

# GET YOUR LIFE BACK!

England & Wales · Charity number 1163888

## Details

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|             |   |
|-------------|---|
| Other names | GYLB  |
| Status      | Registered  |
| Legal form  | CIO   |
| Registered  | 2015-10-08  |
| Register    | <a href="#">View on the Charity Commission register</a> |

## Contact

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|         |  |
|---------|--|
| Address | 26 Fore Street<br>Liskeard<br>PL14 3JB                     |
| Phone   | 07745248551  |
| Email   | <a href="mailto:gylb.now@gmail.com">gylb.now@gmail.com</a> |
| Website | <a href="http://www.gylbnow.com">www.gylbnow.com</a>       |

## Activities

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**Objects:** THE RELIEF OF SICKNESS AND THE PRESERVATION AND PROMOTION OF GOOD HEALTH OF WOMEN AND GIRLS EXPERIENCING SEVERE AND DEBILITATING SYMPTOMS OF HORMONAL CONDITIONS (WHETHER OR NOT DIAGNOSED).

**Activities:** GetYourLifeBack! supports people with mental health issues, hormonal problems and those who are socially isolated and excluded through 1:1 mindfulness-based therapy, group work and outdoor activities such as gardening, woodwork and art and craft. We connect people with people reducing loneliness and reconnect people with nature providing emotional, psychological and physical support naturally.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Elderly/old People, Other Defined Groups, The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-04-05 |         | -           | -      | -         |
| 2024-04-05 | £10,009 | £10,003     | -      | -         |
| 2023-04-05 | £6,000  | £15,008     | -      | -         |
| 2022-04-05 | £13,055 | £23,036     | -      | -         |
| 2021-04-05 | £39,150 | £20,154     | -      | -         |
| 2020-04-05 | £11,416 | £9,151      | -      | -         |

## Trustees

| Name               | Role  | Appointed  |
|--------------------|-------|------------|
| JOSEPHINE WILLIAMS | Chair | 2015-10-08 |
| TIMOTHY WRIGHT     |       | 2015-10-08 |

**GET YOUR LIFE BACK!**

England & Wales - Charity number 1163888

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# Accounts

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## Trustees' Annual Report for the period

From 06/04/2023

Period start date To 05/04/2024

Period end date

Charity name: GetYourLifeBack!

Charity registration number: 1163888

### Objectives and Activities

|  | SORP reference     |   |
|--|--------------------|---|
| Summary of the purposes of the charity as set out in its governing document  | Para 1.17          | <b>To support the mental and emotional health of those experiencing anxiety, depression and suicidal tendencies</b>                       |
| Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts. | Para 1.17 and 1.19 | <b>We help people in Cornwall through the darkest times in their lives by delivering our 15-week mindfulness based learning programme</b> |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit   | Para 1.18          | <b>The trustees confirm they have discussed and agree this programme has public benefit</b>   |

### Additional information (optional)

You may choose to include further statements where relevant about:

|  | SORP reference |             |
|--|----------------|-------------|
| Policy on grant making   | Para 1.38      | <b>none</b> |
| Policy on social investment including program related investment | Para 1.38      | <b>none</b> |
| Contribution made by volunteers                                  | Para 1.38      | <b>none</b> |
| Other  |                |             |

## Achievements and Performance

|   | SORP reference |   |
|---|----------------|---|
| Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole. | Para 1.20      | <p>Clients tell us how our support in time of crisis when no other help seems available and literally saved their life. Many were contemplating suicide but our mindfulness based learning programme and helped clients develop a different way of viewing their situation and provides tools to help them cope and become more resilient. Clients have a wide range of backgrounds and referrals generally come from GP surgeries and other health professionals who have been in contact with a client who is struggling to cope but have a lengthy wait for NHS assistance, when the help is needed quickly and to prevent tragedy. Several clients have gone on to use their newfound skills to help others in their social sphere.</p> |

### Additional information (optional)

You may choose to include further statements where relevant about:

|  |           |  |
|--|-----------|--|
| Achievements against objectives set                          | Para 1.41 | The programme was delivered by the facilitator until the funding ran out this year |
| Performance of fundraising activities against objectives set | Para 1.41 | This has been a difficult year for fundraising because of illness                  |
| Investment performance against objectives                    | Para 1.41 | none   |
| Other  |           |  |

## Financial Review

|  |           |   |
|--|-----------|---|
| Review of the charity's financial position at the end of the period              | Para 1.21 | <b>The Charity operates on a shoestring</b>   |
| Statement explaining the policy for holding reserves stating why they are held   | Para 1.22 | <b>No reserves held</b>   |
| Amount of reserves held  | Para 1.22 | <b>zero</b>   |
| Reasons for holding zero reserves  | Para 1.22 | <b>All income generated is spent on delivering the programme with minimal overheads</b>   |
| Details of fund materially in deficit  | Para 1.24 | <b>none</b>   |
| Explanation of any uncertainties about the charity continuing as a going concern | Para 1.23 | <b>As the primary trustee, I am concerned that the illness of the Milton's will be the reason for the failure of this charity. Indeed unless Kerry is well the charity will not function. It is perilously close to failure now, but Kerry remains adamant she will recover and continue.</b> |

### Additional information (optional)

You may choose to include further statements where relevant about:

|   |           |  |
|---|-----------|--|
| The charity's principal sources of funds (including any fundraising)            | Para 1.47 | <b>Funding organisations</b>   |
| Investment policy and objectives including any social investment policy adopted | Para 1.46 | <b>n/a</b>   |
| A description of the principal risks facing the charity                         | Para 1.46 | <b>The continuing illness of the facilitator, Kerry Milton and her deputy Carrie-Ann Milton is the greatest risk to this charity. Illness this year means that no successful funding applications were made.</b><br><br><b>Lack of successful funding applications</b> |
| Other   |           |  |

