

Charity number: 1161235

**Hope Trust Cardiff
(A Charitable Incorporated Organisation)**

**Trustees' report and financial statements
for the year ended 31 March 2024**

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Legal and administrative information

Charity number 1161235

Registered office Glenwood Church
Circle Way West
Llanedeyrn
Cardiff
CF23 6UW

Trustees Paul Francis (Chair)
Rachel Treseder
Hannah Westwell

Bankers Co-operative Bank

Independent Examiner Clive Evans
Evans Consulting
52 Hastings Crescent
Old St Mellons
Cardiff
CF3 5ET

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31st March 2024



The Trustees have pleasure in submitting the Report and Accounts for the year to 31st March 2024

Structure, Governance and Management
Nature of organization

HOPE Trust Cardiff Charitable Incorporated Organisation is a registered with the Charity Commissions of England and Wales (Registration Number 1161235) in April 2015.

HOPE Trust Cardiff CIO is the social action charity for Glenwood Church Faith Community. Our aim is to promote social inclusion in Cardiff for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are, and assisting them to integrate back into society.

Currently HOPE Trust Cardiff CIO is the umbrella organisation for three projects. Hope St Mellons joined HOPE Trust in June 2019.

- The Junction which independently runs support for any form of baby loss or crisis pregnancy.
- TAVS which aims to engage, support and empower people in Cardiff addressing issues arising from homelessness, addiction and promoting mental health awareness and/or isolation.
- Hope St Mellons are committed to working with children, young people and families to:
Benefit and improve wellbeing;
Strengthen and develop community;
Grow opportunities for occupation and social enterprise.

Current projects include: The Step Out Fund Scholarship Programme, Forest School, Emotional Literacy Support, and Parent Support Groups.

The team is led by local staff and volunteers and we are passionate about serving St Mellons.

Hope St Mellons transitioned into its own charity called Here for Good Collective during the year.

Appointment of Trustees

Initial Trustees we appointed in agreement with the leadership team of Glenwood Church at the time, which is led by Paul Francis. Those Trustees were Paul Francis (chair), Jill Jamieson, Barry McKeever, Nkini Pulei and Rachel Treseder appointed in July 2014, and Barry McKeever, Jill Jamieson and Nkini Pulei have since stood down. Hannah Westwell became a Trustee on 23rd May 2022.

Income

All Trustees give their time voluntarily and receive no benefits from the charity for acting as a Trustee.

HOPE Trust Cardiff CIO relies on support from Glenwood Church, voluntary contributions and funding applications.

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Risk Management

The Trustees have reviewed the risks to which a small charity operating with few employees is exposed. Appropriate procedures are in place to identify, monitor and review these risks on a regular basis.

Organisational Structure

The Trustees are legally responsible for the CIO. The Trustees meet at least three times annually. They are also responsible to the Glenwood Church leaders. A few from Glenwood Church leadership team are trustees which allows for good cross working between Glenwood Church and HOPE Trust Cardiff CIO.

Responsibilities of the Trustees

Charity law requires the Trustees to prepare financial statements for each accounting year which give a true and fair view of the state of the charity and of its income and expenditure for the year.

We are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- State whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in business

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Our Aims and Objectives

To promote social inclusion in Cardiff for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

For the public benefit, to promote the mental health and well-being of persons resident in South Wales suffering from depression, bereavement, loss or pregnancy-related crises, by the provision of voluntary counselling, education and support for such persons.

Annual Report
(April '23 – March '24)

At the Tavs Centre, we have continued to serve some of the most vulnerable in Cardiff, aiming to engage, support, and empower our community through providing safety, community, and opportunity.

A team of around 40 volunteers have allowed us to continue to run our regular food-based activities, as well as work with placement students and grants allowing us to offer more wellbeing-based activity. In total around 3150 hours of volunteer time was given to the project.

Activities:

Food Co-op

The Tavs Food Co-op continued to operate twice a week, with our membership price increasing to £3 a week following consultation with the members, in response to rising food prices. This, in addition to grants from Community Foundation Wales and Cardiff Council, allowed us to continue to supply members with a wide range of groceries, including fresh produce. We continued to open our upstairs social space, providing light refreshments and the opportunity for connection whilst waiting. This has been really fruitful in building community. On average, we were serving up to 70 people per week from a wide range of backgrounds, typically a combination of people who are homeless, vulnerably housed, refugees and asylum seekers, and those on low income or long-term unemployed. We also saw an increase in international students looking to become members.

