

JUST GOOD FRIENDS (NORTH WEST) LIMITED

England & Wales · Charity number 1167124

Details

Status Registered

Legal form Charitable company

Company number [09847839](#)

Registered 2016-05-16

Register [View on the Charity Commission register](#)

Contact

Address 19 Whitethorn Mews
St Annes
Lancashire
FY8 3XE

Phone 07557734233

Email bev.sykes@hotmail.co.uk

Website justgoodfriends.org

Activities

Objects: the preservation and protection of good mental and physical health of people of all ages living in the Fylde and surrounding areas, in particular those who are suffering from loneliness and depression by (but not limited to):-(a) Provision of a meeting point venue where those who are lonely may find support and comfort. (b) Provision of advice and counselling. (c) Signposting people to other organisations where specialist help for their particular problem is available.

Activities: Just Good Friends (North West) Ltd provides solutions to loneliness and isolation within the community through the provision of a contact HELPLINE contact on 07564 921618, Web site - Just Good Friends Lytham St Annes, Facebook - Just Good Friends Lytham St Annes.JGF has 6 satellite meeting groups across Fylde and Wyre providing activities 7 days a week.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£74,002	£72,536	-	-
2024-10-31	£60,587	£62,048	-	-
2023-10-31	£89,393	£57,972	-	-
2022-10-31	£47,206	£53,517	-	-
2021-10-31	£53,289	£54,424	-	-

Trustees

Name	Role	Appointed
Andrew Stuart Rodgers		2023-02-09
DIANE GRADWELL		2023-10-13
Dr Russell John Thorpe		2023-05-05
Jean Patricia Mason		2022-10-25
Margaret Janet Albion		2022-09-23
Mark James Albion		2022-10-25
Stephen Leslie Mason		2021-08-31

JUST GOOD FRIENDS (NORTH WEST) LIMITED

England & Wales - Charity number 1167124

Accounts

REGISTERED COMPANY NUMBER: 09847839 (England and Wales)
REGISTERED CHARITY NUMBER: 1167124

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2025
FOR
JUST GOOD FRIENDS (NORTH WEST) LIMITED

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

JUST GOOD FRIENDS (NORTH WEST) LIMITED

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for the Year Ended 31ST OCTOBER 2025

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REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st October 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The purpose of the charity is to:

- Offer a variety of solutions to loneliness and social isolation in the Fylde Coast, Blackpool and surrounding areas.
- Help to improve Community cohesion and provides support to some of the most lonely and isolated people who live in the Fylde, Blackpool and surrounding areas.
- Help to improve an individual's feeling of self-worth; that they are part of the Community and not extraneous to it and a feeling of being welcomed and valued.
- Hosts daily activities, events and meet-ups ranging from a simple chat and coffee to Sunday lunch, music & dance, drama, keep fit, bingo, raffles, speakers, short break holidays, events and social occasions and also enables individuals to further gain confidence through taking on volunteer roles.
- Work alongside NHS services, GP practices and provides an additional signposting referral tool to Doctors when faced with illnesses caused by loneliness and isolation.
- Constantly update what services are available for our members and signposts individuals towards specialist support agencies/organisations for help with their particular problem where necessary.
- Support many individuals during a crisis and, when necessary, signpost them towards the professional help they need, whether it's the emergency services, mental health, or social services.
- Support individuals within the community who do not often come into contact with the Authorities.
- Provides an awareness of the friendly impartial advice and counselling available.
- Provide a support facility to other major charities where they can refer people who they are not able to provide the appropriate support.
- Protect vulnerable individuals and the victims of crime.

Strategies employed to achieve the charity's aims and objectives including activities during the year.

- The provision of an activity on most days of the week.
- The provision of Meeting Point facilities at six venues within the Fylde area.
- The provision of a Sunday lunch meeting point.
- Entertainment.
- Speakers.
- Quizzes, games, bingo and raffles.
- Keep fit
- Drama
- Snooker and Darts
- Social occasions.
- JGF still offers and provides support to Doctors' surgeries and similarly the Doctors' surgeries from across Blackpool and Fylde make referrals into JGF, again offering an alternative therapy to prescribing antidepressant pills as a solution to loneliness and isolation. JGF are also now supported by the Social Prescribers, a role that was developed and recruited by the CCG/NHS, now called the ICB, Integrated Care Board following the success of the Fylde JGF/CCG/NHS Ambassador Programme.
- Forming working partnerships with other entities providing services to the Community.