## Structure, Governance and Management

|   |           |   |
|---|-----------|---|
| Description of charity's trusts:  |           |   |
| Type of governing document<br>(trust deed, royal charter)   | Para 1.25 | <b>Constitution</b>                               |
| How is the charity constituted?<br>(e.g unincorporated association, CIO)  | Para 1.25 | <b>CIO</b>  |
| Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees | Para 1.25 | <b>Discussed between the trustees and manager</b> |

### Additional information (optional)

You may choose to include further statements where relevant about:

|   |           |                                   |
|---|-----------|-----------------------------------|
| Policies and procedures adopted for the induction and training of trustees                | Para 1.51 | <b>Charity Commission website</b> |
| The charity's organisational structure and any wider network with which the charity works | Para 1.51 | <b>NHS</b>                        |
| Relationship with any related parties   | Para 1.51 | <b>Referring agency</b>           |
| Other   |           |                                   |

### Reference and Administrative details

|                             |   |
|-----------------------------|---|
| Charity name                | GetYourLifeBack!                        |
| Other name the charity uses | GYLB                                    |
| Registered charity number   | 1163888                                 |
| Charity's principal address | 26, Fore Street<br>Liskeard<br>PL14 3JB |
|                             |   |



## Funds held as custodian trustees on behalf of others

|   |      |
|---|------|
| Description of the assets held in this capacity   | None |
| Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects |      |
| Details of arrangements for safe custody and segregation of such assets from the charity's own assets                         |      |

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

| Type of adviser | Name | Address |
|-----------------|------|---------|
|                 |      |         |
|                 |      |         |
|                 |      |         |
|                 |      |         |

#### Name of chief executive or names of senior staff members (Optional information)

|  |
|--|
|  |
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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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|--|
|  |
|--|

## Other optional information


|  |
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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

|   |  |
|---|--|
|  |  |
|---|--|

Full name(s)

|                    |  |
|--------------------|--|
| Josephine Williams |  |
|--------------------|--|

Position (eg Secretary,  
Chair, etc)

|         |  |
|---------|--|
| Trustee |  |
|---------|--|

Date

|            |
|------------|
| 12/05/2025 |
|------------|



CHARITY COMMISSION  
FOR ENGLAND AND WALES

|                                    |             |
|------------------------------------|-------------|
| Charity Name<br>GET YOUR LIFE BACK | No (if any) |
|------------------------------------|-------------|

## Receipts and payments accounts

|                        |                                |    |                              |
|------------------------|--------------------------------|----|------------------------------|
| For the period<br>from | Period start date<br>06-Apr-23 | To | Period end date<br>05-Apr-24 |
|------------------------|--------------------------------|----|------------------------------|

### Section A Receipts and payments

|   | Unrestricted funds<br>to the nearest £ | Restricted funds<br>to the nearest £ | Endowment funds<br>to the nearest £ | Total funds<br>to the nearest £ |
|---|--|--------------------------------------|-------------------------------------|---------------------------------|
| <b>A1 Receipts</b>                                    |  |                                      |                                     |                                 |
| AWARDS FOR ALL  |  | 10,000                               | -                                   | 10,000                          |
| BALANCE CARRIED FORWARD                               | -                                      | -                                    | -                                   | -                               |
|   | -                                      | -                                    | -                                   | -                               |
|   | -                                      | -                                    | -                                   | -                               |
|   | -                                      | -                                    | -                                   | -                               |
|   | -                                      | -                                    | -                                   | -                               |
| <b>Sub total (Gross income for AR)</b>                | -                                      | 10,000                               | -                                   | 10,000                          |
| <b>A2 Asset and investment sales, (see table).</b>    |  |                                      |                                     |                                 |
|   | -                                      | -                                    | -                                   | -                               |
|   | -                                      | -                                    | -                                   | -                               |
| <b>Sub total</b>                                      | -                                      | -                                    | -                                   | -                               |
| <b>Total receipts</b>                                 | -                                      | 10,000                               | -                                   | 10,000                          |
| <b>A3 Payments</b>                                    |  |                                      |                                     |                                 |
| FACILITATORS FEES                                     |  | 9,000                                | -                                   | 9,000                           |
| OFFICE SUPPLIES                                       |  | 818                                  | -                                   | 818                             |
| TRAVEL  |  | 140                                  | -                                   | 140                             |
| PHONE   |  | 42                                   | -                                   | 42                              |
|   | -                                      | -                                    | -                                   | -                               |
|   | -                                      | -                                    | -                                   | -                               |
|   | -                                      | -                                    | -                                   | -                               |
|   | -                                      | -                                    | -                                   | -                               |
| <b>Sub total</b>                                      | -                                      | 10,000                               | -                                   | 10,000                          |
| <b>A4 Asset and investment purchases, (see table)</b> |  |                                      |                                     |                                 |
|   | -                                      | -                                    | -                                   | -                               |
|   | -                                      | -                                    | -                                   | -                               |
| <b>Sub total</b>                                      | -                                      | -                                    | -                                   | -                               |
| <b>Total payments</b>                                 | -                                      | 10,000                               | -                                   | 10,000                          |
| <b>Net of receipts/(payments)</b>                     | -                                      | -                                    | -                                   | -                               |
| A5 Transfers between funds                            | -                                      | -                                    | -                                   | -                               |
| A6 Cash funds last year end                           | -                                      | 9                                    | -                                   | 9                               |
| <b>Cash funds this year end</b>                       | -                                      | 6                                    | -                                   | 6                               |