Burger evening

Free hot food is served every Sunday evening (burgers and fish finger rolls) to anyone who would like. Predominantly, the demographic is the homeless and vulnerably housed who continue to welcome the food and the conversation offered. Towards the end of the year we have seen rising numbers, some weeks reaching 70-80 people (combined inside and takeaway). This is the upper limit of our capacity and with limited space and volunteers we are looking into ways to continue to support people, but in a way that encourages connection and community and within our capacity.

Winter well-being warm space

Through a 'warm spaces' grant, and the time of an OT student completing their placement we were able to open Tavs as a drop-in each Thursday over the winter months. This was a space for the community to come and be warm, have a hot drink, and access our laundry and shower facilities. We also offered well-being, craft activities to encourage engagement and conversation.

International Cooking Club

We piloted a small cooking club, encouraging community members to attend and share recipes from home. Each week we met to make lunch and eat together. The club was enjoyed by those who attended but numbers were low and the club would be difficult to maintain without the support of placement students. It is worth revisiting when resources allow.

People:

Students

We were able to provide placement opportunities to two students (one Occupational Therapy, one Counselling and Therapeutic Practices). The students were a great addition to the Tavs community, reliably adding a friendly face and listening ear to our activities and encouraging community members to dig deeper in conversation.

Community Member Volunteers

We continue to support community members in volunteering opportunities at Tavs. We have had 5 different community member volunteers at points over the past 12 months who have felt a sense of purpose and belonging through the volunteer opportunity. They each bring an enthusiasm and life experience that enriches the Tavs community.

Staff

Long-term Community Worker Nkini Pulei stepped down from the role in the summer and Hannah Westwell was appointed in the position.

The Junction Annual Report – 2023 / 24



Over the last year The Junction has continued to offer one-to-one bereavement support or counselling to those with a range of difficulties related to pregnancy, including those who have experienced perinatal loss, such as miscarriage, ectopic pregnancy, stillbirth and neonatal losses, as well as other pregnancy complications, such as traumatic birth, fertility difficulties, multiple losses, post-termination support and anxiety during the pregnancy after a loss. Clients are offered up to 10 appointments, although for more complex needs we may be involved much longer, for example, supporting those who are pregnant throughout their pregnancy. We see clients in the Wellbeing Space at Glenwood Church Centre, providing a safe and comfortable therapeutic environment, or online via zoom, depending on what best suits the clients. We see mostly individuals, but also at times couples attend together to support them in processing their experience together. The team delivering support is a mixture of bereavement volunteers and placement trainees working towards qualifications in counselling or counselling psychology. Our centre manager is a qualified counselling psychologist who has supported clients alongside offering training, supervision and support to our trainees and other centres.

Referrals are received from GPs, hospital and community midwives, mental health services and other third sector organisations, for example MIND and SANDS. Clients can self-refer, and are initially placed on

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a waiting list until appointments can be offered. When the client is pregnant when they contact us, priority is given in order to provide support at the time when it is most needed.

The trainee placements that we are able to offer, continues to mean that as an organisation not only are we able to meet the needs of clients through a greater team if volunteers committed to providing an excellent service, but are also able to involved in the education and training of those working towards qualifications and support other centres providing similar services with CPD opportunities.

Clients

During the year 2023 / 24 we received 99 **referrals** for support,(a 27% increase from last year) for the many reasons mentioned above. Although focused on pregnancy related distress, the main reasons for referral are often accompanied by other mental health difficulties, such as anxiety and depression, with increasing referrals from NHS mental health teams. We offered **463 appointments** (an 18% increase from previous year) to clients during the year, supporting clients with the emotional impact of their pregnancy or loss experiences. On average clients waited between 92 days for an appointment from first contact, however, we prioritise those who are currently pregnant in order to ensure support is provided during the vulnerable antenatal period. Although the majority of clients are women, we are increasingly seeing couples attending together to support each other during their fertility journey and in this year offered 19 appointments to couples.