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2025

OBJECTIVES AND ACTIVITIES

Public benefit

Some benefits of JGF working with people suffering from feelings of Isolation and Loneliness

1. The opportunity and environment to talk about their loneliness problems and isolation issues with the effect that after sharing their concerns the problem is often not as overwhelming as they originally thought and where frequently solutions are found where none were first thought possible. Without this support the problem often becomes all-consuming which may lead to a spiral of distress, depression and possible serious physical and mental illness or suicide.
2. Relieves the pressure on the NHS.
3. Relieves the pressure at Doctors' surgeries.
4. Relieves the pressure on the mental health services
5. Just Good Friends would always provide a source of help and support when people are victims of crime.

When planning the activities for the year, the trustees have considered the commissions guidance on public benefit and in particular the trustees have considered how planned activities will contribute to the aims and objectives they have set.

FINANCIAL REVIEW

Financial position and reserves policy

JGF had approximately 200 members in October 2025.

In viewing the JGF membership numbers one should take into account that it is a transient membership and that when the healing process is complete people return to the community as whole individuals. As whole individuals they then play a full role within the community although most retain close links with JGF even if they don't necessarily renew their membership. Since its formation in 2012, many hundreds of people have passed through the JGF doors.

Reserves are needed to bridge the gap between spending and receiving of income and to safeguard services. The trustees consider that the ideal level of reserves to support this is circa £57,000.

The key elements of the general running expenses against which the reserves policy is implemented in order to safeguard the proper provision of the services required by its members are: -

- Office and Room Hire -9 months- £4,000
- Employment Cost - 9 months - £41,000
- Other costs £12,000

Total £57,000

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The recruitment, selection and subsequent induction of a new trustee into JGF we see as an opportunity to improve the effectiveness of the charity and when all these three elements work properly it can lead to a balanced, well informed, and effective trustee body that can result in a well governed and effective charity.

The trustees do not receive any remuneration.

The key elements governing the selection of any new appointment are: -

- A primary interest in the well-being of the lonely and isolated.
- The possession of a skill or capability that would be useful in helping provide solutions for loneliness and isolation.
- A talent for originating applications for donor grants.
- A talent for fund raising.

Organisational structure

The charity's governing structure comprises of a board of trustees, of which there are seven as at October 2025, assisted by a small management team.

The operational management of the Charity is directed by the Chief Executive Officer of JGF who reports to the JGF Board of Trustees.

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Key management remuneration

Senior management received remuneration totalling £27,991.

Governance and Management

The documents detailed below set out the governance and management procedures for Just Good Friends (North West Ltd)

1. Safeguarding Children Policy
2. Safeguarding Vulnerable Adults Policy
3. Data Protection Policy
4. Confidentiality Policy
5. Health and Safety Policy
6. Volunteer Policy
7. Equal Opportunities and Diversity Policy
8. Environmental Policy
9. Personal Safety Policy
10. Whistle Blowing Policy
11. Bullying and Harassment Policy
12. Conflict of Interest Policy
13. Financial Reserves Policy
14. Financial Controls Policy
15. Risk Management Policy
16. Complaint Procedure
17. Grievance Procedure
18. Disciplinary Procedure

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

09847839 (England and Wales)

Registered Charity number

1167124

Registered office

327 Clifton Drive South
Lytham St Annes
FY8 1HN

Trustees

Mr S L Mason
Mrs M J Albion
Mr M J Albion
Mrs J P Mason
Mr A S Rodgers
Mrs D Gradwell
Dr R J Thorpe

Independent Examiner

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

Approved by order of the board of trustees on 6th February 2026 and signed on its behalf by:

JUST GOOD FRIENDS (NORTH WEST) LIMITED (REGISTERED NUMBER: 09847839)

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2025

Mr S L Mason - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
JUST GOOD FRIENDS (NORTH WEST) LIMITED**

Independent examiner's report to the trustees of Just Good Friends (North West) Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st October 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Candice Higgins