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

| Categories  | Details  | Unrestricted funds<br>to nearest £         | Restricted funds<br>to nearest £         |
|---|--|--|--|
| <b>B1 Cash funds</b>  | BALANCE CARRIED FORWARD                                |  | 6  |
|   |  | -  | -  |
|   |  | -  | -  |
|   | <b>Total cash funds</b>                                | -  | 6  |
|   | (agree balances with receipts and payments account(s)) | OK   | OK                                       |
| <b>B2 Other monetary assets</b>                             | <b>Details</b>   | <b>Unrestricted funds<br/>to nearest £</b> | <b>Restricted funds<br/>to nearest £</b> |
|   | N/A  | -  | -  |
|   |  | -  | -  |
|   |  | -  | -  |
|   |  | -  | -  |
|   |  | -  | -  |
|   |  | -  | -  |
| <b>B3 Investment assets</b>                                 | <b>Details</b>   | <b>Fund to which asset<br/>belongs</b>     | <b>Cost (optional)</b>                   |
|   | N/A  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
| <b>B4 Assets retained for the<br/>charity's own use</b>     | <b>Details</b>   | <b>Fund to which asset<br/>belongs</b>     | <b>Cost (optional)</b>                   |
|   | N/A  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
| <b>B5 Liabilities</b>                                       | <b>Details</b>   | <b>Fund to which<br/>liability relates</b> | <b>Amount due<br/>(optional)</b>         |
|   | N/A  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
| Signed by one or two trustees on behalf of all the trustees |  | Signature                                  | Print Name                               |
|   |  | <i>J Williams</i>                          | Josephine Williams                       |

**CC16a**

**Last year  
to the nearest £**

|          |
|----------|
| -        |
| -        |
| <b>9</b> |
| -        |
| -        |
| -        |
| -        |
| -        |
| <b>9</b> |

|   |
|---|
| - |
| - |
| - |

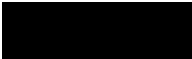
|          |
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| <b>9</b> |
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| -        |
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| -        |
| <b>3</b> |
| -        |
| -        |
| -        |
| -        |
| -        |
| <b>3</b> |

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| - |
| - |
| - |

|          |
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| <b>3</b> |
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|   |
|---|
| - |
| - |
| - |



**Endowment funds  
to nearest £**

|   |
|---|
|   |
| - |
| - |
|   |

OK

**Endowment funds  
to nearest £**

|   |
|---|
| - |
| - |
| - |
| - |
| - |
| - |

**Current value  
(optional)**

|   |
|---|
| - |
| - |
| - |
| - |
| - |

**Current value  
(optional)**

|   |
|---|
| - |
| - |
| - |
| - |
| - |
| - |
| - |
| - |
| - |

**When due  
(optional)**

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|--|
|  |
|  |
|  |
|  |
|  |

**Date of approval**

|            |
|------------|
| 12/05/2025 |
|            |

**GET YOUR LIFE BACK!**

England & Wales - Charity number 1163888

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# Accounts

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## Trustees' Annual Report for the period

From 06/04/2022

Period start date To 05/04/2023

Period end date

Charity name:GETYOURLIFEBACK!

Charity registration number:1163888

### Objectives and Activities

|  | SORP reference     |   |
|--|--------------------|---|
| Summary of the purposes of the charity as set out in its governing document  | Para 1.17          | <b>To support the mental and emotional health of those experiencing anxiety, depression and suicidal tendencies</b>                       |
| Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts. | Para 1.17 and 1.19 | <b>We help people in Cornwall through the darkest times in their lives by delivering our 15-week mindfulness based learning programme</b> |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit   | Para 1.18          | <b>The trustees confirm they have discussed and agree this programme has public benefit</b>   |

### Additional information (optional)

You may choose to include further statements where relevant about:

|  | SORP reference |             |
|--|----------------|-------------|
| Policy on grant making   | Para 1.38      | <b>none</b> |
| Policy on social investment including program related investment | Para 1.38      | <b>none</b> |
| Contribution made by volunteers                                  | Para 1.38      | <b>none</b> |

|       |  |  |
|-------|--|--|
|       |  |  |
| Other |  |  |

## Achievements and Performance

|   | SORP reference |  |
|---|----------------|--|
| Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole. | Para 1.20      | <p><b>Clients tell us how our support in time of crisis when no other help seems available and literally saved their life. Many were contemplating suicide but our mindfulness based learning programme and helped clients develop a different way of viewing their situation and provides tools to help them cope and become more resilient. Clients have a wide range of backgrounds and referrals generally come from GP surgeries and other health professionals who have been in contact with a client who is struggling to cope but have a lengthy wait for NHS assistance, when the help is needed quickly and to prevent tragedy.</b></p> <p><b>Several clients have gone on to use their newfound skills to help others in their social sphere.</b></p> |

### Additional information (optional)

You may choose to include further statements where relevant about:

|  |           |  |
|--|-----------|--|
| Achievements against objectives set                          | Para 1.41 | <b>Despite significant illness of the facilitator, the programme has still delivered to clients as programmed. Due to the success of telephone support most sessions continue on the telephone with a few being face-to-face sessions.</b> |
| Performance of fundraising activities against objectives set | Para 1.41 | <b>This has been a difficult year for fundraising because of illness</b>   |

|   |           |             |
|---|-----------|-------------|
|   |           |             |
| Investment performance against objectives | Para 1.41 | <b>none</b> |
| Other                                     |           |             |

## Financial Review

|  |           |   |
|--|-----------|---|
| Review of the charity's financial position at the end of the period              | Para 1.21 | <b>The Charity continues to operate on a shoestring</b>   |
| Statement explaining the policy for holding reserves stating why they are held   | Para 1.22 | <b>No reserves held</b>   |
| Amount of reserves held  | Para 1.22 | <b>zero</b>   |
| Reasons for holding zero reserves  | Para 1.22 | <b>All income generated is spent on delivering the programme with minimal overheads</b>           |
| Details of fund materially in deficit  | Para 1.24 | <b>none</b>   |
| Explanation of any uncertainties about the charity continuing as a going concern | Para 1.23 | <b>None in its current format provided fund providers are happy with the work being delivered</b> |

