-	-	(1,290)	-
Clothworkers	2,127	-	-	(2,127)	-
NELC CEV P1	709	-	-	(709)	-
Total	26,423	309,687	(197,676)	(2,567)	135,867
Unrestricted funds:					
General funds	142,331	55,695	(67,800)	(38,688)	91,538
Designated funds:					
Shutdown Costs	63,745	-	-	41,255	105,000
Total	63,745	-	-	41,255	105,000
Total funds	232,499	365,382	(265,476)	-	332,405

Purposes and restrictions in relation to the funds:

Restricted funds:

Lottery	Grant to provide befriending and volunteer service.
St Hughes	Grant to provide a dementia support service.
NBF - Social Isolation	Grant to provide short-term reintegration support.
Million Pound Challenge	Grant to provide short-term reintegration support.
Longhurst	Grant to support digital inclusion.
Humber and North Yorkshire	Funding to support patients being discharged from hospital.
HCP - Hospital Discharge	
NELC - Over 75's	Funding to provide a holistic wellbeing check service.
Active Humber	Grant to provide exercise sessions/activities.

Friendship at Home

Notes to the Accounts

Abbeyfields	Grant to provide Befriending service.
CAF	Grant to support core service during COVID.
Sports England	Grant to provide exercise activities.
Lottery Covid Bridge	Additional grant to assist with provision of services during Covid.
Clothworkers	Grant to provide digital equipment to older people.
NELC CEV P1	Grant to provide reintegration support/activities to vulnerable people.
Designated funds:	
Shutdown Costs	Costs set aside to shut down should funding be insufficient to continue.

15 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Net current assets	196,538	135,867	332,405
	<u>196,538</u>	<u>135,867</u>	<u>332,405</u>

16 Reconciliation of net debt

	At 1 January 2022 £	Cash flows £	At 31 December 2022 £
Cash and cash equivalents	234,515	104,779	339,294
	<u>234,515</u>	<u>104,779</u>	<u>339,294</u>
Net debt	<u>234,515</u>	<u>104,779</u>	<u>339,294</u>

17 Commitments

Operating lease commitments

Annual commitments under non-cancellable operating leases are as follows:

	2022 Land and buildings £	2022 Other £	2021 Land and buildings £	2021 Other £
Operating leases with expiry date:				
Within one year	2,825	-	-	-
In the second to fifth years inclusive	-	3,703	5,650	6,316
	<u>2,825</u>	<u>3,703</u>	<u>5,650</u>	<u>6,316</u>

Lease payments recognised as an expense in the period totalled £5,439 (2021: £4,350).

Pension commitments

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The pension cost charge represents contributions payable by the company to the fund and amount to £12,101 (2021: £9,769).

	2022 £	2021 £
Unpaid contributions due to the fund are included in other creditors and amounted to:	<u>2,170</u>	<u>1,144</u>

18 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

There were no related party transactions in the period that require disclosure.

Friendship at Home
Detailed Statement of Financial Activities
for the year ended 31 December 2022

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income and endowments from:				
Donations and legacies				
Donations	9,417	-	9,417	5,554
	<u>9,417</u>	<u>-</u>	<u>9,417</u>	<u>5,554</u>
Charitable activities				
Charitable activities	30,812	-	30,812	10,221
Grants	10,991	309,687	320,678	176,175
	<u>41,803</u>	<u>309,687</u>	<u>351,490</u>	<u>186,396</u>
Other trading activities				
Fundraising activities	4,210	-	4,210	15,100
	<u>4,210</u>	<u>-</u>	<u>4,210</u>	<u>15,100</u>
Investments				
Interest on cash deposits	265	-	265	12
	<u>265</u>	<u>-</u>	<u>265</u>	<u>12</u>
Total income and endowments	55,695	309,687	365,382	207,062
Expenditure on:				
Costs of other trading activities				
Fundraising activities	1,131	-	1,131	540
	<u>1,131</u>	<u>-</u>	<u>1,131</u>	<u>540</u>
Total of expenditure on raising funds	1,131	-	1,131	540
Charitable activities				
Charitable activities	32,245	197,676	229,921	212,564
	<u>32,245</u>	<u>197,676</u>	<u>229,921</u>	<u>212,564</u>
Governance costs				
Accountancy	2,844	-	2,844	408
	<u>2,844</u>	<u>-</u>	<u>2,844</u>	<u>408</u>
Total of expenditure on charitable activities	35,089	197,676	232,765	212,972
Employee costs				
Salaries/wages	25,295	-	25,295	23,534
	<u>25,295</u>	<u>-</u>	<u>25,295</u>	<u>23,534</u>
Travel and subsistence	-	-	-	66
	<u>-</u>	<u>-</u>	<u>-</u>	<u>66</u>
Premises costs				
Premises cleaning	28	-	28	303
Premises repairs and maintenance	136	-	136	5

Friendship at Home

Detailed Statement of Financial Activities

	164	-	164	308
General administrative costs, including depreciation and amortisation				
Bank charges	775	-	775	124
Equipment expensed	172	-	172	3,726
General insurances	538	-	538	-
Information and publications	177	-	177	-
Postage and couriers	1,528	-	1,528	-
Software, IT support and related costs	1,204	-	1,204	320
Stationery and printing	1,581	-	1,581	1,919
Subscriptions	100	-	100	219
Sundry expenses	46	-	46	1,360
Telephone, fax and broadband	-	-	-	48
	6,121	-	6,121	7,716
Total of expenditure of other costs	31,580	-	31,580	31,624
Total expenditure	67,800	197,676	265,476	245,136
Net gains on investments	-	-	-	-
	(12,105)	112,011	99,906	(38,074)
Net income/(expenditure)				
Transfers between funds	2,567	(2,567)	-	-
Net income/(expenditure) before other gains/(losses)	(9,538)	109,444	99,906	(38,074)
Other Gains	-	-	-	-
Net movement in funds	(9,538)	109,444	99,906	(38,074)
Reconciliation of funds:				
Total funds brought forward	206,076	26,423	232,499	270,573
Total funds carried forward	196,538	135,867	332,405	232,499

Signed Version - Final

Friendship at Home

Charity No. 1160062

Company No. CE002812

Trustees' Report and Unaudited Accounts

31 December 2022

Friendship at Home

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Friendship at Home

Chairmans Report

With the Impact of Covid now receding into the past, I am pleased to report how well the team have responded to getting all our services returned to some normality and indeed, with more (hybrid) enhancements to offer too. The diverse offer we provide is expanding and is constantly improved.

The home visits and group activities which had to cease during lockdown have now resumed with hybrid activities offered as a norm, as well as the traditional face to face services and activities.

We were again very fortunate in receiving a few supporting grants from successful bids submitted and the generous donations continued from many loyal donors. Thanks to the Local Authority-NELC- who supported us funding for our Over 75 Project. Sector Support NEL also gave us assistance with monies through their Social Isolation Funding.

The National Lottery continued to give us assistance with Covid Grant monies, (before our main Core Funding Application was determined), to underpin salary and cost base. We were granted the £106,000 pounds Core Funding which has sustained the organisation in the short term. However, all our focus now is put into securing alternative sources of long term funding are now secured quickly to fill the gap left. These are therefore critical times with our very survival in jeopardy.

Thanks also to St Hugh's Hospital for their funding for another two years, to support our local Dementia work for clients and their carers. Sadly, though now that funding has ceased. This intensifies our concern to find and secure alternative funding sources.

I would also particularly like to thank Lyse and Julie for again being a rock for me; ever committed and caring and totally dedicated to compassionately serve the needs of our members. They have both worked tirelessly, (as have the staff), to bring in the moneys, manage the service and then deliver them successfully and sensitively. All this amidst a hugely challenging environment. Well done team! You have been, and remain, simply amazing! Thanks too to Mandy Sparks for stepping up into the role of Deputy to Lyse. Her energy and zest is indeed galvanising us further going forward.

However, it was with sadness and regret that we said goodbye to Julie at the end of the Year upon her retirement. Her contribution has been truly monumental, and she should be proud of the amazing and lasting legacy she has left. Over 16 years total commitment to the cause, from leading on our inception to ongoing delivery. She has been a constant source of inspiration, drive and has been a trailblazer and true Champion of our cause. We want to thank you Julie for all your efforts, your support, faithful service and visionary and dynamic leadership. Ever approachable and ever humble; 'Asta lavista Julie'

Membership of the Board of Trustees has remained consistent. Whilst we still lack an experienced accountant as a Trustee, we have nevertheless retained our diverse, experienced, cohesive and committed Board of Trustees. I would like to thank all our Board Members for their patronage, support and hard work too. We are fortunate to have a wide range of thoroughly professional Trustees who are actively involved in setting the vision and overseeing and scrutinising of the charity's work and finances.

They provide a range of support across our activities, including advocacy and promotions recruitment of staff, business continuity, policy development, and risk and impact assessments and overview.

Friendship at Home

Chairmans Report

Finally I want to reflect upon the success of Friendship at Home. The reason we can function efficiently and effectively, is primarily due to the superb support of our cadre of volunteers who provide all our face-to-face befriending, provide support and arrange and assist in fundraising events. Volunteers are our life blood; sitting at the very heart of our service. Without your passion, dedication and enthusiasm, we would not be considered the Befriending 'charity of choice' here in North East Lincolnshire. It is important not to lose sight of the fact that it is our collective activities that plays a major part in redressing the terrible reality, that for older people, social isolation and extreme loneliness has a major impact on health and well-being. If this is not effectively dealt with, it results in costly and debilitating medical interventions, early admission or re-admission to hospital and care facilities. Our 'Social Return on Investment' remains second to none in the community and voluntary sector. This is something we should all be proud of.

Which is why it is our ambition to be seen as a mainstream provider of efficient and effective care and support in our community; especially by our local authority and statutory bodies which commission social care services. Our aim is to receive core funding, on a sustainable basis, from these bodies so that we aren't constantly looking over our shoulders for cash, expending disproportionate amounts of time and energy 'chasing down' ever reducing pots of grant monies and constantly worried whether our charity can survive beyond the next year when funding streams cease. Our service is widespread, valued, needed, dependable and of high quality - and needs recognising and resourcing as such by the powers that be.

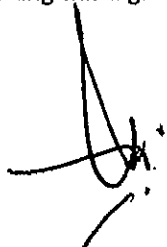
It is important to have the surety of continuing, fantastic support of our willing volunteers, underpinned by our committed and professional members of staff. We have always been a charity that has been prepared to adapt to changing circumstances and the needs of clients – an approach likely to be crucial for sustaining our long-term future.

We have now established a unique 'Later Life Partnership' (LLP) for our area, on the back of close working and alignment with Carelink and Age UK locally. We are developing our presence with the greater use of the social media forums- Twitter, Instagram, LinkedIn and Facebook- to maximise our reach and raise and broaden our profile and impact further afield.

Also, the development of a joint App, and the procurement and loan out of our Tablets, helps reach another audience that needs our support to address their particular niche of social isolation and assistance in their homes.

On behalf of fellow Trustees, I wish to record my sincere thanks to all Members, Volunteers and Staff for all your hard work and support during 2022 I commend this Annual Report to you and look forward to your continued involvement and commitment in the current year. I am honoured to be your Chair.

Thank you for making this a great and treasured organisation.