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

16th February 2026

JUST GOOD FRIENDS (NORTH WEST) LIMITED**STATEMENT OF FINANCIAL ACTIVITIES**
for the Year Ended 31ST OCTOBER 2025

		Unrestricted fund £	Restricted funds £	31/10/25 Total funds £	31/10/24 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies		21,642	27,073	48,715	34,917
Charitable activities					
Meeting point		11,494	-	11,494	11,560
Other trading activities	2	13,157	-	13,157	13,449
Investment income	3	636	-	636	661
Total		<u>46,929</u>	<u>27,073</u>	<u>74,002</u>	<u>60,587</u>
EXPENDITURE ON					
Charitable activities					
Donations		100	-	100	136
Running costs		21,808	2,920	24,728	26,751
Management and administration		45,132	909	46,041	33,415
Other		1,667	-	1,667	1,746
Total		<u>68,707</u>	<u>3,829</u>	<u>72,536</u>	<u>62,048</u>
Net gains on investments		<u>518</u>	<u>-</u>	<u>518</u>	<u>692</u>
NET INCOME/(EXPENDITURE)		(21,260)	23,244	1,984	(769)
RECONCILIATION OF FUNDS					
Total funds brought forward		80,531	6,640	87,171	87,940
TOTAL FUNDS CARRIED FORWARD		<u><u>59,271</u></u>	<u><u>29,884</u></u>	<u><u>89,155</u></u>	<u><u>87,171</u></u>

The notes form part of these financial statements

JUST GOOD FRIENDS (NORTH WEST) LIMITED (REGISTERED NUMBER: 09847839)

BALANCE SHEET
31ST OCTOBER 2025

	Notes	Unrestricted fund £	Restricted funds £	31/10/25 Total funds £	31/10/24 Total funds £
FIXED ASSETS					
Tangible assets	8	426	-	426	-
Investments	9	8,896	-	8,896	8,379
		<u>9,322</u>	<u>-</u>	<u>9,322</u>	<u>8,379</u>
CURRENT ASSETS					
Cash at bank		52,747	29,884	82,631	81,487
CREDITORS					
Amounts falling due within one year	10	(2,798)	-	(2,798)	(2,695)
NET CURRENT ASSETS		<u>49,949</u>	<u>29,884</u>	<u>79,833</u>	<u>78,792</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>59,271</u>	<u>29,884</u>	<u>89,155</u>	<u>87,171</u>
NET ASSETS		<u>59,271</u>	<u>29,884</u>	<u>89,155</u>	<u>87,171</u>
FUNDS	11				
Unrestricted funds				59,271	80,531
Restricted funds				29,884	6,640
TOTAL FUNDS				<u>89,155</u>	<u>87,171</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 6th February 2026 and were signed on its behalf by:

Mr S L Mason - Trustee

The notes form part of these financial statements

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS **for the Year Ended 31ST OCTOBER 2025**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Going concern

The financial statements are prepared on a going concern basis under the historic cost convention. The trustees consider the use of the going concern basis of accounting is appropriate. The charity has net assets of £89,155 (2024: £87,171) and a net surplus of £1,984 in the year (2024: deficit of £769).

The trustees consider that there are no material uncertainties relating to events or conditions that may cause significant doubt about the ability of the Charity to continue as a going concern.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued **for the Year Ended 31ST OCTOBER 2025**

1. ACCOUNTING POLICIES - continued

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Debtors

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

Creditors

Creditors are recognised when a legal obligation exists at the reporting date as a result of a past event, and probable there will be a transfer of economic benefit to a third party to settle the obligation, which can be measured or estimated reliably.

2. OTHER TRADING ACTIVITIES

	31/10/25	31/10/24
	£	£
Fundraising events	13,157	13,449
	<u> </u>	<u> </u>

3. INVESTMENT INCOME

	31/10/25	31/10/24
	£	£
Deposit account interest	636	661
	<u> </u>	<u> </u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31/10/25	31/10/24
	£	£
Depreciation - owned assets	214	-
Other operating leases	1,356	1,356
	<u> </u>	<u> </u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st October 2025.

Trustees' expenses

During the year trustees received expenses totalling £25 for reimbursement of travelling, general administrative costs and attendance at other meetings.