### Additional information (optional)

You may choose to include further statements where relevant about:

|   |           |  |
|---|-----------|--|
| The charity's principal sources of funds (including any fundraising)            | Para 1.47 | <b>Funding organisations</b>   |
| Investment policy and objectives including any social investment policy adopted | Para 1.46 | <b>n/a</b>   |
| A description of the principal risks facing the charity                         | Para 1.46 | <b>The charity has been hoping to grow - role profiles have been written for a number of valuable volunteer roles but the advent of Covid and lack of capacity and held this side of the development back.</b> |
| Other   |           |  |

## Structure, Governance and Management

|   |           |  |
|---|-----------|--|
| Description of charity's trusts:  |           |  |
| Type of governing document<br>( <a href="#">trust deed</a> , <a href="#">royal charter</a> )  | Para 1.25 | <b>Constitution</b>                              |
| How is the charity constituted?<br>(e.g <a href="#">unincorporated association</a> , <a href="#">CIO</a> )  | Para 1.25 | <b>CIO</b>                                       |
| Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees | Para 1.25 | <b>Discussed between the trustees and manage</b> |

### Additional information (optional)

You may choose to include further statements where relevant about:

|   |           |  |
|---|-----------|--|
| Policies and procedures adopted for the induction and training of trustees                | Para 1.51 | <b>Charity Commission website</b>                        |
| The charity's organisational structure and any wider network with which the charity works | Para 1.51 | <b>Social prescribers, word of mouth recommendations</b> |
| Relationship with any related parties   | Para 1.51 | <b>Referring agency</b><br><b>Previous beneficiaries</b> |
| Other   |           |  |

### Reference and Administrative details

|                             |                                      |
|-----------------------------|--------------------------------------|
| Charity name                | GetYourLifeBack!                     |
| Other name the charity uses | GYLB                                 |
| Registered charity number   | 1163888                              |
| Charity's principal address | 26, Fore Street Liskeard<br>PL14 3JB |
|                             |                                      |



## Funds held as custodian trustees on behalf of others

|   |      |
|---|------|
| Description of the assets held in this capacity   | NONE |
| Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects |      |
| Details of arrangements for safe custody and segregation of such assets from the charity's own assets                         |      |

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

| Type of adviser | Name | Address |
|-----------------|------|---------|
|                 |      |         |
|                 |      |         |
|                 |      |         |
|                 |      |         |

#### Name of chief executive or names of senior staff members (Optional information)

|  |
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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

|  |
|--|
|  |
|--|

## Other optional information


|  |
|--|
|  |
|--|

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

|   |  |
|---|--|
|  |  |
|---|--|

Full name(s)

|              |  |
|--------------|--|
| Kerry Milton |  |
|--------------|--|

Position (eg Secretary,  
Chair, etc)

|         |  |
|---------|--|
| Manager |  |
|---------|--|

Date

|            |
|------------|
| 09/03/2024 |
|------------|



|                                       |                   |             |                 |
|---------------------------------------|-------------------|-------------|-----------------|
| Charity Name                          |                   | No (if any) |                 |
| <b>Receipts and payments accounts</b> |                   |             |                 |
| For the period from                   | Period start date | To          | Period end date |
|                                       |                   |             |                 |

**Section A Receipts and payments**

|   | Unrestricted funds | Restricted funds | Endowment funds  | Total funds      |
|---|--------------------|------------------|------------------|------------------|
|   | to the nearest £   | to the nearest £ | to the nearest £ | to the nearest £ |
| <b>A1 Receipts</b>                                    |                    |                  |                  |                  |
| Albert Hunt   | - 0                | 1,000            | -                | 1,000            |
| Edward Gostling                                       | - 0                | 3,000            | -                | 3,000            |
| Norman family charitable trust                        | - 0                | 2,000            | -                | 2,000            |
|   | - 0                | -                | -                | -                |
|   | - 0                | -                | -                | -                |
|   | - 0                | -                | -                | -                |
|   | - 0                | -                | -                | -                |
|   | - 0                | -                | -                | -                |
| <b>Sub total(Gross income for AR)</b>                 | <b>- 0</b>         | <b>6,000</b>     | <b>-</b>         | <b>6,000</b>     |
| <b>A2 Asset and investment sales, (see table).</b>    |                    |                  |                  |                  |
|   | - 0                | - 0              | - 0              | -                |
|   | - 0                | - 0              | - 0              | -                |
| <b>Sub total</b>                                      | <b>- 0</b>         | <b>- 0</b>       | <b>- 0</b>       | <b>-</b>         |
| <b>Total receipts</b>                                 | <b>- 0</b>         | <b>6,000</b>     | <b>- 0</b>       | <b>6,000</b>     |
| <b>A3 Payments</b>                                    |                    |                  |                  |                  |
| Facilitator fees                                      | - 0                | 5,903            | -                | 5,903            |
| Insurance   | - 0                | 61               | -                | 61               |
| NCVO membership                                       | - 0                | 27               | -                | 27               |
|   | - 0                | -                | -                | -                |
|   | - 0                | -                | -                | -                |
|   | - 0                | -                | -                | -                |
|   | - 0                | -                | -                | -                |
|   | - 0                | -                | -                | -                |
| <b>Sub total</b>                                      | <b>- 0</b>         | <b>5,991</b>     | <b>-</b>         | <b>5,991</b>     |
| <b>A4 Asset and investment purchases, (see table)</b> |                    |                  |                  |                  |
|   | - 0                | - 0              | - 0              | -                |
|   | - 0                | - 0              | - 0              | -                |
| <b>Sub total</b>                                      | <b>- 0</b>         | <b>- 0</b>       | <b>- 0</b>       | <b>-</b>         |
| <b>Total payments</b>                                 | <b>- 0</b>         | <b>5,991</b>     | <b>- 0</b>       | <b>5,991</b>     |
| <b>Net of receipts/(payments)</b>                     | <b>- 0</b>         | <b>9</b>         | <b>-</b>         | <b>9</b>         |
| <b>A5 Transfers between funds</b>                     | <b>- 0</b>         | <b>-</b>         | <b>-</b>         | <b>-</b>         |
| <b>A6 Cash funds last year end</b>                    | <b>- 0</b>         | <b>-</b>         | <b>-</b>         | <b>-</b>         |
| <b>Cash funds this year end</b>                       | <b>- 0</b>         | <b>9</b>         | <b>-</b>         | <b>9</b>         |