The Team

The staff team consists of a centre manager, a counselling psychologist, who is paid for 7.5 hours per week and a further 7.5 hours a week paid role for a trainee counselling psychologist, who supports this role with administrative tasks, applying for grant funding and managing the waiting list alongside clinical work with clients. Alongside these paid roles we have a small team of volunteers who are trained to offer bereavement support and a number of trainee volunteer placements. Our current centre manager is a counselling psychologist who as well as carrying her own clinical caseload has focused on developing training and supervising placements. Our ongoing relationships with the Doctorate in Counselling Psychology programs at both the University of South Wales and the University of the West of England, Bristol, and the Integrative Counselling Diploma at USW, has enabled us to continue to provide placement opportunities, where trainees are gaining clinical expertise and therapeutic training through their university courses, whilst we provide training on the specific needs of our clients, including models of grief and how these can be applied to work around pregnancy loss. In addition to student placements, we have two bereavement volunteers, who have undergone training in counselling skills and bereavement support specifically in the context of pregnancy loss. All members of the team are provided with regular supervision to ensure ethical and reflective practice with clients. Our centre manager was also able to offer a number of CPD opportunities in the area of pregnancy after loss to other centres providing a similar service around the UK.

Results

Net expenditure for the year amounted to £42,637 (2023: net income of £3,109). Unrestricted funds carried forward at the year end were £41,128 (2023: £66,219). Restricted funds carried forward at the year end were £3,716 (2023: £21,262).

Signed on behalf of the Trustees:

A handwritten signature in black ink, appearing to be 'P. Francis', written over a dotted line.

Paul Francis
Chair of Trustees

Date: 20th January 2025

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Independent Examiner's report to the trustees of Hope Trust Cardiff
for the year ended 31 March 2024

I report on the accounts of the charity for the year ended 31 March 2024 which are set out on pages 3 to 20.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. the accounting records were not kept in accordance with section 130 of the Charities Act; or
2. the accounts do not accord with the accounting records;
3. the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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



Clive Evans
Evans Consulting
52 Hastings Crescent
Old St Mellons
Cardiff
CF3 5ET

Date: 20th January 2025

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Statement of financial activities
For the year ending 31 March 2024

	Note	Unrestricted funds £	Restricted funds £	Year ended 31/03/24 £	Year ended 31/03/23 £
Income					
Income from generating funds:					
Voluntary income	3	54,020	13,110	67,130	104,451
Total income		54,020	13,110	67,130	104,451
Expenditure					
Charitable activities	4	79,111	30,656	109,767	101,342
Total expenditure		79,111	30,656	109,767	101,342
Net movement in funds for the year		(25,091)	(17,546)	(42,637)	3,109
Transfer between funds		-	-		
Total funds brought forward		66,219	21,262	87,481	84,372
Total funds carried forward		41,128	3,716	44,844	87,481

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 13 to 20 form part of these financial statements.

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Balance sheet
as at 31 March 2024

		31st March 2024		31st March 2023	
	Note	£	£	£	£
Current assets					
Debtors		2,568		-	
Cash at bank and in hand		<u>42,504</u>		<u>89,315</u>	
		45,072		89,315	
Creditors: amounts falling due within one year	7	<u>228</u>		<u>1,834</u>	
Net current assets			<u>44,844</u>		<u>87,481</u>
Creditors: amounts falling due within one year			-		-
Net Assets			<u>44,844</u>		<u>87,481</u>
Funds					
Restricted funds	9		3,716		21,262
Unrestricted funds	8		<u>41,128</u>		<u>66,219</u>
Total funds			<u>44,844</u>		<u>87,481</u>

The financial statements were approved by the trustees and signed on their behalf by:



Paul Francis
Chair of Trustees

Date: 20th January 2025

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Notes to financial statements
for the year ending 31 March 2024

1 Charity status

Hope Trust Cardiff is a charitable incorporated organisation registered in England and Wales, number 1161235. The registered office is Glenwood Church, Circle Way West, Llanedeyrn, Cardiff CF23 6UW.

Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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 (FRS102) in October 2019, the Charities Act 2011 and the UK Generally Accepted Accounting Practice.