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2025**6. STAFF COSTS**

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

	31/10/25	31/10/24
Administration	2	2
	<u>2</u>	<u>2</u>

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

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	25,717	9,200	34,917
Charitable activities			
Meeting point	11,560	-	11,560
Other trading activities	13,449	-	13,449
Investment income	661	-	661
Total	<u>51,387</u>	<u>9,200</u>	<u>60,587</u>
EXPENDITURE ON			
Charitable activities			
Donations	136	-	136
Running costs	18,602	8,149	26,751
Management and administration	6,876	26,539	33,415
Other	1,743	3	1,746
Total	<u>27,357</u>	<u>34,691</u>	<u>62,048</u>
Net gains on investments	692	-	692
NET INCOME/(EXPENDITURE)	<u>24,722</u>	<u>(25,491)</u>	<u>(769)</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	55,810	32,130	87,940
TOTAL FUNDS CARRIED FORWARD	<u>80,532</u>	<u>6,639</u>	<u>87,171</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2025**8. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st November 2024	1,158	1,579	2,737
Additions	-	640	640
Disposals	-	(340)	(340)
At 31st October 2025	1,158	1,879	3,037
DEPRECIATION			
At 1st November 2024	1,158	1,579	2,737
Charge for year	-	214	214
Eliminated on disposal	-	(340)	(340)
At 31st October 2025	1,158	1,453	2,611
NET BOOK VALUE			
At 31st October 2025	-	426	426
At 31st October 2024	-	-	-

9. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1st November 2024	8,379
Revaluations	517
At 31st October 2025	8,896
NET BOOK VALUE	
At 31st October 2025	8,896
At 31st October 2024	8,379

There were no investment assets outside the UK.

Cost or valuation at 31st October 2025 is represented by:

	Listed investments £
Valuation in 2019	(115)
Valuation in 2020	864
Valuation in 2021	919
Valuation in 2022	(3,245)
Valuation in 2023	(736)
Valuation in 2024	692
Valuation in 2025	517
Cost	10,000
	8,896

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2025**10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31/10/25	31/10/24
	£	£
Social security and other taxes	624	595
Other creditors	-	136
Accruals and deferred income	2,174	1,964
	<u>2,798</u>	<u>2,695</u>

11. MOVEMENT IN FUNDS

	At 1.11.24 £	Net movement in funds £	At 31.10.25 £
Unrestricted funds			
General fund	80,531	(21,260)	59,271
Restricted funds			
Medicash	80	-	80
CVS Blackpool Fylde & Wyre	452	-	452
Fylde BC	2,600	-	2,600
Joan Burrows Lancashire County Council	109	(109)	-
CFLM - Red Rose Responding Fund	909	(909)	-
BAE Systems	2,490	(2,490)	-
Fylde Borough Council	-	5,623	5,623
Member Donation	-	20,000	20,000
The Skelton Charity	-	1,129	1,129
	<u>6,640</u>	<u>23,244</u>	<u>29,884</u>
TOTAL FUNDS	<u>87,171</u>	<u>1,984</u>	<u>89,155</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	46,929	(68,707)	518	(21,260)
Restricted funds				
Joan Burrows Lancashire County Council	-	(109)	-	(109)
CFLM - Red Rose Responding Fund	-	(909)	-	(909)
BAE Systems	-	(2,490)	-	(2,490)
Fylde Borough Council	5,623	-	-	5,623
Member Donation	20,000	-	-	20,000
The Skelton Charity	1,450	(321)	-	1,129
	<u>27,073</u>	<u>(3,829)</u>	<u>-</u>	<u>23,244</u>
TOTAL FUNDS	<u>74,002</u>	<u>(72,536)</u>	<u>518</u>	<u>1,984</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31ST OCTOBER 2025****11. MOVEMENT IN FUNDS - continued****Comparatives for movement in funds**