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

| Categories           | Details | Unrestricted funds | Restricted funds |
|----------------------|---------|--------------------|------------------|
|                      |         | to nearest £       | to nearest £     |
| <b>B1 Cash funds</b> |         | -                  | -                |
|                      |         | -                  | -                |



|                        |
|------------------------|
| <b>CC16a</b>           |
|                        |
|                        |
| <b>Last year</b>       |
| to the nearest £       |
| -                      |
| -                      |
| -                      |
| -                      |
| -                      |
| -                      |
| -                      |
| -                      |
| 9,017                  |
|                        |
|                        |
| - 0                    |
| - 0                    |
|                        |
| 9,017                  |
|                        |
| 9,017                  |
| -                      |
| -                      |
| -                      |
| -                      |
| -                      |
| -                      |
| -                      |
| 9,017                  |
|                        |
|                        |
| - 0                    |
|                        |
| 9,017                  |
|                        |
| -                      |
| -                      |
| -                      |
| -                      |
|                        |
|                        |
|                        |
| <b>Endowment funds</b> |
| to nearest £           |
| -                      |
| -                      |

|                                 |
|---------------------------------|
| -                               |
| -                               |
| OK                              |
| <b>Endowment funds</b>          |
| to nearest £                    |
| -                               |
| -                               |
| -                               |
| -                               |
| -                               |
| -                               |
| -                               |
| <b>Current value (optional)</b> |
| -                               |
| -                               |
| -                               |
| -                               |
| -                               |
| <b>Current value (optional)</b> |
| -                               |
| -                               |
| -                               |
| -                               |
| -                               |
| -                               |
| -                               |
| -                               |
| -                               |
| <b>When due (optional)</b>      |
|                                 |
|                                 |
|                                 |
|                                 |
|                                 |
|                                 |
|                                 |
| Date of approval                |
|                                 |
|                                 |

**GET YOUR LIFE BACK!**

England & Wales - Charity number 1163888

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# Accounts

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## Trustees' Annual Report for the period

From 06/04/2021  
05/04/2022

Period start date To  
Period end date

Charity name: **GetYourLifeBack!**

Charity registration number: **1163888**

### Objectives and Activities

|  | SORP reference     |   |
|--|--------------------|---|
| Summary of the purposes of the charity as set out in its governing document  | Para 1.17          | <b>To support the mental and emotional health of those experiencing anxiety, depression and suicidal tendencies</b>                       |
| Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts. | Para 1.17 and 1.19 | <b>We help people in Cornwall through the darkest times in their lives by delivering our 15-week mindfulness based learning programme</b> |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit   | Para 1.18          | <b>The trustees confirm they have discussed and agree this programme has public benefit</b>   |

### Additional information (optional)

You may choose to include further statements where relevant about:

|  | SORP reference |             |
|--|----------------|-------------|
| Policy on grant making   | Para 1.38      | <b>none</b> |
| Policy on social investment including program related investment | Para 1.38      | <b>none</b> |
| Contribution made by volunteers                                  | Para 1.38      | <b>none</b> |

|       |  |  |
|-------|--|--|
|       |  |  |
| Other |  |  |

## Achievements and Performance

|   | SORP reference |   |
|---|----------------|---|
| Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole. | Para 1.20      | <b>Clients tell us how our support in time of crisis when no other help seems available and literally saved their life. Many were contemplating suicide but our mindfulness based learning programme and helped clients develop a different way of viewing their situation and provides tools to help them cope and become more resilient. Clients have a wide range of backgrounds and referrals generally come from GP surgeries and other health professionals who have been in contact with a client who is struggling to cope but have a lengthy wait for NHS assistance, when the help is needed quickly and to prevent tragedy. Several clients have gone on to use their newfound skills to help others in their social sphere.</b> |

### Additional information (optional)

You may choose to include further statements where relevant about:

|  |           |  |
|--|-----------|--|
| Achievements against objectives set                          | Para 1.41 | <b>Despite significant illness of the facilitator, the programme has still delivered to clients as programmed, although some sessions have been on the telephone rather than the usual face-to-face session.</b> |
| Performance of fundraising activities against objectives set | Para 1.41 | <b>This has been a difficult year for fundraising because of illness</b>   |
| Investment performance against objectives                    | Para 1.41 | <b>none</b>  |
| Other  |           |  |

|  |  |  |
|--|--|--|
|  |  |  |
|--|--|--|

## Financial Review

|  |           |   |
|--|-----------|---|
| Review of the charity's financial position at the end of the period              | Para 1.21 | <b>The Charity operates on a shoestring</b>   |
| Statement explaining the policy for holding reserves stating why they are held   | Para 1.22 | <b>No reserves held</b>   |
| Amount of reserves held  | Para 1.22 | <b>zero</b>   |
| Reasons for holding zero reserves  | Para 1.22 | <b>All income generated is spent on delivering the programme with minimal overheads</b>           |
| Details of fund materially in deficit  | Para 1.24 | <b>none</b>   |
| Explanation of any uncertainties about the charity continuing as a going concern | Para 1.23 | <b>None in its current format provided fund providers are happy with the work being delivered</b> |