RAY OXBY - CHAIR
28 September 2023

Friendship at Home
Trustees Annual Report

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 December 2022.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE002812

Charity No. 1160062

Principal Office

6-7 Aspen Court
Cleethorpes
North East Lincolnshire
DN35 0SJ

Registered Office

6-7 Aspen Court
Cleethorpes
N E Lincolnshire
DN35 0SJ

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M. Bateson
K. Green
A. Maggs MBE
R. Oxby
K. Parker
M. Swales
R. Walsh

Key Management Personnel

Operational Manager
Development Manager
Deputy Manager/Dementia Service
Manager

Lyse Stephenson
Julie Rigby

Amanda Sparkes

Accountants

AG Smith & Co Ltd
Chartered Certified Accountants
Unit 8 Laceby Business Park
Grimsby
North East Lincolnshire
DN37 7DP

Friendship at Home

Trustees Annual Report

OBJECTIVES AND ACTIVITIES

The main objectives of the charity are:

- To reduce social isolation and loneliness
- To improve health and wellbeing
- To improve quality of life
- To support older people in maintaining their independence
- To grow and strengthen our charity and its services through an innovative approach which meets the needs of older people and the communities in which we work.
- To work in partnership with all sectors to continuously improve the quality and efficiency of our services to become outstanding and a beacon service.
- To retain, reward, strengthen, motivate and support a high-quality workforce
- Support 1,000 members
- Provide 120 volunteers with opportunities
- Provide placements to social work and university students
- Deliver 588 social and exercise activities
- Facilitate 3,120 1-1 befriending sessions
- Provide over 57,000 volunteer hours
- Introduce 80 members to the digital world
- Provide specialised Dementia support to 180 members
- Facilitate quicker discharge(s), through preparing their home environment.

The strategies used to achieve the charities aims and objective are:

1.To grow and strengthen our charity and its services through an innovative approach which meets the needs of older people and the communities in which we work.

Support 1000 members/carers experiencing social isolation/loneliness.

Introduce innovative ways of befriending- member to member and virtual.

Introduce members to the digital world through our tablet scheme and app.

Enable older people to participate in social/exercise activities in the community/hybrid.

Deliver a 7 day a week service.

2.To work in partnership with other organisations to provide an enhanced service for older people in NE Lincolnshire.

Develop partnership working with a range of appropriate organisations- specifically the Later Life Partnership partners.

3. To encourage service user involvement and consultation in developing our activities and services. To influence local policies that affect older people of NE Lincolnshire by facilitating service user involvement and consultation.

Facilitate fortnightly older peoples forums in a variety of community venues.

Form strategic alliances with statutory, not for profit and community organisations to improve policy and services for older people in NE Lincolnshire.

Senior Managers to form part of local forums- social isolation, digital and mental health groups and disseminate findings and views.

Friendship at Home

Trustees Annual Report

4.To increase income generation to sustain our services.

Source local/national funding streams to complement Friendship at Home's budgets- including core funding.

Complete quarterly reviews of strategic plan, focusing on quality of service and financial sustainability.

Prepare Friendship at Home's app to be considered as part of local support services.

Develop Friendship at Home's befriending model, app nationally.

Member subscription to our online social activities.

5.To retain, reward, strengthen, motivate and support a high-quality workforce.

Invest in our staff, trustees, volunteers to ensure staff development and retention.

Ensure the Board is operating to highest possible operating standards.

Recruit, train and support 130 volunteers.

Provide placement opportunities to students.

6.To ensure Friendship at Home's services are fit for the future and meet the changing needs of older people.

Develop relationships and support with hard-to-reach minority groups, ethnic and LGBT.

Develop a Business Plan for new Day Support services in consultation with older people in NEL that is personalised and cost effective.

Deliver a small-scale pilot 'Day service' project in conjunction with other appropriate organisations based on identified need from consultations.

The charity is a Public Benefit Entity, and the trustees have had regard to the Charity Commissions guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Charity of the year Civic Awards

A key achievement this year was that Friendship at Home was chosen as winner of 'Charity of the Year' at the North East Lincolnshire Civic Awards. The awards celebrate community spirit in North East Lincolnshire and there were more than 200 nominations across several categories.

Students

We have had two IT students working with us and they have been incredibly busy redesigning our website and promotional material; and what a fantastic job they have done too! All our materials have been redesigned to include updated information and look much more professional and modern. We have continued to forge our relationship with local colleges and university to ensure we are providing good placements for students to enable them to build their skills and strengthen our workforce.

Older People's Forums

We have held 16 Older People's Forums this year at a variety of venues; libraries, social groups, community centres, group dwellings and from the end of September 2022 we have arranged a regular forum at Age UK on the last Friday of every month. We are honoured that people are keen to air their views to us and we are proud to give these people a voice; ensuring that their voices are heard, and appropriate action is taken. All the information gathered is collated and a feedback meeting will be planned in 2023 with other services and forum representatives to share and discuss the feedback. Other services and charities are keen to be involved in this and we hope positive action can be taken, as a result.

Friendship at Home

Trustees Annual Report

Partnership Working

We strive to be active participants in the health and social care sector and dedicate time to attend multi-agency meetings such as Voluntary, Community and Social Enterprise monthly meetings, Mental Health alliance, Safeguarding Adults Board, Social Isolation group and Digital Forum. These meetings promote our partnership working and ensure we work together with other agencies more seamlessly. These meetings also afford us the opportunity to ensure older people and our values remain at the forefront of priorities in NE Lincolnshire.

Later Life Partnership NEL

We have established an effective partnership between Friendship at Home, Carelink and AGE UK providing holistic support to older people in NE Lincolnshire and accordingly seek funding to develop and continue this long term. The Partnership has provided effective working relationships and support for Managers and staff members. The LLP are currently undertaking the £1M Challenge Project and have just secured further funding to deliver this until March 2024. We have agreed to take on the historic NEL Older Peoples Advice Days and have developed a combined Later Life Partnership App and website Incorporating all 3 organisations services broadening our reach and scope.

Significant activities

£1M Challenge Project

The LLP received local funding in 2022 for the partnership to deliver a project that engages with older people to ensure they are aware of full benefit entitlements (£1M challenge) as currently as many as 1 in 4 are unclaimed in the area. Friendship at Home is providing the majority of engagement hours and the assessment/advice hours provided by Age UK. At the end of Q3 the partnership project had engaged with 7,588 people and has generated over £414,000 in benefit awards. Some excellent stories around impact are filtering through as awards made can take up to 5 months to come to fruition. PIP claims severely delayed up to 8 months.

Befriending

All evidence suggests loneliness and social isolation is a major health and social concern for older adults living in our community. It is also associated with numerous detrimental health effects including increased risk of all-cause mortality, increased risk for re-hospitalisation, and an increased number of falls.

The pandemic gave everyone the opportunity to experience some of the difficulties social isolation causes, and for many older people this is common reality. It has been estimated that approximately 10% of people over the age of 65 are lonely all or most of the time, with rates rising to 50% amongst those over 80. As such, the demand for our befriending service remains greater than ever before. The Abbeyfield grant we secured this year will enable us to sustain the Befriending service beyond the final 6 months of Lottery funding which is reassuring, and we continue to ensure that loneliness and isolation remains a priority on agendas within NE Lincolnshire.

We have worked tirelessly and creatively to meet this ever-growing demand, but referrals continue to come in thick and fast, thus emphasising the demand for this service.

Over 92% of our members have reported a reduction in loneliness and isolation, that their health and wellbeing has improved and that they have better access to services and information that help them live independently.

Friendship at Home

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Our telephone befriending also remains incredibly popular, this service provides a vital lifeline for those that prefer social interaction on the telephone as opposed to home visits.

This year we have supported almost 100 members in getting a regular weekly visitor and feel incredibly proud to have had a positive impact on their lives.

We have also introduced member to member telephone befriending this year to cope with the huge demand, this must be well managed and only appropriate for a calibre of members but when it works, it works well and is a great benefit to some of our lovely members.

Telephone befriending is still ongoing and providing essential contact for our members, some prefer this type of communication and feel more comfortable chatting on the telephone. With this and our member-to-member befriending, people feel they are making connections and building relationships and friendships with those they talk to. We shall continue to make these matches and help to reduce feelings of loneliness. This year we have provided weekly telephone calls to over 80 different people and our feedback is a statement to how valuable this has been for our members.

Volunteers

2022 saw the introduction of two new volunteer roles; confidence buddy which supports someone who has lost confidence since covid with things like walking to the local shops, going to the doctors and visiting social clubs; this will then be reassessed after 6 weeks to see if there is a chance to build confidence and improve lifestyle.

We have also introduced the digital buddy to help our members do online searches, access apps, virtual clubs, emails etc. Both roles have been popular with our members and our volunteers are thoroughly enjoying the roles.

Some of our volunteers have also been kind enough to dedicate their time doing some life story work with our members. Life story encourages people to share their stories and build the story with pictures etc thus ensuring they feel valued whilst also promoting positive relationships and improving communication. They can also be used as an aid for anybody with memory loss.

We currently have just over 100 active volunteers and are always striving to recruit more to meet the increasing demand. Continuing to advertise through Indeed works well with a steady intake of around 5/6 applicants a month, not all who apply become volunteers, but we have had 8 new Volunteers since July from Indeed.

Social Clubs

Our social clubs continue to be well attended with attendees increasing throughout the year, some of our specialised social groups, such as choir and CST group, are at full capacity. It would appear that some of our social groups have not fully recovered in numbers prior to the pandemic; we offered our help and support to anyone who was worried or anxious about attending social clubs, following the end of all covid restriction, by listening to their concerns and trying to mitigate them where possible.

We recognise the benefits and importance of physical activity and recently introduced some regular exercise sessions to the start of some of our clubs. We were pleasantly surprised how well this concept has been embraced by most of our members; our Thursday social club have been enjoying a free, 30 minute chair based exercise session with a professional fitness coach, before the club begins and have reported back with overwhelming positive praise for the benefits they have seen from engaging in this.

Friendship at Home

Trustees Annual Report

Tuesday Choir

This has been a wonderful year for our fantastic Memory Lane Choir, and we are incredibly proud of all that they have achieved. The choir remains at full capacity with just a few members on the waiting list. We are delighted to inform all that we recorded a double CD with all our favourite tracks on; not only will the CD's be lovely keepsakes and a practicing tool, any money generated from CD sales will contribute to Friendship at Home's funds. The choir are becoming quite popular in the local community and have had several invites throughout the year; We were elated to be invited to sing at national armed forces weekend again and the crowd certainly enjoyed the performance, they even danced and sang along. We were also honoured to be invited to perform at Grimsby Central Hall for a couple of the Xmas memorial services. St Andrews Hospice also invited us to perform at their Xmas concert where patients had their spirits raised as they thoroughly enjoyed singing along.

Wednesday Social

The Wednesday social group has become increasingly popular and now benefits around 16 - 20 members each week. The group has two wonderful volunteers who are committed to ensuring the group runs smoothly and support our members to participate in all the activities. The group is aimed at people with memory concerns, but it has also benefited their carers and some members in the group now meet outside the club to offer each other support.

We have enjoyed some special celebrations this year, we shared a joint party with Thursday CST members for the queen's jubilee and loved being entertained by Joan and Angie. Wednesday group members were also grateful to be invited to Morrison's food factory and enjoyed chatting to staff there while sharing a fish and chip supper.

Thursday CST

The Thursday CST group continues to be a valuable contribution to our specialised social groups for people with memory concerns. This group is designed to incorporate concepts from cognitive stimulation therapy, which aims to improve memory and cognition. Compelling evidence suggests that these sessions, (where group members take part in meaningful and stimulating activities), help maintain memory and mental functioning, it is also considered to be an effective non-medical treatment for those diagnosed with dementia. The group thoroughly enjoy the weekly themed sessions. This year they have particularly enjoyed some special celebrations including the Queen's Jubilee and we have also celebrated two of our members 90th birthday!

We have enjoyed getting a little more physically active; playing active games such as bowls, curling and even getting out for a day on our local Nunny's Farm.