	At 1.11.23 £	Net movement in funds £	At 31.10.24 £
Unrestricted funds			
General fund	55,810	24,721	80,531
Restricted funds			
Medicash	80	-	80
CVS Blackpool Fylde & Wyre	452	-	452
St Annes Town Council	377	(377)	-
Fylde BC	2,654	(54)	2,600
Glasdons	3,103	(3,103)	-
Fylde Borough Council - Cost of Living	19	(19)	-
Fylde Borough Council - Cost of Living 2	675	(675)	-
NHS Transformation	3,333	(3,333)	-
Fylde Borough Council - Fylde Fitness	6,437	(6,437)	-
Fylde Soroptimists	15,000	(15,000)	-
Joan Burrows Lancashire County Council	-	109	109
CFLM - Red Rose Responding Fund	-	909	909
BAE Systems	-	2,490	2,490
	<u>32,130</u>	<u>(25,490)</u>	<u>6,640</u>
TOTAL FUNDS	<u>87,940</u>	<u>(769)</u>	<u>87,171</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	51,387	(27,358)	692	24,721
Restricted funds				
St Annes Town Council	-	(377)	-	(377)
Fylde BC	-	(54)	-	(54)
Glasdons	-	(3,103)	-	(3,103)
Fylde Borough Council - Cost of Living	-	(19)	-	(19)
Fylde Borough Council - Cost of Living 2	-	(675)	-	(675)
NHS Transformation	-	(3,333)	-	(3,333)
Fylde Borough Council - Fylde Fitness	-	(6,437)	-	(6,437)
Fylde Soroptimists	-	(15,000)	-	(15,000)
Joan Burrows Lancashire County Council	600	(491)	-	109
CFLM - Red Rose Responding Fund	5,000	(4,091)	-	909
BAE Systems	3,600	(1,110)	-	2,490
	<u>9,200</u>	<u>(34,690)</u>	<u>-</u>	<u>(25,490)</u>
TOTAL FUNDS	<u>60,587</u>	<u>(62,048)</u>	<u>692</u>	<u>(769)</u>

Medicash - JGF

Grant to help with Covid Rehabilitation; balance transferred to Social Angels.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31ST OCTOBER 2025

11. MOVEMENT IN FUNDS - continued

CVS Blackpool Fylde & Wyre

Funding for core costs £3,000, professional mental health support £750, volunteers expenses £500, crisis fund £500.

Fylde BC

ARG grant for Social Angels, to ease the financial burden experienced during the COVID 19 lockdown period.

Joan Burrows - Lancashire County Council

Funding for Christmas presents.

CFLM - Red Rose Responding Fund

Funding for salary.

BAE Systems

Funding for room hire fees.

Fylde Borough Council

Funding for training volunteers.

Member Donation

Donation for building alterations when a building is acquired.

The Skelton Charity

Funding for laptops, games equipment etc.

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st October 2025.

13. ULTIMATE CONTROLLING PARTY

There is no controlling party, shares are limited by guarantee.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

England & Wales - Charity number 1167124

Accounts

REGISTERED COMPANY NUMBER: 09847839 (England and Wales)
REGISTERED CHARITY NUMBER: 1167124

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2024
FOR
JUST GOOD FRIENDS (NORTH WEST) LIMITED

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

JUST GOOD FRIENDS (NORTH WEST) LIMITED

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for the Year Ended 31ST OCTOBER 2024

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JUST GOOD FRIENDS (NORTH WEST) LIMITED

REPORT OF THE TRUSTEES **for the Year Ended 31ST OCTOBER 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st October 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The purpose of the charity is to:

- Offer a variety of solutions to loneliness and social isolation in the Fylde Coast and surrounding areas.
- Help to improve Community cohesion and provides support to some of the most lonely and isolated people who live in the Fylde and surrounding areas.
- Help to improve an individual's feeling of self-worth; that they are part of the Community and not extraneous to it and a feeling of being welcomed and valued.
- Hosts daily activities, events and meet-ups ranging from a simple chat and coffee to Sunday lunch, music & dance, drama, keep fit, bingo, raffles, speakers, short break holidays, events and social occasions and also enables individuals to further gain confidence through taking on volunteer roles.
- Work alongside GP practices and provides an additional signposting referral tool to Doctors when faced with illnesses caused by loneliness and isolation.
- Constantly update what services are available for our members and signposts individuals towards specialist support agencies/organisations for help with their particular problem where necessary.
- Support many individuals during a crisis and, when necessary, signpost them towards the professional help they need, whether it's the emergency services, mental health, or social services.
- Support individuals within the community who do not often come into contact with the Authorities.
- Provides an awareness of the friendly impartial advice and counselling is available.
- Provide a support facility to other major charities where they can refer people who they are not able to provide the appropriate support.
- Protect vulnerable individuals and the victims of crime.

Strategies employed to achieve the charity's aims and objectives including activities during the year.

- The provision of an activity on most days of the week.
- The provision of Meeting Point facilities at six venues within the Fylde, area.
- The provision of a Sunday lunch meeting point.
- Entertainment.
- Speakers.
- Bingo and raffles.
- Keep fit
- Drama
- Snooker and Darts
- Social occasions.
- JGF still offers and provides support to Doctors' surgeries and similarly the Doctors' surgeries from across Blackpool and Fylde make referrals into JGF, again offering an alternative therapy to prescribing antidepressant pills as a solution to loneliness and isolation. JGF are also now supported by the Social Prescribers, a role that was developed and recruited by the CCG/NHS, now called the ICB, Integrated Care Board following the success of the Fylde JGF/CCG/NHS Ambassador Programme.
- Forming working partnerships with other entities providing services to the Community.