### Additional information (optional)

You may choose to include further statements where relevant about:

|   |           |  |
|---|-----------|--|
| The charity's principal sources of funds (including any fundraising)            | Para 1.47 | <b>Funding organisations</b>   |
| Investment policy and objectives including any social investment policy adopted | Para 1.46 | <b>n/a</b>   |
| A description of the principal risks facing the charity                         | Para 1.46 | <b>The charity has been hoping to grow - role profiles have been written for a number of valuable volunteer roles but the advent of Covid and lack of capacity and held this side of the development back.</b><br><br><b>Lack of successful funding applications</b> |
| Other   |           |  |

## Structure, Governance and Management

|   |           |   |
|---|-----------|---|
| Description of charity's trusts:  |           |   |
| Type of governing document<br>(trust deed, royal charter)   | Para 1.25 | <b>Constitution</b>                               |
| How is the charity constituted?<br>(e.g unincorporated association, CIO)  | Para 1.25 | <b>CIO</b>  |
| Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees | Para 1.25 | <b>Discussed between the trustees and manager</b> |

### Additional information (optional)

You may choose to include further statements where relevant about:

|   |           |                                   |
|---|-----------|-----------------------------------|
| Policies and procedures adopted for the induction and training of trustees                | Para 1.51 | <b>Charity Commission website</b> |
| The charity's organisational structure and any wider network with which the charity works | Para 1.51 | <b>NHS</b>                        |
| Relationship with any related parties   | Para 1.51 | <b>Referring agency</b>           |
| Other   |           |                                   |

### Reference and Administrative details

|                             |                  |
|-----------------------------|------------------|
| Charity name                | GetYourLifeBack! |
| Other name the charity uses | GYLB             |
| Registered charity number   | 1163888          |

|                             |   |
|-----------------------------|---|
| Charity's principal address | 26, Fore Street<br>Liskeard<br>PL14 3JB |
|                             |   |

**Names of the charity trustees who manage the charity**

|    | <b>Trustee name</b> | <b>Office (if any)</b> | <b>Dates acted if not for whole year</b> | <b>Name of person (or body) entitled to appoint trustee (if any)</b> |
|----|---------------------|------------------------|--|--|
| 1  | Josephine Williams  |                        |  |  |
| 2  | Carrie-Ann Milton   |                        |  |  |
| 3  | Timothy Wright      |                        |  |  |
| 4  |                     |                        |  |  |
| 5  |                     |                        |  |  |
| 6  |                     |                        |  |  |
| 7  |                     |                        |  |  |
| 8  |                     |                        |  |  |
| 9  |                     |                        |  |  |
| 10 |                     |                        |  |  |
| 11 |                     |                        |  |  |
| 12 |                     |                        |  |  |
| 13 |                     |                        |  |  |
| 14 |                     |                        |  |  |
| 15 |                     |                        |  |  |
| 16 |                     |                        |  |  |
| 17 |                     |                        |  |  |
| 18 |                     |                        |  |  |
| 19 |                     |                        |  |  |
| 20 |                     |                        |  |  |

Corporate trustees - names of the directors at the date the report was approved

| <b>Director name</b> |  |  |
|----------------------|--|--|
|                      |  |  |
|                      |  |  |
|                      |  |  |
|                      |  |  |
|                      |  |  |

Name of trustees holding title to property belonging to the charity

| <b>Trustee name</b> | <b>Dates acted if not for whole year</b> |  |
|---------------------|--|--|
|                     |  |  |
|                     |  |  |

|  |  |  |
|--|--|--|
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|  |  |  |
|  |  |  |

## Funds held as custodian trustees on behalf of others

|   |      |
|---|------|
| Description of the assets held in this capacity   | None |
| Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects |      |
| Details of arrangements for safe custody and segregation of such assets from the charity's own assets                         |      |

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

| Type of adviser | Name | Address |
|-----------------|------|---------|
|                 |      |         |
|                 |      |         |
|                 |      |         |
|                 |      |         |

#### Name of chief executive or names of senior staff members (Optional information)

|  |
|--|
|  |
|--|

### Exemptions from disclosure

Reason for non-disclosure of key personnel details

|  |
|--|
|  |
|--|

### Other optional information


|  |
|--|
|  |
|--|

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

|   |  |
|---|--|
|  |  |
|---|--|

Full name(s)

|                    |  |
|--------------------|--|
| Josephine Williams |  |
|--------------------|--|

Position (eg  
Secretary, Chair, etc)

|         |  |
|---------|--|
| Trustee |  |
|---------|--|

Date

|          |
|----------|
| 27/05/23 |
|----------|



Charity name

Charity number (if any)

For the period from (start date)

to (end date)

**Section A Receipts and payments**

|   | Unrestricted funds<br>to the nearest<br>£ | Restricted funds<br>to the nearest<br>£ | Endowment funds<br>to the nearest<br>£ | Total funds<br>to the nearest<br>£ | Last year<br>to the nearest<br>£ |
|---|---|---|--|------------------------------------|----------------------------------|
| <b>A1 Receipts</b>                            |   |   |  |                                    |                                  |
| Refund from WERS                              | 55  |   |  | 55                                 |                                  |
| Personal Donation - Alan Lane                 | 3,000                                     |   |  | 3,000                              |                                  |
| Awards 4 All                                  |   | 10,000                                  |  | 10,000                             |                                  |
| Balance Carried Forward                       |   |   |  |                                    | 18,998                           |
| <i>Sub total</i>                              | 3,055                                     | 10,000                                  |  |                                    |                                  |
| <b>A2 Asset and investment sales, etc</b>     |   |   |  |                                    |                                  |
| <i>Total receipts</i>                         | 3,055                                     | 10,000                                  |  | 13,055                             | 18,998                           |
| <b>A3 Payments</b>                            |   |   |  |                                    |                                  |
| Facilitators Fees                             |   | 22,754                                  |  | 22,754                             | 18,998                           |
| Phone   |   | 160                                     |  | 160                                |                                  |
| Office Supplies                               |   | 61                                      |  | 61                                 |                                  |
| Insurance                                     |   | 61                                      |  | 61                                 |                                  |
| <i>Sub total</i>                              |   | 23,036                                  |  | 23,036                             | 18,998                           |
| <b>A4 Asset and investment purchases, etc</b> |   |   |  |                                    |                                  |
| <i>Total payments</i>                         |   | 23,036                                  |  | 23,036                             | 18,998                           |
| <i>Net of receipts/(payments)</i>             |   |   |  |                                    |                                  |
| <b>A5 Transfers between funds</b>             |   |   |  |                                    |                                  |
| <b>A6 Cash funds last year end</b>            |   |   |  |                                    |                                  |
| <i>Cash funds this year end</i>               |   | 0                                       |  | 9017                               | 0                                |