Our social club survey results show the following:

- 88.6% of members say the exercises have helped to manage their mental health.
- 88.6% of members say the exercises have improved their physical health.
- 77.1% of members say it has helped them build new friendships.
- 79.4% of members say it has enabled them to do more exercises than they would have.
- 91.4% of members say they have enjoyed taking part in the exercises.
- 91.4% of members say that it has increased their confidence to be active.

Tablet Loan Scheme and Virtual Groups.

The tablet loan service aims to combat digital isolation by loaning digital tablets with free Wi-Fi access and personalised tuition to meet individual's needs. We have seen great results supporting older people to access online form filling, banking, shopping and surfing the web. We currently have over 30 tablets out on loan, with most of these people never having accessed the internet before we believe this is quite an achievement. Our LLP app is becoming increasingly popular; it includes useful information and a range of online social activities that are updated regularly. The app also provides access to our online virtual social sessions. Throughout the lockdown periods, we started holding zoom groups for members, which we have continued throughout 2022. These are of particular benefit to those who can't get out to other social clubs, but still want to have that social contact. We have online bingo sessions and fun quizzes, and it is a chance to connect and chat with others.

Our chair based exercise club, which is held in person at the Annie Chapple Centre, can also be accessed live via zoom, which is beneficial to those who can't make the journey there but still want the benefits of regular exercise.

Parties and events

This year we were able to hold our Annual Summer and Christmas Parties at the Memorial Hall, much to the delight of over 300 attendees. A good time was had by all, and we were very pleased to be able to throw two super parties for our members. We have enjoyed some lovely days out this year including a trip to Brigg Garden Centre, a mystery tour to the Kinema in the Woods and a theatre trip to see a Christmas Memories show in December which was a big hit with members. The CST group also enjoyed a day out at Nunny's Farm, many of our members do not have any contact with animals now so they found this was a very special treat, cuddling with the furry and feathery friends!

Over 75's Wellbeing Checks

We are now in the third year of the Over 75's Live Well, Wellbeing Service, although the service is mainly for over 75's, we support anyone over the age of 60 to identify need and signpost to appropriate services/agencies. Post Covid, things are starting to pick up and people are reaching out more for help, we have had 122 referrals from January to December, 2022. The majority of referrals are from Focus, Navigo, and self-referrals, also regular referrals from Red Cross, Age UK, Centre 4, Admiral nurses and the Stroke Association. We have found the most successful referral route is via GP letter; the GP's share lists of people in a determined age bracket and NELC business support will send wellbeing check invites to their home address inviting them to call us. We have worked closely with Clee medical this year; they have a large number of people in the 75-80 age bracket and now we have completed that list we will move to the 70-75 year olds.

Our more recent referral route is via the hospital discharge project, we offer a wellbeing check within 7 days of leaving hospital and this has proven to be highly valuable for our members especially those who have had a change in circumstances due to their decline in health and mobility. Often it is just a number for a cleaner, hairdresser or a chiropodist but the main concern is usually loneliness and the anxiety that comes with it. It can often be after a bereavement of a partner or maybe due to illness that they suddenly find themselves housebound.

Friendship at Home

Trustees Annual Report

Hospital Discharge

The service is providing a holistic and long-term approach to discharge not just dealing with the presenting needs. We are uncovering issues that could potentially be a factor in readmission, such as an unsafe home environment. For example, we have supported urgent OT assessments, social care referrals, installation of Carelink units and medication. Because we are supporting beyond initial discharge, we are able to build that rapport with the service users and identify potential risks to readmission. Despite the project being in its early stages we are seeing the service user contact us for practical and emotional support rather than take up valuable time of the primary care services, such as, seeing their GP because they are anxious or lonely, or because they have been discharged with the wrong medication. We can act swiftly and get things in place quickly to minimise the risk of readmission.

We undertook 110 hospital discharges to quarter 3 period. Despite the hard work of the staff having a presence at the hospital and building excellent links with the hospital staff the voluntary sector are still facing numerous barriers to acquiring referrals, thus, working with the Trust to try and reduce wider system issues. Although we envisaged demand would be higher during the winter crisis and the much-publicised hospital crisis our discharge numbers in the first month of the crisis did not reflect this. We feel this is a slow journey but confident the VCS is becoming recognised as a vital part of the discharge process. Going forward we will have a full-time presence at the hospital as we agreed resources could be saved/stepped up during this period.

St Hughs Project- Dementia Service

2022 has been yet another successful year for the St Hugh's project and this is reflected in our figures; during 2022 we were pleased to have supported 99 (annual target of 30) new members as well as providing ongoing support to our current members from the previous years.

2022 started just five months after the final Covid lockdown restrictions were lifted so 2022 was a year that we were discovering the impact that lockdown had on people's mental health, particularly those with dementia. It is evidenced that social interactions play a crucial role in easing some of dementia's most devastating symptoms and social isolation increases the risk of dementia by 26% so we were elated to be able to encourage our members back to our social clubs. St Hugh's project are still seen as a beacon for raising awareness of dementia in North East Lincolnshire. This year we used National Dementia Action Day as a platform to raise awareness of dementia and some of the common symptoms that affect people in their day to day living. We had a different event each day in various locations throughout NEL and engaged with general members of the public; giving away sweets with information leaflets. We also hoped this would encourage symptomatic people to seek a diagnosis as an official diagnosis can trigger eligible support networks and promote understanding and better outcomes.

We are very grateful to St Hughs for funding this project for six years but we have recently discovered the funding will terminate in March 2023. We hope to secure funding so we can carry on the fantastic work we have achieved on this project and take it forward into 2023.

FINANCIAL REVIEW

The trustees are satisfied with the financial performance and impeccable management of the organisations funds which has generated a healthy net income of £365,382.

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Currently, and historically, the charity has been primarily funded via grants from foundations and trusts, such as The Lottery and St Hugh's HMT. Our core funding up to June 2023 come primarily from the Big Lottery which has provided continuous support for the last 13 years. Other sources of income include donations and monies raised through activities (such as club fees and fundraising which decreased significantly over 2020/21). We are funded by the local authority to deliver the Over 75's project until June 2023 and to support with hospital discharge as part of the winder pressures initiative until June 2023. We are hoping that these will be the start of a funding partnership between the local authority and Friendship at Home and one that will grow.

Reserves Policy

A formal policy on general reserves was agreed at the January 2019 Trustees meeting. It states: A general reserves policy is desirable to identify that part of the assets of the charity which must be set aside to cover adverse financial contingencies. The reserve fund for Friendship at Home is intended to cover the following contingencies:

1. Orderly closure of the business if continuation is no longer possible.
2. The continuation of the business in periods of adverse cashflow.
3. The acquisition of new office premises and associated moving costs.
4. Orderly closure of the business implies the cessation of operations, the redundancy of staff and any contracted obligations to suppliers. This requires sufficient funds to cover three months funding of salaries and salary related payments.
5. Continued operation in the face of delays to funding grants requires funds to operate the business for a period of up to two months. It is therefore the policy of the charity to designate a general reserve to cover all these contingencies and to ensure that an appropriate proportion of the assets be protected for that purpose.

As per the Charity Commission recommendations the trustees aim to maintain free reserves in unrestricted funds at a level that equates to approximately three months of unrestricted charitable expenditure plus reasonable closure costs enabling appropriate service cessation for the vulnerability of the organisation's client group.

The balance held as unrestricted funds at 31st December 2022 was £196,538 of which £105,000 was ring-fenced shutdown costs.

PLANS FOR FUTURE PERIODS

2023 is crucial for Friendship at Home to maintain financial sustainability by identifying long term income generation that will fund our core services. To provide sustainability beyond June 2023 we need to secure further core funding of at least £130,000 per year to run our core service at its current level- this does not include the added projects, such as, Dementia, Over 75's or Digital which are short-term projects that are reviewed annually. We have a clear business plan in place to attract investment into Friendship at Home to ensure survival beyond this. Currently there is great uncertainty around contracts with the new ICB's (Integrated Care Boards)/Health Care Partnership changes. The Board will continue to work in collaboration with the Senior Managers and within the framework of agreed objectives. The trustees hold monthly meetings to discuss current operations, direction and priorities. Loneliness and isolation have risen to the top of the agenda for Local Authorities and ICB's. Loneliness and isolation have a huge impact on physical/mental health and a person's ability to engage with their community these both have huge financial implications for statutory bodies. They now recognise the positive impact we have in the community and to acknowledge the important part Friendship at Home has to play in going forward with the delivery of services for older people.

Friendship at Home

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Over the next 12 months we seek to increase engagement opportunities in activities that address our vision whilst supporting greater income generation and strengthen our work with partners and stakeholders, delivering on joint projects and seeking new collaborative opportunities. We have set priorities for 2023 coupled with strategies to achieve our future vision. Our vision for 2023 takes us further into the fields of community, connections and partnerships, recognising the positive impact of others in our area of work. We will build on the relationships of organisations that mirror our values and exchange our knowledge and experience, hence the formation of the Later Life Partnership (Friendship at Home, Age UK and Carelink). We will work with these as partners where opportunity arises, and where a combined approach will create greater impact.

We aim to build upon the learning of the last 16 years to guide us on our forthcoming journey, with the support of staff, trustees, members, volunteers and the general public. This next phase will be no less demanding or challenging. This report outlines our commitment to Our Vision, Our Values and Our Mission which are key to us all and the foundation for our success.

Our priorities for 2022-23 outline what we want to achieve, building on the success of our work so far. The last 3 years have certainly been a period of diversification, rethinking priorities and responding to new ways of working. Our focus for this year will be to look at contract opportunities around older people's provision and provide the sustainability of our core service as we approach the completion of Lottery funding in 2023. Covid has highlighted the importance of human relationships and social cohesion bringing loneliness and isolation to the forefront of public attention which is fundamental to the work of Friendship at Home so we feel we are in a prominent position to secure sustainability. The demand for funding available from trusts will be heightened again this year consequential to the Covid recovery situation and Cost of Living Crisis.

Our plans for 2023 predominantly mean we will continue to raise awareness of loneliness and isolation and develop new and modern services that help build social connections. Friendship at Home will strive to work tirelessly, with transparency, integrity and a focus that ensures the older people in our area come first. Moreover, we will endeavour to continue to serve the needs of our community and contribute to its wellbeing with the support and provision that enrich the lives of older people of NEL and the surrounding area.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Friendship at Home is a Charitable Incorporated Organisation and governed by its Constitution. It is registered as a CIO with the Charity Commission. The Constitution was updated in 2014 and amended in 2022 to include 'working with people under 60 that may be isolated'.

Structure and Decision Making

The Board of Trustees meet at least 4 times per year and are responsible for governing the affairs of the charity.

The Board agrees the broad strategy and direction of the charity to ensure the organisation fulfils its objectives. The Operational Manager reports on all areas of risks, financial and non-financial that could threaten the viability, reputation or operational efficiency of the organisation. It takes overall responsibility for ensuring that the financial, legal and contractual obligations of the charity are met and that there are satisfactory systems and controls in place to ensure quality, continuous improvements and regular engagement for stakeholders.

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The Operational Manager and Chair maintain regular contact in order to discuss strategy and communications and to ensure the Board is fully advised of any major achievements, incidents or risk issues.

Day to day decision-making is delegated to the Operational Manager who delegates specific responsibilities to senior managers/project leaders as appropriate. The Board receive regular quality, performance and finance reports from the manager.

Recruitment and Appointment of Trustees

Eligibility-Membership of the CIO is open to anyone who is interested in furthering its purposes, and who, by applying for membership, has indicated his or her agreement to become a member and acceptance of the duty of members set out in the Constitution.