COVID-19

Through additional Covid19 funding JGF has been able to continue to provide additional welfare support to reduce feeling of loneliness, anxiety, fear, depression, emotional support and welfare support to those needing extra help. Just Good Friends are still supporting members with the effects of and fear of Covid ie:

- Maintains regular contact with all vulnerable, at-risk members plus continues to provide regular support to isolated, lonely and at risk older members.
- Provides essential welfare support liaising with doctors' surgeries/making appointments, ensuring all members have support in place, telephone calls, etc.
- Provides additional general welfare support
- Makes contact with members in Residential Support.
- Provides additional support for members who have problems accessing technology.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

REPORT OF THE TRUSTEES

for the Year Ended 31ST OCTOBER 2024

OBJECTIVES AND ACTIVITIES

Public benefit

Some benefits of JGF working with people suffering from feelings of Isolation and Loneliness: -

1. The opportunity and environment to talk about their loneliness problems and isolation issues with the effect that after sharing their concerns the problem is often not as overwhelming as they originally thought and where frequently solutions are found where none were first thought possible. Without this support the problem often becomes all-consuming which may lead to a spiral of distress, depression and possible serious physical and mental illness or suicide.
2. Relieves the pressure on the NHS.
3. Relieves the pressure at Doctors' surgeries.
4. Relieves the pressure on the mental health services
5. Just Good Friends would always provide a source of help and support when people are victims of crime.

When planning the activities for the year, the trustees have considered the commissions guidance on public benefit and in particular the trustees have considered how planned activities will contribute to the aims and objectives they have set.

FINANCIAL REVIEW

Financial position and reserves policy

JGF had approximately 200 members in October 2024.

In viewing the JGF membership numbers one should take into account that it is a transient membership and that when the healing process is complete people return to the community as whole individuals. As whole individuals they then play a full role within the community although most retain close links with JGF even if they don't necessarily renew their membership. Since its formation in 2012, many hundreds of people have passed through the JGF doors.

Reserves are needed to bridge the gap between spending and receiving of income and to safeguard services. The trustees consider that the ideal level of reserves to support this is circa £55,000.

The key elements of the general running expenses against which the reserves policy is implemented in order to safeguard the proper provision of the services required by its members are: -

- Office and Room Hire - 12 months- £5,000
- Employment Cost - 12 months - £34,000
- Other costs £16,000

Total £55,000

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The recruitment, selection and subsequent induction of a new trustee into JGF we see as an opportunity to improve the effectiveness of the charity and when all these three elements work properly it can lead to a balanced, well informed, and effective trustee body that can result in a well governed and effective charity.

The trustees do not receive any remuneration.

The key elements governing the selection of any new appointment are: -

- A primary interest in the well-being of the lonely and isolated.
- The possession of a skill or capability that would be useful in helping provide solutions for loneliness and isolation.
- A talent for originating applications for donor grants.
- A talent for fund raising.

Organisational structure

The charity's governing structure comprises of a board of trustees, of which there are seven as at October 2024, assisted by a small management team.

The operational management of the Charity is directed by the Managing Director of JGF who reports to the JGF Board of Trustees.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

REPORT OF THE TRUSTEES

for the Year Ended 31ST OCTOBER 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Key management remuneration

Senior management received remuneration totalling £22,489.

Governance and Management

The documents detailed below set out the governance and management procedures for Just Good Friends (North West Ltd)

1. Safeguarding Children Policy
2. Safeguarding Vulnerable Adults Policy
3. Data Protection Policy
4. Confidentiality Policy
5. Health and Safety Policy
6. Volunteer Policy
7. Equal Opportunities and Diversity Policy
8. Environmental Policy
9. Personal Safety Policy
10. Whistle Blowing Policy
11. Bullying and Harassment Policy
12. Conflict of Interest Policy
13. Financial Reserves Policy
14. Financial Controls Policy
15. Risk Management Policy
16. Complaint Procedure
17. Grievance Procedure
18. Disciplinary Procedure

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

09847839 (England and Wales)