**GET YOUR LIFE BACK!**

England & Wales - Charity number 1163888

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# Accounts

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# Trustees' Annual Report for the period

|             |                   |                |              |           |                 |                |              |
|-------------|-------------------|----------------|--------------|-----------|-----------------|----------------|--------------|
|             | Period start date |                |              |           | Period end date |                |              |
| <b>From</b> | Day<br>6          | Month<br>April | Year<br>2020 | <b>To</b> | Day<br>5        | Month<br>April | Year<br>2021 |

## Section A Reference and administration details

|   |  |                 |                 |
|---|--|-----------------|-----------------|
| <b>Charity name</b>                       | GetYourLifeBack!   |                 |                 |
| <b>Other names charity is known by</b>    | GYLB   |                 |                 |
| <b>Registered charity number (if any)</b> | 1163888  |                 |                 |
| <b>Charity's principal address</b>        | 26 Fore Street   |                 |                 |
|   | Liskeard   |                 |                 |
|   | Cornwall   |                 |                 |
|   | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;"><b>Postcode</b></td> <td style="border: 1px solid black; padding: 5px;"><b>PL14 3JB</b></td> </tr> </table> | <b>Postcode</b> | <b>PL14 3JB</b> |
| <b>Postcode</b>                           | <b>PL14 3JB</b>  |                 |                 |

### Names of the charity trustees who manage the charity

|    | Trustee name      | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|----|-------------------|-----------------|-----------------------------------|---|
| 1  | Jo Williams       | Chief Trustee   |                                   |   |
| 2  | Tim Wright        |                 |                                   |   |
| 3  | Carrie-Ann Milton |                 |                                   |   |
| 4  |                   |                 |                                   |   |
| 5  |                   |                 |                                   |   |
| 6  |                   |                 |                                   |   |
| 7  |                   |                 |                                   |   |
| 8  |                   |                 |                                   |   |
| 9  |                   |                 |                                   |   |
| 10 |                   |                 |                                   |   |
| 11 |                   |                 |                                   |   |
| 12 |                   |                 |                                   |   |
| 13 |                   |                 |                                   |   |
| 14 |                   |                 |                                   |   |
| 15 |                   |                 |                                   |   |
| 16 |                   |                 |                                   |   |
| 17 |                   |                 |                                   |   |
| 18 |                   |                 |                                   |   |
| 19 |                   |                 |                                   |   |
| 20 |                   |                 |                                   |   |

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

| Name | Dates acted if not for whole year |
|------|-----------------------------------|
|      |                                   |
|      |                                   |
|      |                                   |

### Names and addresses of advisers (Optional information)

| Type of adviser | Name | Address |
|-----------------|------|---------|
|                 |      |         |
|                 |      |         |
|                 |      |         |
|                 |      |         |

### Name of chief executive or names of senior staff members (Optional information)

|  |
|--|
|  |
|--|

## Section B Structure, governance and management

### Description of the charity's trusts

|   |                                 |
|---|---------------------------------|
| Type of governing document<br>(eg. trust deed, constitution)        | Constitution                    |
| How the charity is constituted<br>(eg. trust, association, company) | CIO                             |
| Trustee selection methods<br>(eg. appointed by, elected by)         | By all trustees and co founders |

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

|  |
|--|
|  |
|--|

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

|  |
|--|
| Supporting women suffering severe symptoms of hormonal conditions and people suffering from emotional and mental distress. |
|--|

People suffering ill health are supported through face to face sessions and via telephone and video call on our 15 week Mindfulness-based Learning programme.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

We are working alongside social prescribers in Cornwall helping a wide variety of people from the whole of Cornwall.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

At present we do not have a policy on reserves, however, we are working on producing one.

### Details of any funds materially in deficit

None

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Whilst we fundraise and accept donations our main source of funds come from funders particularly the National Lottery. This enables us to reach people suffering emotional and mental distress who would otherwise slip through the net as they do not qualify for help from CMHT or Outlook SW.

## Section F

## Other optional information

We secured funding to deliver our mindfulness-based learning and the hut in the field projects . Mindfulness-based learning teaches beneficiaries how to deal with adversity, and builds resilience, confidence and self worth. The hut in the field project was to help beneficiaries engage in nature through growing food, wood working projects and mindful movement.

Due to coronavirus lockdowns we could not run the hut in the field or engage volunteers therefore we used the funding ( as approved by the funder ) to contact people countywide via Zoom, FaceTime and phone who were experiencing mental health difficulties.

The charity went above and beyond to support beneficiaries not only by teaching the mindfulness-based learning course but also by being the only people they spoke to in the weeks during lockdown just being a listening ear. We helped them through bereavement, life threatening illness, mental illness, loneliness, feelings of suicide, by being a friendly voice, someone who cared and took time just for them. We helped people get through their darkest moments.

We rely on grant giving organisations and fundraising in supermarkets, which also gave us an opportunity to raise awareness of our charity and how we support beneficiaries, to sustain our great work. Due to lockdowns we have not been able to fundraise in supermarkets.

We work closely with Social Prescribers and have been inundated with beneficiaries and have a waiting list of people needing our services.

We get a lot of compliments from referrers and beneficiaries.