Trustee candidates are selected through a rigorous process involving advertising/using NEL Sector Support Services, interview, DBS and references.

The Chair and Trustees are elected at the charity's AGM and serve for three years from the date of their election and are eligible for re-election. All Trustees give their time voluntarily and receive no benefits from the charity. Following appointment trustees attend an induction meeting with the Chair where they are briefed on their legal obligations under charity and company law and constitution, the decision-making process and recent financial performance of the charity. Opportunities are provided for them to meet with staff members to familiarise themselves with the day-to-day operation of the Charity. Trustees are encouraged to attend appropriate external training events where these will facilitate their role. The Board can co-opt during the year to ensure the Board has a full range of skills and experience to fulfil trustee responsibilities and organisational requirements.

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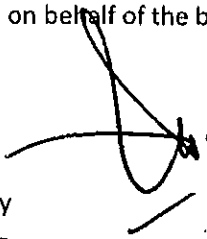
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The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Friendship at Home
Trustees Annual Report

Signed on behalf of the board

A handwritten signature in black ink, appearing to be 'R. Oxby', written over a horizontal line.

R. Oxby
Trustee

28 September 2023

Friendship at Home

Independent Examiners Report

Independent Examiner's Report to the trustees of Friendship at Home

I report to the charity trustees on my examination of the financial statements of Friendship at Home for the year ended 31 December 2022 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as 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

As the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants.

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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



Andrew Smith FCCA
AG Smith & Co Ltd
Chartered Certified Accountants
Unit 8 Laceby Business Park
Grimsby
North East Lincolnshire
DN37 7DP
28 September 2023

Friendship at Home
Statement of Financial Activities
for the year ended 31 December 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
	Notes				
Income and endowments from:					
Donations and legacies	4	9,417	-	9,417	5,554
Charitable activities	5	41,803	309,687	351,490	186,396
Other trading activities	6	4,210	-	4,210	15,100
Investments	7	265	-	265	12
Total		55,695	309,687	365,382	207,062
Expenditure on:					
Raising funds	8	1,131	-	1,131	540
Charitable activities	9	35,089	197,676	232,765	212,972
Other	10	31,580	-	31,580	31,624
Total		67,800	197,676	265,476	245,136
Net gains on investments		-	-	-	-
Net income/(expenditure)		(12,105)	112,011	99,906	(38,074)
Transfers between funds		2,567	(2,567)	-	-
Net income/(expenditure) before other gains/(losses)		(9,538)	109,444	99,906	(38,074)
Other gains and losses					
Net movement in funds		(9,538)	109,444	99,906	(38,074)
Reconciliation of funds:					
Total funds brought forward		206,076	26,423	232,499	270,573
Total funds carried forward		196,538	135,867	332,405	232,499

Friendship at Home
Summary Income and Expenditure Account
for the year ended 31 December 2022

	2022	2021
	£	£
Income	365,117	207,050
Interest and investment income	265	12
Gross income for the year	<u>365,382</u>	<u>207,062</u>
Expenditure	265,476	245,136
Total expenditure for the year	<u>265,476</u>	<u>245,136</u>
Net income/(expenditure) before tax for the year	99,906	(38,074)
Net income /(expenditure)for the year	<u>99,906</u>	<u>(38,074)</u>

Friendship at Home
Balance Sheet
at 31 December 2022

Company No.	CE002812	Notes	2022	2021
			£	£
Current assets				
Debtors	12	505		-
Cash at bank and in hand		339,294		234,515
		<u>339,799</u>		<u>234,515</u>
Creditors: Amount falling due within one year	13	(7,394)		(2,016)
Net current assets		332,405		232,499
Total assets less current liabilities		<u>332,405</u>		<u>232,499</u>
Net assets excluding pension asset or liability		332,405		232,499
Total net assets		<u>332,405</u>		<u>232,499</u>
The funds of the charity				
Restricted funds	14			
Restricted Income funds		135,867		26,423
		<u>135,867</u>		<u>26,423</u>
Unrestricted funds	14			
General funds		91,538		142,331
Designated funds		105,000		63,745
		<u>196,538</u>		<u>206,076</u>
Reserves	14			
Total funds		<u>332,405</u>		<u>232,499</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 December 2022 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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

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

Approved by the board on 28 September 2023

And signed on its behalf by:

R. Oxby

Trustee

28 September 2023

Friendship at Home
Notes to the Accounts

for the year ended 31 December 2022

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the Income can be measured with sufficient reliability.
-----------------------	---

Income with related expenditure	Where income has related expenditure the Income and related expenditure is reported gross in the SoFA.
---------------------------------	--

Donations and legacies	Voluntary Income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
------------------------	--

Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
-------------------------------------	---

Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
---------------------------------	--

Volunteer help	The value of any volunteer help received is not included in the accounts.
----------------	---

Investment income	This is included in the accounts when receivable.
-------------------	---

Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
---	---

Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.
-------------------------------------	--

Friendship at Home

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

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

Trade and other debtors

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

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Friendship at Home

Notes to the Accounts

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Income and endowments from:			
Donations and legacies	5,554	-	5,554
Charitable activities	74,127	112,269	186,396
Other trading activities	15,100	-	15,100
Investments	12	-	12
Total	94,793	112,269	207,062
Expenditure on:			
Raising funds	540	-	540
Charitable activities	26,848	193,384	220,232
Other	24,324	-	24,324
Total	51,712	193,384	245,096
Net income	43,081	(81,115)	(38,034)
Net income before other gains/(losses)	43,081	(81,115)	(38,034)
Other gains and losses:			
Net movement in funds	43,081	(81,115)	(38,034)
Reconciliation of funds:			
Total funds brought forward	162,995	107,578	270,573
Total funds carried forward	206,076	26,463	232,539

4 Income from donations and legacies

	Unrestricted £	Total 2022 £	Total 2021 £
Donations	9,417	9,417	5,554
	9,417	9,417	5,554

Friendship at Home
Notes to the Accounts

5 Income from charitable activities

	Unrestricted	Restricted	Total 2022	Total 2021
	£	£	£	£
Charitable activities	30,812	-	30,812	10,221
Grants	10,991	309,687	320,678	176,175
	<u>41,803</u>	<u>309,687</u>	<u>351,490</u>	<u>186,396</u>

6 Income from other trading activities

	Unrestricted	Total 2022	Total 2021
	£	£	£
Fundraising activities	4,210	4,210	15,100
	<u>4,210</u>	<u>4,210</u>	<u>15,100</u>

7 Income from investments

	Unrestricted	Total 2022	Total 2021
	£	£	£
Interest on cash deposits	265	265	12
	<u>265</u>	<u>265</u>	<u>12</u>

8 Expenditure on raising funds

	Unrestricted	Total 2022	Total 2021
	£	£	£
<i>Fundraising trading costs</i>			
Fundraising activities	1,131	1,131	540
	<u>1,131</u>	<u>1,131</u>	<u>540</u>

9 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2022	Total 2021
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Charitable activities	32,245	197,676	229,921	212,564
<i>Governance costs</i>				
Accountancy	2,844	-	2,844	408
	<u>35,089</u>	<u>197,676</u>	<u>232,765</u>	<u>212,972</u>

Friendship at Home
Notes to the Accounts

10 Other expenditure

	Unrestricted	Total	Total
	2022	2022	2021
	£	£	£
Employee costs	25,295	25,295	23,534
Motor and travel costs	-	-	66
Premises costs	164	164	308
General administrative costs	6,121	6,121	7,716
	<u>31,580</u>	<u>31,580</u>	<u>31,624</u>

11 Staff costs

	2022	2021
	2022	2021
	£	£
Salaries and wages	25,295	23,534
	<u>25,295</u>	<u>23,534</u>

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

Total employee benefits received by key management personnel	50,074	49,766
--	--------	--------

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

	2022	2021
	Number	Number
Charitable activities	6	8
Administration	2	2
	<u>8</u>	<u>10</u>

12 Debtors

	2022	2021
	£	£
Trade debtors	32	-
Prepayments and accrued income	473	-
	<u>505</u>	<u>-</u>

13 Creditors:

amounts falling due within one year

	2022	2021
	£	£
Trade creditors	71	500
Other taxes and social security	2,994	-
Other creditors	2,170	1,144
Accruals	2,159	372
	<u>7,394</u>	<u>2,016</u>

Friendship at Home
Notes to the Accounts

14 Movement in funds

	At 1 January 2022	Incoming resources (including other gains/losses) £	Resources expended £	Gross transfers £	At 31 December 2022 £
Restricted funds:					
Restricted income funds:					
Lottery	(208)	113,056	(105,928)	15	6,935
St Hughes	7,283	35,729	(36,158)	1,527	8,381
NBF - Social Isolation	10,783	707	(12,279)	-	(789)
Million Pound Challenge	-	26,478	(18,115)	-	8,363
Longhurst	-	4,717	(2,299)	-	2,418
Humber and North Yorkshire					
HCP - Hospital Discharge	-	40,000	(10,092)	-	29,908
NELC - Over 75's	-	35,000	(12,159)	-	22,841
Active Humber	-	4,000	(646)	-	3,354
Abbeyfields	-	50,000	-	-	50,000
CAF	(17)	-	-	17	-
Sports England	4,456	-	-	-	4,456
Lottery Covid Bridge	1,290	-	-	(1,290)	-
Clothworkers	2,127	-	-	(2,127)	-
NELC CEV P1	709	-	-	(709)	-
Total	26,423	309,687	(197,676)	(2,567)	135,867
Unrestricted funds:					
General funds	142,331	55,695	(67,800)	(38,688)	91,538
Designated funds:					
Shutdown Costs	63,745	-	-	41,255	105,000
Total	63,745	-	-	41,255	105,000
Total funds	232,499	365,382	(265,476)	-	332,405

Purposes and restrictions in relation to the funds:

Restricted funds:

Lottery	Grant to provide befriending and volunteer service.
St Hughes	Grant to provide a dementia support service.
NBF - Social Isolation	Grant to provide short-term reintegration support.
Million Pound Challenge	Grant to provide short-term reintegration support.
Longhurst	Grant to support digital inclusion.
Humber and North Yorkshire	Funding to support patients being discharged from hospital.
HCP - Hospital Discharge	
NELC - Over 75's	Funding to provide a holistic wellbeing check service.
Active Humber	Grant to provide exercise sessions/activities.

Friendship at Home

Notes to the Accounts

Abbeyfields	Grant to provide Befriending service.
CAF	Grant to support core service during COVID.
Sports England	Grant to provide exercise activities.
Lottery Covid Bridge	Additional grant to assist with provision of services during Covid.
Clothworkers	Grant to provide digital equipment to older people.
NELC CEV P1	Grant to provide reintegration support/activities to vulnerable people.
Designated funds:	
Shutdown Costs	Costs set aside to shut down should funding be insufficient to continue.

15 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Net current assets	196,538	135,867	332,405
	<u>196,538</u>	<u>135,867</u>	<u>332,405</u>

16 Reconciliation of net debt

	At 1 January 2022	Cash flows	At 31 December 2022
	£	£	£
Cash and cash equivalents	234,515	104,779	339,294
	<u>234,515</u>	<u>104,779</u>	<u>339,294</u>
Net debt	<u>234,515</u>	<u>104,779</u>	<u>339,294</u>

17 Commitments

Operating lease commitments

Annual commitments under non-cancellable operating leases are as follows:

	2022	2022	2021	2021
	Land and buildings	Other	Land and buildings	Other
	£	£	£	£
Operating leases with expiry date:				
Within one year	2,825	-	-	-
In the second to fifth years inclusive	-	3,703	5,650	6,316
	<u>2,825</u>	<u>3,703</u>	<u>5,650</u>	<u>6,316</u>

Lease payments recognised as an expense in the period totalled £5,439 (2021: £4,350).