Basis of preparation

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

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity. Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

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Notes to financial statements
for the year ending 31 March 2024

3 Voluntary Income

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Tavs				
Gift Aid donations	2,955	-	2,955	3,736
Other donations	11,680	-	11,680	15,663
Tax recovered	1,621	-	1,621	-
Hire income	360	-	360	360
Grant Income	-	13,110	13,110	25,000
	16,616	13,110	29,726	44,759

Junction

Gift Aid donations	570	-	570	713
Other donations	1,203	-	1,203	3,403
Tax recovered	495	-	495	-
Grant income	10,000	-	10,000	-
	12,268	-	12,268	4,116

St Mellons – Step Out

Gift Aid donations	3,530	-	3,530	4,413
Other donations	600	-	600	550
Tax recovered	3,175	-	3,175	-
	7,305	-	7,305	4,963

St Mellons – Families Worker

Gift Aid donations	470	-	470	460
Other donations	2,880	-	2,880	2,880
Tax recovered	373	-	373	-
Grant income	-	-	-	-
	3,723	-	3,723	3,340

St Mellons – General & Other

Gift Aid donations	3,288	-	3,288	3,775
Other donations	2,921	-	2,921	13,703
Tax recovered	2,826	-	2,826	-
Grant income	3,350	-	3,350	28,392
	12,385	-	12,385	45,870

Shared Income

Gift Aid donations	-	-	-	-
Other donations	1,723	-	1,723	1,403
Tax recovered	-	-	-	-
	1,723	-	1,723	1,403

Total

54,020	13,110	67,130	104,451
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Notes to financial statements
for the year ending 31 March 2024

4 Charitable activities	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
a. Direct Charitable Costs				
Tavs				
Salaries	5,108	1,273	6,381	5,356
Homeless & Night Shelter	3,270	-	3,270	2,424
Covid 19 Support	-	-	-	1,147
Co-op	5,710	9,319	15,029	11,327
	14,088	10,592	24,680	20,254
Junction				
Salaries & Training	10,755	-	10,755	9,133
Total	10,755	-	10,755	9,133
St Mellons – Step Out				
Intern Support & Emergency Fund	2,408	-	2,408	3,983
	2,408	-	2,408	3,983
St Mellons – Families Worker				
Salaries	349	-	349	3,917
General expenses	-	-	-	14
Anchor Foundation grant	-	-	-	-
	349	-	349	3,931
St Mellons – Food Pantry				
Set up costs	-	-	-	8,632
General expenses	4,503	-	4,503	23,012
	4,503	-	4,503	31,644
b. Support and Administration				
Tavs				
Equipment & Repairs	5,036	-	5,036	716
Administration and general expenses	2,398	1,859	4,257	2,827
Insurance	618	-	618	364
	8,052	1,859	9,911	3,907
Junction				
Rent	-	-	-	-
Insurance	618	-	618	364
Administration and general expenses	1,136	-	1,136	1,187
	1,754	-	1,754	1,551
St Mellons – General & Other				
Salaries	-	-	-	16,068
Administration and general expenses	346	-	346	6,531
Insurance	-	-	-	364
Mutual Aid Fund grants	560	-	560	3,085
Transition Payments – setting up separate charity	35,581	18,205	53,786	
	36,487	18,205	54,692	26,048

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Notes to financial statements
for the year ending 31 March 2024

Shared Expenses

Shared general expenses	715	-	715	891
	715	-	715	891
Total	79,110	30,656	109,766	101,342

5 Trustees' remuneration and expenses

As allowed by the Charity Trust Deed, no trustees (2023:none) were reimbursed expenses of £nil (2023: £nil).

6 Employees

Employment costs	Year ending 31/3/24 £	Year ending 31/3/23 £
Wages & salaries	16,487	44,219
Social security & Pension costs	451	1,327
	<u>16,938</u>	<u>45,546</u>

No employee received emoluments of more than £60,000 during the year.

The charity is managed on a day to day basis by the trustees who are unpaid and therefore the total employment benefits, including employer pension contributions, of the key management personnel of the charity were £nil (2023: £nil).