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

|  |                    |  |
|--|--------------------|--|
| <b>Signature(s)</b>                        | Jo Williams        |  |
| <b>Full name(s)</b>                        | Josephine Williams |  |
| <b>Position (eg Secretary, Chair, etc)</b> | Chief Trustee      |  |
| <b>Date</b>                                | 25/01/22           |  |



# Receipts and Payments Accounts

Charity name

Charity number (if any)

For the period from (start date)

to (end date)

| Section A Receipts and payments               |   |   |  |                                    |                                  |
|---|---|---|--|------------------------------------|----------------------------------|
|   | Unrestricted funds<br>to the nearest<br>£ | Restricted funds<br>to the nearest<br>£ | Endowment funds<br>to the nearest<br>£ | Total funds<br>to the nearest<br>£ | Last year<br>to the nearest<br>£ |
| <b>A1 Receipts</b>                            |   |   |  |                                    |                                  |
| Balance Carried Forward                       |   |   |  |                                    | 9,151                            |
| Postcode Local Trust                          |   | 20,000                                  |  | 20,000                             |                                  |
| Awards 4 All                                  |   | 10,000                                  |  | 10,000                             |                                  |
|   |   |   |  |                                    |                                  |
|   |   |   |  |                                    |                                  |
| <i>Sub total</i>                              |   | 30,000                                  |  |                                    |                                  |
| <b>A2 Asset and investment sales, etc</b>     |   |   |  |                                    |                                  |
| <i>Total receipts</i>                         | 0   | 30,000                                  | 0                                      | 30,000                             | 9,151                            |
| <b>A3 Payments</b>                            |   |   |  |                                    |                                  |
| Facilitators Fees                             |   | 19,417                                  |  | 10,266                             | 9,151                            |
| Phone   |   | 200                                     |  | 200                                |                                  |
| Travel  |   | 43                                      |  | 43                                 |                                  |
| Office Supplies                               |   | 43                                      |  | 43                                 |                                  |
| Equipment + Repairs                           |   | 390                                     |  | 390                                |                                  |
| Insurance                                     |   | 61                                      |  | 61                                 |                                  |
|   |   |   |  |                                    |                                  |
|   |   |   |  |                                    |                                  |
| <i>Sub total</i>                              |   | 20,154                                  |  | 11,003                             | 9,151                            |
| <b>A4 Asset and investment purchases, etc</b> |   |   |  |                                    |                                  |
| <i>Total payments</i>                         |   | 0                                       |  |                                    |                                  |
| <i>Net of receipts/(payments)</i>             |   | 20,154                                  |  | 11,003                             | 9,151                            |
| <b>A5 Transfers between funds</b>             |   |   |  |                                    |                                  |
|   |   | 0                                       |  |                                    |                                  |
| <b>A6 Cash funds last year end</b>            |   |   |  |                                    |                                  |
| <i>Cash funds this year end</i>               |   |   |  |                                    | 0                                |

**Section B**

**Statement of assets and liabilities at the end of the period**

|                      | Details  | Unrestricted funds to the nearest £ | Restricted funds to the nearest £ | Endowment funds to the nearest £ |
|----------------------|--|-------------------------------------|-----------------------------------|----------------------------------|
| <b>B1 Cash funds</b> | Postcode Trust balance   |                                     | 8,997                             |                                  |
|                      | Awards 4 All   |                                     | 10,000                            |                                  |
|                      |  |                                     |                                   |                                  |
|                      | <i>Total cash funds</i><br><i>(agree balances with receipts and payments account(s))</i> |                                     | 18,997                            |                                  |

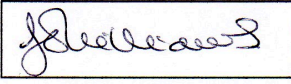
|                                 | Details | Unrestricted funds to the nearest £ | Restricted funds to the nearest £ | Endowment funds to the nearest £ |
|---------------------------------|---------|-------------------------------------|-----------------------------------|----------------------------------|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

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

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

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

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

|   |            |                  |
|---|------------|------------------|
| Signature   | Print name | Date of approval |
|  | WILLIAMS.  | 17/8/21          |
|   |            |                  |

## Get Your Life Back!

### Accounts Tax Year 2020/21 (06/04/20 – 05/04/21)

|                         |  |           |
|-------------------------|--|-----------|
| Balance Brought Forward |  | £9,150.99 |
|-------------------------|--|-----------|

#### Money In

|                      |            |            |
|----------------------|------------|------------|
| Postcode Local Trust | (05/06/20) | £20,000.00 |
|----------------------|------------|------------|

|                      |            |            |
|----------------------|------------|------------|
| Awards For All Grant | (05/02/21) | £10,000.00 |
|----------------------|------------|------------|

|                |            |
|----------------|------------|
| Total money in | £30,000.00 |
|----------------|------------|

|                      |                   |
|----------------------|-------------------|
| <b>Total Balance</b> | <b>£39,150.50</b> |
|----------------------|-------------------|

#### Payments Out

|                  |            |
|------------------|------------|
| Facilitator Fees | £19,416.70 |
|------------------|------------|

|       |      |
|-------|------|
| Phone | £200 |
|-------|------|

|        |        |
|--------|--------|
| Travel | £42.75 |
|--------|--------|

|                 |        |
|-----------------|--------|
| Office supplies | £42.79 |
|-----------------|--------|

|                       |         |
|-----------------------|---------|
| Equipment and Repairs | £389.90 |
|-----------------------|---------|

|           |     |
|-----------|-----|
| Insurance | £61 |
|-----------|-----|

|                        |                   |
|------------------------|-------------------|
| <b>Total money out</b> | <b>£20,153.14</b> |
|------------------------|-------------------|

|                                    |  |
|------------------------------------|--|
| Balance carried forward @ 05/04/21 |  |
|------------------------------------|--|

|                      |
|----------------------|
| <b>£18,997.85 CR</b> |
|----------------------|