Pension commitments

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The pension cost charge represents contributions payable by the company to the fund and amount to £12,101 (2021: £9,769).

	2022	2021
	£	£
Unpaid contributions due to the fund are included in other creditors and amounted to:	<u>2,170</u>	<u>1,144</u>

Friendship at Home
Notes to the Accounts

18 Related party disclosures
Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

There were no related party transactions in the period that require disclosure.

Friendship at Home
Detailed Statement of Financial Activities
for the year ended 31 December 2022

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income and endowments from:				
Donations and legacies				
Donations	9,417	-	9,417	5,554
	9,417	-	9,417	5,554
Charitable activities				
Charitable activities	30,812	-	30,812	10,221
Grants	10,991	309,687	320,678	176,175
	41,803	309,687	351,490	186,396
Other trading activities				
Fundraising activities	4,210	-	4,210	15,100
	4,210	-	4,210	15,100
Investments				
Interest on cash deposits	265	-	265	12
	265	-	265	12
Total income and endowments	55,695	309,687	365,382	207,062
Expenditure on:				
Costs of other trading activities				
Fundraising activities	1,131	-	1,131	540
	1,131	-	1,131	540
Total of expenditure on raising funds	1,131	-	1,131	540
Charitable activities				
Charitable activities	32,245	197,676	229,921	212,564
	32,245	197,676	229,921	212,564
Governance costs				
Accountancy	2,844	-	2,844	408
	2,844	-	2,844	408
Total of expenditure on charitable activities	35,089	197,676	232,765	212,972
Employee costs				
Salaries/wages	25,295	-	25,295	23,534
	25,295	-	25,295	23,534
Travel and subsistence	-	-	-	66
	-	-	-	66
Premises costs				
Premises cleaning	28	-	28	303
Premises repairs and maintenance	136	-	136	5

Friendship at Home
Detailed Statement of Financial Activities

	164	-	164	308
General administrative costs, including depreciation and amortisation				
Bank charges	775	-	775	124
Equipment expensed	172	-	172	3,726
General insurances	538	-	538	-
Information and publications	177	-	177	-
Postage and couriers	1,528	-	1,528	-
Software, IT support and related costs	1,204	-	1,204	320
Stationery and printing	1,581	-	1,581	1,919
Subscriptions	100	-	100	219
Sundry expenses	46	-	46	1,360
Telephone, fax and broadband	-	-	-	48
	6,121	-	6,121	7,716
Total of expenditure of other costs	31,580	-	31,580	31,624
Total expenditure	67,800	197,676	265,476	245,136
Net gains on investments	-	-	-	-
	(12,105)	112,011	99,906	(38,074)
Net income/(expenditure)				
Transfers between funds	2,567	(2,567)	-	-
	(9,538)	109,444	99,906	(38,074)
Net income/(expenditure) before other gains/(losses)				
Other Gains	-	-	-	-
	(9,538)	109,444	99,906	(38,074)
Net movement in funds				
Reconciliation of funds:				
Total funds brought forward	206,076	26,423	232,499	270,573
Total funds carried forward	196,538	135,867	332,405	232,499

Signed Version - Final

Friendship at Home

Charity No. 1160062

Company No. CE002812

Trustees' Report and Unaudited Accounts

31 December 2022

Friendship at Home

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Friendship at Home

Chairmans Report

With the Impact of Covid now receding into the past, I am pleased to report how well the team have responded to getting all our services returned to some normality and indeed, with more (hybrid) enhancements to offer too. The diverse offer we provide is expanding and is constantly improved.

The home visits and group activities which had to cease during lockdown have now resumed with hybrid activities offered as a norm, as well as the traditional face to face services and activities.

We were again very fortunate in receiving a few supporting grants from successful bids submitted and the generous donations continued from many loyal donors. Thanks to the Local Authority-NELC- who supported us funding for our Over 75 Project. Sector Support NEL also gave us assistance with monies through their Social Isolation Funding.

The National Lottery continued to give us assistance with Covid Grant monies, (before our main Core Funding Application was determined), to underpin salary and cost base. We were granted the £106,000 pounds Core Funding which has sustained the organisation in the short term. However, all our focus now is put into securing alternative sources of long term funding are now secured quickly to fill the gap left. These are therefore critical times with our very survival in jeopardy.

Thanks also to St Hugh's Hospital for their funding for another two years, to support our local Dementia work for clients and their carers. Sadly, though now that funding has ceased. This intensifies our concern to find and secure alternative funding sources.

I would also particularly like to thank Lyse and Julie for again being a rock for me; ever committed and caring and totally dedicated to compassionately serve the needs of our members. They have both worked tirelessly, (as have the staff), to bring in the moneys, manage the service and then deliver them successfully and sensitively. All this amidst a hugely challenging environment. Well done team! You have been, and remain, simply amazing! Thanks too to Mandy Sparks for stepping up into the role of Deputy to Lyse. Her energy and zest is indeed galvanising us further going forward.

However, it was with sadness and regret that we said goodbye to Julie at the end of the Year upon her retirement. Her contribution has been truly monumental, and she should be proud of the amazing and lasting legacy she has left. Over 16 years total commitment to the cause, from leading on our inception to ongoing delivery. She has been a constant source of inspiration, drive and has been a trailblazer and true Champion of our cause. We want to thank you Julie for all your efforts, your support, faithful service and visionary and dynamic leadership. Ever approachable and ever humble; 'Asta lavista Julie'

Membership of the Board of Trustees has remained consistent. Whilst we still lack an experienced accountant as a Trustee, we have nevertheless retained our diverse, experienced, cohesive and committed Board of Trustees. I would like to thank all our Board Members for their patronage, support and hard work too. We are fortunate to have a wide range of thoroughly professional Trustees who are actively involved in setting the vision and overseeing and scrutinising of the charity's work and finances.

They provide a range of support across our activities, including advocacy and promotions recruitment of staff, business continuity, policy development, and risk and impact assessments and overview.

Friendship at Home

Chairmans Report

Finally I want to reflect upon the success of Friendship at Home. The reason we can function efficiently and effectively, is primarily due to the superb support of our cadre of volunteers who provide all our face-to-face befriending, provide support and arrange and assist in fundraising events. Volunteers are our life blood; sitting at the very heart of our service. Without your passion, dedication and enthusiasm, we would not be considered the Befriending 'charity of choice' here in North East Lincolnshire. It is important not to lose sight of the fact that it is our collective activities that plays a major part in redressing the terrible reality, that for older people, social isolation and extreme loneliness has a major impact on health and well-being. If this is not effectively dealt with, it results in costly and debilitating medical interventions, early admission or re-admission to hospital and care facilities. Our 'Social Return on Investment' remains second to none in the community and voluntary sector. This is something we should all be proud of.

Which is why it is our ambition to be seen as a mainstream provider of efficient and effective care and support in our community; especially by our local authority and statutory bodies which commission social care services. Our aim is to receive core funding, on a sustainable basis, from these bodies so that we aren't constantly looking over our shoulders for cash, expending disproportionate amounts of time and energy 'chasing down' ever reducing pots of grant monies and constantly worried whether our charity can survive beyond the next year when funding streams cease. Our service is widespread, valued, needed, dependable and of high quality - and needs recognising and resourcing as such by the powers that be.

It is important to have the surety of continuing, fantastic support of our willing volunteers, underpinned by our committed and professional members of staff. We have always been a charity that has been prepared to adapt to changing circumstances and the needs of clients – an approach likely to be crucial for sustaining our long-term future.

We have now established a unique 'Later Life Partnership' (LLP) for our area, on the back of close working and alignment with Carelink and Age UK locally. We are developing our presence with the greater use of the social media forums- Twitter, Instagram, LinkedIn and Facebook- to maximise our reach and raise and broaden our profile and impact further afield.

Also, the development of a joint App, and the procurement and loan out of our Tablets, helps reach another audience that needs our support to address their particular niche of social isolation and assistance in their homes.

On behalf of fellow Trustees, I wish to record my sincere thanks to all Members, Volunteers and Staff for all your hard work and support during 2022 I commend this Annual Report to you and look forward to your continued involvement and commitment in the current year. I am honoured to be your Chair.

Thank you for making this a great and treasured organisation.



RAY OXBY - CHAIR
28 September 2023

Friendship at Home
Trustees Annual Report

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 December 2022.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE002812

Charity No. 1160062

Principal Office

6-7 Aspen Court
Cleethorpes
North East Lincolnshire
DN35 0SJ

Registered Office

6-7 Aspen Court
Cleethorpes
N E Lincolnshire
DN35 0SJ

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M. Bateson
K. Green
A. Maggs MBE
R. Oxby
K. Parker
M. Swales
R. Walsh

Key Management Personnel

Operational Manager
Development Manager
Deputy Manager/Dementia Service
Manager

Lyse Stephenson
Julie Rigby

Amanda Sparkes

Accountants

AG Smith & Co Ltd
Chartered Certified Accountants
Unit 8 Laceby Business Park
Grimsby
North East Lincolnshire
DN37 7DP

Friendship at Home

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OBJECTIVES AND ACTIVITIES

The main objectives of the charity are:

- To reduce social isolation and loneliness
- To improve health and wellbeing
- To improve quality of life
- To support older people in maintaining their independence
- To grow and strengthen our charity and its services through an innovative approach which meets the needs of older people and the communities in which we work.
- To work in partnership with all sectors to continuously improve the quality and efficiency of our services to become outstanding and a beacon service.
- To retain, reward, strengthen, motivate and support a high-quality workforce
- Support 1,000 members
- Provide 120 volunteers with opportunities
- Provide placements to social work and university students
- Deliver 588 social and exercise activities
- Facilitate 3,120 1-1 befriending sessions
- Provide over 57,000 volunteer hours
- Introduce 80 members to the digital world
- Provide specialised Dementia support to 180 members
- Facilitate quicker discharge(s), through preparing their home environment.

The strategies used to achieve the charities aims and objective are:

1.To grow and strengthen our charity and its services through an innovative approach which meets the needs of older people and the communities in which we work.

Support 1000 members/carers experiencing social isolation/loneliness.

Introduce innovative ways of befriending- member to member and virtual.

Introduce members to the digital world through our tablet scheme and app.

Enable older people to participate in social/exercise activities in the community/hybrid.

Deliver a 7 day a week service.

2.To work in partnership with other organisations to provide an enhanced service for older people in NE Lincolnshire.

Develop partnership working with a range of appropriate organisations- specifically the Later Life Partnership partners.

3. To encourage service user involvement and consultation in developing our activities and services. To influence local policies that affect older people of NE Lincolnshire by facilitating service user involvement and consultation.

Facilitate fortnightly older peoples forums in a variety of community venues.

Form strategic alliances with statutory, not for profit and community organisations to improve policy and services for older people in NE Lincolnshire.

Senior Managers to form part of local forums- social isolation, digital and mental health groups and disseminate findings and views.

Friendship at Home

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4.To increase income generation to sustain our services.

Source local/national funding streams to complement Friendship at Home's budgets- including core funding.

Complete quarterly reviews of strategic plan, focusing on quality of service and financial sustainability.

Prepare Friendship at Home's app to be considered as part of local support services.

Develop Friendship at Home's befriending model, app nationally.

Member subscription to our online social activities.

5.To retain, reward, strengthen, motivate and support a high-quality workforce.

Invest in our staff, trustees, volunteers to ensure staff development and retention.

Ensure the Board is operating to highest possible operating standards.

Recruit, train and support 130 volunteers.