Number of employees

The average monthly number of employees during the period, calculated on the basis of full time equivalents were as follows:

	Year ending 31/3/24	Year ending 31/3/23
Charity staff	<u>0.8</u>	<u>2.0</u>

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Notes to financial statements
for the year ending 31 March 2024

7 Creditors: Amounts falling due within one year

	Year ending 31/3/24 £	Year ending 31/3/23 £
Trade creditors	407	2,519
Taxes and social security	(179)	(685)
	<u>228</u>	<u>1,834</u>

8 Unrestricted Funds

	Balance at 1 April 2023 £	Incoming Resources £	Resources expended £	Transfer	Balance at 31 March 2024 £
General fund	66,219	54,020	(79,111)	-	41,128
Total	<u>66,219</u>	<u>54,020</u>	<u>(79,111)</u>	<u>-</u>	<u>41,128</u>

9 Restricted Funds

	Balance at 1 April 2023 £	Incoming Resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Funds previously listed as Restricted	-	-	-	-	-
Tavs Food Co-op					
Tavs – Co-op YMCA grant	3,057	-	2,667	-	390
Tavs – Co-op Cardiff Council grant	-	4,400	1,852	-	2,548
Tavs – Co-op CFIW grant	-	4,800	4,800	-	-
Tave – Warm Spaces grant	-	3,910	3,132	-	778
	<u>3,057</u>	<u>13,110</u>	<u>12,451</u>	<u>-</u>	<u>3,716</u>
Hope St Mellons – general funding					
St Mellons – T4TSM	612	-	612	-	-
	<u>612</u>	<u>-</u>	<u>612</u>	<u>-</u>	<u>-</u>
Hope St Mellons – Food Pantry					
St Mellons – Food Pantry – T4TSM	9,981	-	9,981	-	-
St Mellons – Food Pantry – Community Mural	7,451	-	7,451	-	-
St Mellons – Food Pantry – Welsh Gov	161	-	161	-	-
	<u>17,593</u>	<u>-</u>	<u>17,593</u>	<u>-</u>	<u>-</u>
Total	<u>21,262</u>	<u>13,110</u>	<u>30,656</u>	<u>-</u>	<u>3,716</u>

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Notes to financial statements
for the year ending 31 March 2024

The grants and donations received for various restricted funds are for the following purposes:

Tavs Co-op: monies to help fund our Food Co-operative

Hope St Mellons – general funding: To be used for the general running costs for the projects working in the St Mellons area

Hope St Mellons – Food Pantry: The charity has set up a Food Pantry and funds were received to be used toward its setting up costs and salary of a Food Pantry manager

10 Hope St Mellons

During the year, the growing Hope St Mellons project transitioned out of our organisation into its own CIO called Here for Good Collective (charity number 1202371). This resulted in transferring funds applicable to their project totalling £53,786 during the year

11 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	2024 Total funds £	2023 Total funds £
Current assets	41,356	3,716	45,072	89,315
Current liabilities	(228)	-	(228)	(1,834)
	<u>41,128</u>	<u>3,716</u>	<u>44,844</u>	<u>87,481</u>

12 Related parties

Glenwood Church is related as Paul Francis, a trustee of the charity, also served as a trustee of Glenwood Church during the financial year. During the year invoices were raised by Glenwood Church to Hope Trust Cardiff of £1,246 (2023: £528) and by Hope Trust Cardiff to Glenwood Church of £Nil (2023: £Nil). Further, during the year Glenwood made donations to Hope Trust Cardiff of £2,160 (2023: £2,160). At the end of the financial year the charity owed Glenwood £Nil (2023: £195).

13 Controlling parties

In the opinion of the trustees there is no single ultimate controlling party of the charity

14 Taxation

The company is a registered charity and is, therefore, exempt from taxation.

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Notes to financial statements
for the year ending 31 March 2023

15 Statement of financial activities for the year ended 31 March 2023

	Note	Unrestricted funds £	Restricted funds £	Year ended 31/03/23 £	Year ended 31/03/22 £
Income					
Income from generating funds:					
Voluntary income	3	71,059	33,392	104,451	117,724
Total income		71,059	33,392	104,451	117,724
Expenditure					
Charitable activities	4	50,372	50,970	101,342	118,643
Total expenditure		50,372	50,970	101,342	118,643
Net movement in funds for the year		20,687	(17,578)	3,109	(919)
Total funds brought forward		22,799	(22,799)		
		22,733	61,639	84,372	85,291
Total funds carried forward		66,219	21,262	87,481	84,372