Provide placement opportunities to students.

6.To ensure Friendship at Home's services are fit for the future and meet the changing needs of older people.

Develop relationships and support with hard-to-reach minority groups, ethnic and LGBT.

Develop a Business Plan for new Day Support services in consultation with older people in NEL that is personalised and cost effective.

Deliver a small-scale pilot 'Day service' project in conjunction with other appropriate organisations based on identified need from consultations.

The charity is a Public Benefit Entity, and the trustees have had regard to the Charity Commissions guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Charity of the year Civic Awards

A key achievement this year was that Friendship at Home was chosen as winner of 'Charity of the Year' at the North East Lincolnshire Civic Awards. The awards celebrate community spirit in North East Lincolnshire and there were more than 200 nominations across several categories.

Students

We have had two IT students working with us and they have been incredibly busy redesigning our website and promotional material; and what a fantastic job they have done too! All our materials have been redesigned to include updated information and look much more professional and modern. We have continued to forge our relationship with local colleges and university to ensure we are providing good placements for students to enable them to build their skills and strengthen our workforce.

Older People's Forums

We have held 16 Older People's Forums this year at a variety of venues; libraries, social groups, community centres, group dwellings and from the end of September 2022 we have arranged a regular forum at Age UK on the last Friday of every month. We are honoured that people are keen to air their views to us and we are proud to give these people a voice; ensuring that their voices are heard, and appropriate action is taken. All the information gathered is collated and a feedback meeting will be planned in 2023 with other services and forum representatives to share and discuss the feedback. Other services and charities are keen to be involved in this and we hope positive action can be taken, as a result.

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Partnership Working

We strive to be active participants in the health and social care sector and dedicate time to attend multi-agency meetings such as Voluntary, Community and Social Enterprise monthly meetings, Mental Health alliance, Safeguarding Adults Board, Social Isolation group and Digital Forum. These meetings promote our partnership working and ensure we work together with other agencies more seamlessly. These meetings also afford us the opportunity to ensure older people and our values remain at the forefront of priorities in NE Lincolnshire.

Later Life Partnership NEL

We have established an effective partnership between Friendship at Home, Carelink and AGE UK providing holistic support to older people in NE Lincolnshire and accordingly seek funding to develop and continue this long term. The Partnership has provided effective working relationships and support for Managers and staff members. The LLP are currently undertaking the £1M Challenge Project and have just secured further funding to deliver this until March 2024. We have agreed to take on the historic NEL Older Peoples Advice Days and have developed a combined Later Life Partnership App and website Incorporating all 3 organisations services broadening our reach and scope.

Significant activities

£1M Challenge Project

The LLP received local funding in 2022 for the partnership to deliver a project that engages with older people to ensure they are aware of full benefit entitlements (£1M challenge) as currently as many as 1 in 4 are unclaimed in the area. Friendship at Home is providing the majority of engagement hours and the assessment/advice hours provided by Age UK. At the end of Q3 the partnership project had engaged with 7,588 people and has generated over £414,000 in benefit awards. Some excellent stories around impact are filtering through as awards made can take up to 5 months to come to fruition. PIP claims severely delayed up to 8 months.

Befriending

All evidence suggests loneliness and social isolation is a major health and social concern for older adults living in our community. It is also associated with numerous detrimental health effects including increased risk of all-cause mortality, increased risk for re-hospitalisation, and an increased number of falls.

The pandemic gave everyone the opportunity to experience some of the difficulties social isolation causes, and for many older people this is common reality. It has been estimated that approximately 10% of people over the age of 65 are lonely all or most of the time, with rates rising to 50% amongst those over 80. As such, the demand for our befriending service remains greater than ever before. The Abbeyfield grant we secured this year will enable us to sustain the Befriending service beyond the final 6 months of Lottery funding which is reassuring, and we continue to ensure that loneliness and isolation remains a priority on agendas within NE Lincolnshire.

We have worked tirelessly and creatively to meet this ever-growing demand, but referrals continue to come in thick and fast, thus emphasising the demand for this service.

Over 92% of our members have reported a reduction in loneliness and isolation, that their health and wellbeing has improved and that they have better access to services and information that help them live independently.

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Our telephone befriending also remains incredibly popular, this service provides a vital lifeline for those that prefer social interaction on the telephone as opposed to home visits.

This year we have supported almost 100 members in getting a regular weekly visitor and feel incredibly proud to have had a positive impact on their lives.

We have also introduced member to member telephone befriending this year to cope with the huge demand, this must be well managed and only appropriate for a calibre of members but when it works, it works well and is a great benefit to some of our lovely members.

Telephone befriending is still ongoing and providing essential contact for our members, some prefer this type of communication and feel more comfortable chatting on the telephone. With this and our member-to-member befriending, people feel they are making connections and building relationships and friendships with those they talk to. We shall continue to make these matches and help to reduce feelings of loneliness. This year we have provided weekly telephone calls to over 80 different people and our feedback is a statement to how valuable this has been for our members.

Volunteers

2022 saw the introduction of two new volunteer roles; confidence buddy which supports someone who has lost confidence since covid with things like walking to the local shops, going to the doctors and visiting social clubs; this will then be reassessed after 6 weeks to see if there is a chance to build confidence and improve lifestyle.

We have also introduced the digital buddy to help our members do online searches, access apps, virtual clubs, emails etc. Both roles have been popular with our members and our volunteers are thoroughly enjoying the roles.

Some of our volunteers have also been kind enough to dedicate their time doing some life story work with our members. Life story encourages people to share their stories and build the story with pictures etc thus ensuring they feel valued whilst also promoting positive relationships and improving communication. They can also be used as an aid for anybody with memory loss.

We currently have just over 100 active volunteers and are always striving to recruit more to meet the increasing demand. Continuing to advertise through Indeed works well with a steady intake of around 5/6 applicants a month, not all who apply become volunteers, but we have had 8 new Volunteers since July from Indeed.

Social Clubs

Our social clubs continue to be well attended with attendees increasing throughout the year, some of our specialised social groups, such as choir and CST group, are at full capacity. It would appear that some of our social groups have not fully recovered in numbers prior to the pandemic; we offered our help and support to anyone who was worried or anxious about attending social clubs, following the end of all covid restriction, by listening to their concerns and trying to mitigate them where possible.

We recognise the benefits and importance of physical activity and recently introduced some regular exercise sessions to the start of some of our clubs. We were pleasantly surprised how well this concept has been embraced by most of our members; our Thursday social club have been enjoying a free, 30 minute chair based exercise session with a professional fitness coach, before the club begins and have reported back with overwhelming positive praise for the benefits they have seen from engaging in this.

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Tuesday Choir

This has been a wonderful year for our fantastic Memory Lane Choir, and we are incredibly proud of all that they have achieved. The choir remains at full capacity with just a few members on the waiting list. We are delighted to inform all that we recorded a double CD with all our favourite tracks on; not only will the CD's be lovely keepsakes and a practicing tool, any money generated from CD sales will contribute to Friendship at Home's funds. The choir are becoming quite popular in the local community and have had several invites throughout the year; We were elated to be invited to sing at national armed forces weekend again and the crowd certainly enjoyed the performance, they even danced and sang along. We were also honoured to be invited to perform at Grimsby Central Hall for a couple of the Xmas memorial services. St Andrews Hospice also invited us to perform at their Xmas concert where patients had their spirits raised as they thoroughly enjoyed singing along.

Wednesday Social

The Wednesday social group has become increasingly popular and now benefits around 16 - 20 members each week. The group has two wonderful volunteers who are committed to ensuring the group runs smoothly and support our members to participate in all the activities. The group is aimed at people with memory concerns, but it has also benefited their carers and some members in the group now meet outside the club to offer each other support.

We have enjoyed some special celebrations this year, we shared a joint party with Thursday CST members for the queen's jubilee and loved being entertained by Joan and Angie. Wednesday group members were also grateful to be invited to Morrison's food factory and enjoyed chatting to staff there while sharing a fish and chip supper.

Thursday CST

The Thursday CST group continues to be a valuable contribution to our specialised social groups for people with memory concerns. This group is designed to incorporate concepts from cognitive stimulation therapy, which aims to improve memory and cognition. Compelling evidence suggests that these sessions, (where group members take part in meaningful and stimulating activities), help maintain memory and mental functioning, it is also considered to be an effective non-medical treatment for those diagnosed with dementia. The group thoroughly enjoy the weekly themed sessions. This year they have particularly enjoyed some special celebrations including the Queen's Jubilee and we have also celebrated two of our members 90th birthday!

We have enjoyed getting a little more physically active; playing active games such as bowls, curling and even getting out for a day on our local Nunny's Farm.

Our social club survey results show the following:

- 88.6% of members say the exercises have helped to manage their mental health.
- 88.6% of members say the exercises have improved their physical health.
- 77.1% of members say it has helped them build new friendships.
- 79.4% of members say it has enabled them to do more exercises than they would have.
- 91.4% of members say they have enjoyed taking part in the exercises.
- 91.4% of members say that it has increased their confidence to be active.

Tablet Loan Scheme and Virtual Groups.

The tablet loan service aims to combat digital isolation by loaning digital tablets with free Wi-Fi access and personalised tuition to meet individual's needs. We have seen great results supporting older people to access online form filling, banking, shopping and surfing the web. We currently have over 30 tablets out on loan, with most of these people never having accessed the internet before we believe this is quite an achievement. Our LLP app is becoming increasingly popular; it includes useful information and a range of online social activities that are updated regularly. The app also provides access to our online virtual social sessions. Throughout the lockdown periods, we started holding zoom groups for members, which we have continued throughout 2022. These are of particular benefit to those who can't get out to other social clubs, but still want to have that social contact. We have online bingo sessions and fun quizzes, and it is a chance to connect and chat with others.

Our chair based exercise club, which is held in person at the Annie Chapple Centre, can also be accessed live via zoom, which is beneficial to those who can't make the journey there but still want the benefits of regular exercise.

Parties and events

This year we were able to hold our Annual Summer and Christmas Parties at the Memorial Hall, much to the delight of over 300 attendees. A good time was had by all, and we were very pleased to be able to throw two super parties for our members. We have enjoyed some lovely days out this year including a trip to Brigg Garden Centre, a mystery tour to the Kinema in the Woods and a theatre trip to see a Christmas Memories show in December which was a big hit with members. The CST group also enjoyed a day out at Nunny's Farm, many of our members do not have any contact with animals now so they found this was a very special treat, cuddling with the furry and feathery friends!

Over 75's Wellbeing Checks

We are now in the third year of the Over 75's Live Well, Wellbeing Service, although the service is mainly for over 75's, we support anyone over the age of 60 to identify need and signpost to appropriate services/agencies. Post Covid, things are starting to pick up and people are reaching out more for help, we have had 122 referrals from January to December, 2022. The majority of referrals are from Focus, Navigo, and self-referrals, also regular referrals from Red Cross, Age UK, Centre 4, Admiral nurses and the Stroke Association. We have found the most successful referral route is via GP letter; the GP's share lists of people in a determined age bracket and NELC business support will send wellbeing check invites to their home address inviting them to call us. We have worked closely with Clee medical this year; they have a large number of people in the 75-80 age bracket and now we have completed that list we will move to the 70-75 year olds.

Our more recent referral route is via the hospital discharge project, we offer a wellbeing check within 7 days of leaving hospital and this has proven to be highly valuable for our members especially those who have had a change in circumstances due to their decline in health and mobility. Often it is just a number for a cleaner, hairdresser or a chiropodist but the main concern is usually loneliness and the anxiety that comes with it. It can often be after a bereavement of a partner or maybe due to illness that they suddenly find themselves housebound.

Friendship at Home

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Hospital Discharge

The service is providing a holistic and long-term approach to discharge not just dealing with the presenting needs. We are uncovering issues that could potentially be a factor in readmission, such as an unsafe home environment. For example, we have supported urgent OT assessments, social care referrals, installation of Carelink units and medication. Because we are supporting beyond initial discharge, we are able to build that rapport with the service users and identify potential risks to readmission. Despite the project being in its early stages we are seeing the service user contact us for practical and emotional support rather than take up valuable time of the primary care services, such as, seeing their GP because they are anxious or lonely, or because they have been discharged with the wrong medication. We can act swiftly and get things in place quickly to minimise the risk of readmission.

We undertook 110 hospital discharges to quarter 3 period. Despite the hard work of the staff having a presence at the hospital and building excellent links with the hospital staff the voluntary sector are still facing numerous barriers to acquiring referrals, thus, working with the Trust to try and reduce wider system issues. Although we envisaged demand would be higher during the winter crisis and the much-publicised hospital crisis our discharge numbers in the first month of the crisis did not reflect this. We feel this is a slow journey but confident the VCS is becoming recognised as a vital part of the discharge process. Going forward we will have a full-time presence at the hospital as we agreed resources could be saved/stepped up during this period.

St Hughs Project- Dementia Service

2022 has been yet another successful year for the St Hugh's project and this is reflected in our figures; during 2022 we were pleased to have supported 99 (annual target of 30) new members as well as providing ongoing support to our current members from the previous years.

2022 started just five months after the final Covid lockdown restrictions were lifted so 2022 was a year that we were discovering the impact that lockdown had on people's mental health, particularly those with dementia. It is evidenced that social interactions play a crucial role in easing some of dementia's most devastating symptoms and social isolation increases the risk of dementia by 26% so we were elated to be able to encourage our members back to our social clubs. St Hugh's project are still seen as a beacon for raising awareness of dementia in North East Lincolnshire. This year we used National Dementia Action Day as a platform to raise awareness of dementia and some of the common symptoms that affect people in their day to day living. We had a different event each day in various locations throughout NEL and engaged with general members of the public; giving away sweets with information leaflets. We also hoped this would encourage symptomatic people to seek a diagnosis as an official diagnosis can trigger eligible support networks and promote understanding and better outcomes.

We are very grateful to St Hughs for funding this project for six years but we have recently discovered the funding will terminate in March 2023. We hope to secure funding so we can carry on the fantastic work we have achieved on this project and take it forward into 2023.

FINANCIAL REVIEW

The trustees are satisfied with the financial performance and impeccable management of the organisations funds which has generated a healthy net income of £365,382.

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Currently, and historically, the charity has been primarily funded via grants from foundations and trusts, such as The Lottery and St Hugh's HMT. Our core funding up to June 2023 come primarily from the Big Lottery which has provided continuous support for the last 13 years. Other sources of income include donations and monies raised through activities (such as club fees and fundraising which decreased significantly over 2020/21). We are funded by the local authority to deliver the Over 75's project until June 2023 and to support with hospital discharge as part of the winder pressures initiative until June 2023. We are hoping that these will be the start of a funding partnership between the local authority and Friendship at Home and one that will grow.

Reserves Policy

A formal policy on general reserves was agreed at the January 2019 Trustees meeting. It states: A general reserves policy is desirable to identify that part of the assets of the charity which must be set aside to cover adverse financial contingencies. The reserve fund for Friendship at Home is intended to cover the following contingencies:

1. Orderly closure of the business if continuation is no longer possible.
2. The continuation of the business in periods of adverse cashflow.
3. The acquisition of new office premises and associated moving costs.
4. Orderly closure of the business implies the cessation of operations, the redundancy of staff and any contracted obligations to suppliers. This requires sufficient funds to cover three months funding of salaries and salary related payments.
5. Continued operation in the face of delays to funding grants requires funds to operate the business for a period of up to two months. It is therefore the policy of the charity to designate a general reserve to cover all these contingencies and to ensure that an appropriate proportion of the assets be protected for that purpose.

As per the Charity Commission recommendations the trustees aim to maintain free reserves in unrestricted funds at a level that equates to approximately three months of unrestricted charitable expenditure plus reasonable closure costs enabling appropriate service cessation for the vulnerability of the organisation's client group.

The balance held as unrestricted funds at 31st December 2022 was £196,538 of which £105,000 was ring-fenced shutdown costs.

PLANS FOR FUTURE PERIODS

2023 is crucial for Friendship at Home to maintain financial sustainability by identifying long term income generation that will fund our core services. To provide sustainability beyond June 2023 we need to secure further core funding of at least £130,000 per year to run our core service at its current level- this does not include the added projects, such as, Dementia, Over 75's or Digital which are short-term projects that are reviewed annually. We have a clear business plan in place to attract investment into Friendship at Home to ensure survival beyond this. Currently there is great uncertainty around contracts with the new ICB's (Integrated Care Boards)/Health Care Partnership changes. The Board will continue to work in collaboration with the Senior Managers and within the framework of agreed objectives. The trustees hold monthly meetings to discuss current operations, direction and priorities. Loneliness and isolation have risen to the top of the agenda for Local Authorities and ICB's. Loneliness and isolation have a huge impact on physical/mental health and a person's ability to engage with their community these both have huge financial implications for statutory bodies. They now recognise the positive impact we have in the community and to acknowledge the important part Friendship at Home has to play in going forward with the delivery of services for older people.

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Over the next 12 months we seek to increase engagement opportunities in activities that address our vision whilst supporting greater income generation and strengthen our work with partners and stakeholders, delivering on joint projects and seeking new collaborative opportunities. We have set priorities for 2023 coupled with strategies to achieve our future vision. Our vision for 2023 takes us further into the fields of community, connections and partnerships, recognising the positive impact of others in our area of work. We will build on the relationships of organisations that mirror our values and exchange our knowledge and experience, hence the formation of the Later Life Partnership (Friendship at Home, Age UK and Carelink). We will work with these as partners where opportunity arises, and where a combined approach will create greater impact.

We aim to build upon the learning of the last 16 years to guide us on our forthcoming journey, with the support of staff, trustees, members, volunteers and the general public. This next phase will be no less demanding or challenging. This report outlines our commitment to Our Vision, Our Values and Our Mission which are key to us all and the foundation for our success.

Our priorities for 2022-23 outline what we want to achieve, building on the success of our work so far. The last 3 years have certainly been a period of diversification, rethinking priorities and responding to new ways of working. Our focus for this year will be to look at contract opportunities around older people's provision and provide the sustainability of our core service as we approach the completion of Lottery funding in 2023. Covid has highlighted the importance of human relationships and social cohesion bringing loneliness and isolation to the forefront of public attention which is fundamental to the work of Friendship at Home so we feel we are in a prominent position to secure sustainability. The demand for funding available from trusts will be heightened again this year consequential to the Covid recovery situation and Cost of Living Crisis.

Our plans for 2023 predominantly mean we will continue to raise awareness of loneliness and isolation and develop new and modern services that help build social connections. Friendship at Home will strive to work tirelessly, with transparency, integrity and a focus that ensures the older people in our area come first. Moreover, we will endeavour to continue to serve the needs of our community and contribute to its wellbeing with the support and provision that enrich the lives of older people of NEL and the surrounding area.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Friendship at Home is a Charitable Incorporated Organisation and governed by its Constitution. It is registered as a CIO with the Charity Commission. The Constitution was updated in 2014 and amended in 2022 to include 'working with people under 60 that may be isolated'.

Structure and Decision Making

The Board of Trustees meet at least 4 times per year and are responsible for governing the affairs of the charity.

The Board agrees the broad strategy and direction of the charity to ensure the organisation fulfils its objectives. The Operational Manager reports on all areas of risks, financial and non-financial that could threaten the viability, reputation or operational efficiency of the organisation. It takes overall responsibility for ensuring that the financial, legal and contractual obligations of the charity are met and that there are satisfactory systems and controls in place to ensure quality, continuous improvements and regular engagement for stakeholders.

Friendship at Home

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The Operational Manager and Chair maintain regular contact in order to discuss strategy and communications and to ensure the Board is fully advised of any major achievements, incidents or risk issues.

Day to day decision-making is delegated to the Operational Manager who delegates specific responsibilities to senior managers/project leaders as appropriate. The Board receive regular quality, performance and finance reports from the manager.

Recruitment and Appointment of Trustees

Eligibility-Membership of the CIO is open to anyone who is interested in furthering its purposes, and who, by applying for membership, has indicated his or her agreement to become a member and acceptance of the duty of members set out in the Constitution.

Trustee candidates are selected through a rigorous process involving advertising/using NEL Sector Support Services, interview, DBS and references.

The Chair and Trustees are elected at the charity's AGM and serve for three years from the date of their election and are eligible for re-election. All Trustees give their time voluntarily and receive no benefits from the charity. Following appointment trustees attend an induction meeting with the Chair where they are briefed on their legal obligations under charity and company law and constitution, the decision-making process and recent financial performance of the charity. Opportunities are provided for them to meet with staff members to familiarise themselves with the day-to-day operation of the Charity. Trustees are encouraged to attend appropriate external training events where these will facilitate their role. The Board can co-opt during the year to ensure the Board has a full range of skills and experience to fulfil trustee responsibilities and organisational requirements.

Trustee candidates are selected through a rigorous process involving advertising/using NEL Sector Support Services, interview, DBS and references.

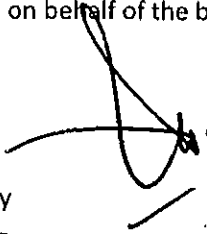
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The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Friendship at Home
Trustees Annual Report

Signed on behalf of the board

A handwritten signature in black ink, appearing to be 'R. Oxby', written over a horizontal line.

R. Oxby
Trustee

28 September 2023

Friendship at Home

Independent Examiners Report

Independent Examiner's Report to the trustees of Friendship at Home

I report to the charity trustees on my examination of the financial statements of Friendship at Home for the year ended 31 December 2022 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as 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

As the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants.

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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



Andrew Smith FCCA
AG Smith & Co Ltd
Chartered Certified Accountants
Unit 8 Laceby Business Park
Grimsby
North East Lincolnshire
DN37 7DP
28 September 2023

Friendship at Home
Statement of Financial Activities
for the year ended 31 December 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
	Notes				
Income and endowments from:					
Donations and legacies	4	9,417	-	9,417	5,554
Charitable activities	5	41,803	309,687	351,490	186,396
Other trading activities	6	4,210	-	4,210	15,100
Investments	7	265	-	265	12
Total		55,695	309,687	365,382	207,062
Expenditure on:					
Raising funds	8	1,131	-	1,131	540
Charitable activities	9	35,089	197,676	232,765	212,972
Other	10	31,580	-	31,580	31,624
Total		67,800	197,676	265,476	245,136
Net gains on investments		-	-	-	-
Net income/(expenditure)		(12,105)	112,011	99,906	(38,074)
Transfers between funds		2,567	(2,567)	-	-
Net income/(expenditure) before other gains/(losses)		(9,538)	109,444	99,906	(38,074)
Other gains and losses					
Net movement in funds		(9,538)	109,444	99,906	(38,074)
Reconciliation of funds:					
Total funds brought forward		206,076	26,423	232,499	270,573
Total funds carried forward		196,538	135,867	332,405	232,499

Friendship at Home
Summary Income and Expenditure Account
for the year ended 31 December 2022

	2022	2021
	£	£
Income	365,117	207,050
Interest and investment income	265	12
Gross income for the year	<u>365,382</u>	<u>207,062</u>
Expenditure	265,476	245,136
Total expenditure for the year	<u>265,476</u>	<u>245,136</u>
Net income/(expenditure) before tax for the year	99,906	(38,074)
Net income /(expenditure)for the year	<u>99,906</u>	<u>(38,074)</u>

Friendship at Home
Balance Sheet
at 31 December 2022

Company No.	CE002812	Notes	2022	2021
			£	£
Current assets				
Debtors	12	505		-
Cash at bank and in hand		339,294		234,515
		339,799		234,515
Creditors: Amount falling due within one year	13	(7,394)		(2,016)
Net current assets		332,405		232,499
Total assets less current liabilities		332,405		232,499
Net assets excluding pension asset or liability		332,405		232,499
Total net assets		332,405		232,499
The funds of the charity				
Restricted funds				
Restricted Income funds	14	135,867		26,423
		135,867		26,423
Unrestricted funds				
General funds	14	91,538		142,331
Designated funds		105,000		63,745
		196,538		206,076
Reserves	14			
Total funds		332,405		232,499

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 December 2022 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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

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

Approved by the board on 28 September 2023

And signed on its behalf by:

R. Oxby

Trustee

28 September 2023

Friendship at Home
Notes to the Accounts

for the year ended 31 December 2022

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the Income can be measured with sufficient reliability.
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Income with related expenditure	Where income has related expenditure the Income and related expenditure is reported gross in the SoFA.
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Donations and legacies	Voluntary Income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
------------------------	--

Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
-------------------------------------	---

Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
---------------------------------	--

Volunteer help	The value of any volunteer help received is not included in the accounts.
----------------	---

Investment income	This is included in the accounts when receivable.
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Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
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Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.
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Friendship at Home

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

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

Trade and other debtors

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

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Friendship at Home

Notes to the Accounts

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Income and endowments from:			
Donations and legacies	5,554	-	5,554
Charitable activities	74,127	112,269	186,396
Other trading activities	15,100	-	15,100
Investments	12	-	12
Total	94,793	112,269	207,062
Expenditure on:			
Raising funds	540	-	540
Charitable activities	26,848	193,384	220,232
Other	24,324	-	24,324
Total	51,712	193,384	245,096
Net income	43,081	(81,115)	(38,034)
Net income before other gains/(losses)	43,081	(81,115)	(38,034)
Other gains and losses:			
Net movement in funds	43,081	(81,115)	(38,034)
Reconciliation of funds:			
Total funds brought forward	162,995	107,578	270,573
Total funds carried forward	206,076	26,463	232,539

4 Income from donations and legacies

	Unrestricted £	Total 2022 £	Total 2021 £
Donations	9,417	9,417	5,554
	9,417	9,417	5,554

Friendship at Home
Notes to the Accounts

5 Income from charitable activities

	Unrestricted	Restricted	Total 2022	Total 2021
	£	£	£	£
Charitable activities	30,812	-	30,812	10,221
Grants	10,991	309,687	320,678	176,175
	<u>41,803</u>	<u>309,687</u>	<u>351,490</u>	<u>186,396</u>

6 Income from other trading activities

	Unrestricted	Total 2022	Total 2021
	£	£	£
Fundraising activities	4,210	4,210	15,100
	<u>4,210</u>	<u>4,210</u>	<u>15,100</u>

7 Income from investments

	Unrestricted	Total 2022	Total 2021
	£	£	£
Interest on cash deposits	265	265	12
	<u>265</u>	<u>265</u>	<u>12</u>

8 Expenditure on raising funds

	Unrestricted	Total 2022	Total 2021
	£	£	£
<i>Fundraising trading costs</i>			
Fundraising activities	1,131	1,131	540
	<u>1,131</u>	<u>1,131</u>	<u>540</u>

9 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2022	Total 2021
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Charitable activities	32,245	197,676	229,921	212,564
<i>Governance costs</i>				
Accountancy	2,844	-	2,844	408
	<u>35,089</u>	<u>197,676</u>	<u>232,765</u>	<u>212,972</u>

Friendship at Home
Notes to the Accounts

10 Other expenditure

	Unrestricted	Total	Total
	2022	2022	2021
	£	£	£
Employee costs	25,295	25,295	23,534
Motor and travel costs	-	-	66
Premises costs	164	164	308
General administrative costs	6,121	6,121	7,716
	<u>31,580</u>	<u>31,580</u>	<u>31,624</u>

11 Staff costs

	2022	2021
	2022	2021
	£	£
Salaries and wages	25,295	23,534
	<u>25,295</u>	<u>23,534</u>

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

Total employee benefits received by key management personnel	50,074	49,766
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The average monthly number of full time equivalent employees during the year was as follows:

	2022	2021
	Number	Number
Charitable activities	6	8
Administration	2	2
	<u>8</u>	<u>10</u>

12 Debtors

	2022	2021
	£	£
Trade debtors	32	-
Prepayments and accrued income	473	-
	<u>505</u>	<u>-</u>

13 Creditors:

amounts falling due within one year

	2022	2021
	£	£
Trade creditors	71	500
Other taxes and social security	2,994	-
Other creditors	2,170	1,144
Accruals	2,159	372
	<u>7,394</u>	<u>2,016</u>

Friendship at Home
Notes to the Accounts

14 Movement in funds

	At 1 January 2022	Incoming resources (including other gains/losses) £	Resources expended £	Gross transfers £	At 31 December 2022 £
Restricted funds:					
Restricted income funds:					
Lottery	(208)	113,056	(105,928)	15	6,935
St Hughes	7,283	35,729	(36,158)	1,527	8,381
NBF - Social Isolation	10,783	707	(12,279)	-	(789)
Million Pound Challenge	-	26,478	(18,115)	-	8,363
Longhurst	-	4,717	(2,299)	-	2,418
Humber and North Yorkshire					
HCP - Hospital Discharge	-	40,000	(10,092)	-	29,908
NELC - Over 75's	-	35,000	(12,159)	-	22,841
Active Humber	-	4,000	(646)	-	3,354
Abbeyfields	-	50,000	-	-	50,000
CAF	(17)	-	-	17	-
Sports England	4,456	-	-	-	4,456
Lottery Covid Bridge	1,290	-	-	(1,290)	-
Clothworkers	2,127	-	-	(2,127)	-
NELC CEV P1	709	-	-	(709)	-
Total	26,423	309,687	(197,676)	(2,567)	135,867
Unrestricted funds:					
General funds	142,331	55,695	(67,800)	(38,688)	91,538
Designated funds:					
Shutdown Costs	63,745	-	-	41,255	105,000
Total	63,745	-	-	41,255	105,000
Total funds	232,499	365,382	(265,476)	-	332,405

Purposes and restrictions in relation to the funds:

Restricted funds:

Lottery	Grant to provide befriending and volunteer service.
St Hughes	Grant to provide a dementia support service.
NBF - Social Isolation	Grant to provide short-term reintegration support.
Million Pound Challenge	Grant to provide short-term reintegration support.
Longhurst	Grant to support digital inclusion.
Humber and North Yorkshire	Funding to support patients being discharged from hospital.
HCP - Hospital Discharge	
NELC - Over 75's	Funding to provide a holistic wellbeing check service.
Active Humber	Grant to provide exercise sessions/activities.

Friendship at Home

Notes to the Accounts

Abbeyfields	Grant to provide Befriending service.
CAF	Grant to support core service during COVID.
Sports England	Grant to provide exercise activities.
Lottery Covid Bridge	Additional grant to assist with provision of services during Covid.
Clothworkers	Grant to provide digital equipment to older people.
NELC CEV P1	Grant to provide reintegration support/activities to vulnerable people.
Designated funds:	
Shutdown Costs	Costs set aside to shut down should funding be insufficient to continue.

15 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Net current assets	196,538	135,867	332,405
	<u>196,538</u>	<u>135,867</u>	<u>332,405</u>

16 Reconciliation of net debt

	At 1 January 2022	Cash flows	At 31 December 2022
	£	£	£
Cash and cash equivalents	234,515	104,779	339,294
	<u>234,515</u>	<u>104,779</u>	<u>339,294</u>
Net debt	<u>234,515</u>	<u>104,779</u>	<u>339,294</u>

17 Commitments

Operating lease commitments

Annual commitments under non-cancellable operating leases are as follows:

	2022	2022	2021	2021
	Land and buildings	Other	Land and buildings	Other
	£	£	£	£
Operating leases with expiry date:				
Within one year	2,825	-	-	-
In the second to fifth years inclusive	-	3,703	5,650	6,316
	<u>2,825</u>	<u>3,703</u>	<u>5,650</u>	<u>6,316</u>

Lease payments recognised as an expense in the period totalled £5,439 (2021: £4,350).

Pension commitments

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The pension cost charge represents contributions payable by the company to the fund and amount to £12,101 (2021: £9,769).

	2022	2021
	£	£
Unpaid contributions due to the fund are included in other creditors and amounted to:	<u>2,170</u>	<u>1,144</u>

Friendship at Home
Notes to the Accounts

18 Related party disclosures
Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

There were no related party transactions in the period that require disclosure.

Friendship at Home
Detailed Statement of Financial Activities
for the year ended 31 December 2022

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income and endowments from:				
Donations and legacies				
Donations	9,417	-	9,417	5,554
	9,417	-	9,417	5,554
Charitable activities				
Charitable activities	30,812	-	30,812	10,221
Grants	10,991	309,687	320,678	176,175
	41,803	309,687	351,490	186,396
Other trading activities				
Fundraising activities	4,210	-	4,210	15,100
	4,210	-	4,210	15,100
Investments				
Interest on cash deposits	265	-	265	12
	265	-	265	12
Total income and endowments	55,695	309,687	365,382	207,062
Expenditure on:				
Costs of other trading activities				
Fundraising activities	1,131	-	1,131	540
	1,131	-	1,131	540
Total of expenditure on raising funds	1,131	-	1,131	540
Charitable activities				
Charitable activities	32,245	197,676	229,921	212,564
	32,245	197,676	229,921	212,564
Governance costs				
Accountancy	2,844	-	2,844	408
	2,844	-	2,844	408
Total of expenditure on charitable activities	35,089	197,676	232,765	212,972
Employee costs				
Salaries/wages	25,295	-	25,295	23,534
	25,295	-	25,295	23,534
Travel and subsistence	-	-	-	66
	-	-	-	66
Premises costs				
Premises cleaning	28	-	28	303
Premises repairs and maintenance	136	-	136	5

Friendship at Home
Detailed Statement of Financial Activities

	164	-	164	308
General administrative costs, including depreciation and amortisation				
Bank charges	775	-	775	124
Equipment expensed	172	-	172	3,726
General insurances	538	-	538	-
Information and publications	177	-	177	-
Postage and couriers	1,528	-	1,528	-
Software, IT support and related costs	1,204	-	1,204	320
Stationery and printing	1,581	-	1,581	1,919
Subscriptions	100	-	100	219
Sundry expenses	46	-	46	1,360
Telephone, fax and broadband	-	-	-	48
	6,121	-	6,121	7,716
Total of expenditure of other costs	31,580	-	31,580	31,624
Total expenditure	67,800	197,676	265,476	245,136
Net gains on investments	-	-	-	-
	(12,105)	112,011	99,906	(38,074)
Net income/(expenditure)				
Transfers between funds	2,567	(2,567)	-	-
	(9,538)	109,444	99,906	(38,074)
Net income/(expenditure) before other gains/(losses)				
Other Gains	-	-	-	-
	(9,538)	109,444	99,906	(38,074)
Net movement in funds				
Reconciliation of funds:				
Total funds brought forward	206,076	26,423	232,499	270,573
Total funds carried forward	196,538	135,867	332,405	232,499