Registered Charity number

1167124

Registered office

327 Clifton Drive South
Lytham St Annes
FY8 1HN

Trustees

Mr S L Mason
Mrs M J Albion
Mr M J Albion
Mrs J P Mason
Mr A S Rodgers
Mrs D Gradwell
Dr R J Thorpe

Independent Examiner

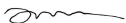
Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

21 Mar 2025

Approved by order of the board of trustees on and signed on its behalf by:

JUST GOOD FRIENDS (NORTH WEST) LIMITED

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2024



.....
Mr S L Mason - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
JUST GOOD FRIENDS (NORTH WEST) LIMITED**

Independent examiner's report to the trustees of Just Good Friends (North West) Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st October 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Whitehead & Howarth

Candice Higgins

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

24 Mar 2025

Date:

JUST GOOD FRIENDS (NORTH WEST) LIMITED**STATEMENT OF FINANCIAL ACTIVITIES**
for the Year Ended 31ST OCTOBER 2024

		Unrestricted fund £	Restricted funds £	31/10/24 Total funds £	31/10/23 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies		25,717	9,200	34,917	70,305
Charitable activities					
Meeting point		11,560	-	11,560	18,963
Other trading activities	2	13,449	-	13,449	-
Investment income	3	661	-	661	125
Total		<u>51,387</u>	<u>9,200</u>	<u>60,587</u>	<u>89,393</u>
EXPENDITURE ON					
Charitable activities					
Donations		136	-	136	940
Running costs		18,602	8,149	26,751	27,217
Management and administration		6,876	26,539	33,415	28,095
Other		1,743	3	1,746	1,720
Total		<u>27,357</u>	<u>34,691</u>	<u>62,048</u>	<u>57,972</u>
Net gains/(losses) on investments		<u>692</u>	<u>-</u>	<u>692</u>	<u>(736)</u>
NET INCOME/(EXPENDITURE)		24,722	(25,491)	(769)	30,685
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>55,810</u>	<u>32,130</u>	<u>87,940</u>	<u>57,255</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>80,532</u></u>	<u><u>6,639</u></u>	<u><u>87,171</u></u>	<u><u>87,940</u></u>

The notes form part of these financial statements

JUST GOOD FRIENDS (NORTH WEST) LIMITED**BALANCE SHEET**
31ST OCTOBER 2024

	Notes	Unrestricted fund £	Restricted funds £	31/10/24 Total funds £	31/10/23 Total funds £
FIXED ASSETS					
Investments	9	8,379	-	8,379	7,687
CURRENT ASSETS					
Cash at bank		74,847	6,640	81,487	84,346
CREDITORS					
Amounts falling due within one year	10	(2,695)	-	(2,695)	(4,093)
NET CURRENT ASSETS		<u>72,152</u>	<u>6,640</u>	<u>78,792</u>	<u>80,253</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>80,531</u>	<u>6,640</u>	<u>87,171</u>	<u>87,940</u>
NET ASSETS		<u>80,531</u>	<u>6,640</u>	<u>87,171</u>	<u>87,940</u>
FUNDS	11				
Unrestricted funds				80,531	55,810
Restricted funds				6,640	32,130
TOTAL FUNDS				<u>87,171</u>	<u>87,940</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 21 Mar 2025 and were signed on its behalf by:



Mr S L Mason - Trustee

The notes form part of these financial statements

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS **for the Year Ended 31ST OCTOBER 2024**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Going concern

The financial statements are prepared on a going concern basis under the historic cost convention. The trustees consider the use of the going concern basis of accounting is appropriate. The charity has net assets of £87,171 (2023: £87,940) and a net deficit of £769 in the year (2023: surplus of £30,685).

The trustees consider that there are no material uncertainties relating to events or conditions that may cause significant doubt about the ability of the Charity to continue as a going concern.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued **for the Year Ended 31ST OCTOBER 2024**

1. ACCOUNTING POLICIES - continued

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Debtors

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

Creditors

Creditors are recognised when a legal obligation exists at the reporting date as a result of a past event, and probable there will be a transfer of economic benefit to a third party to settle the obligation, which can be measured or estimated reliably.

2. OTHER TRADING ACTIVITIES

	31/10/24	31/10/23
	£	£
Fundraising events	13,449	-
	<u> </u>	<u> </u>

3. INVESTMENT INCOME

	31/10/24	31/10/23
	£	£
Deposit account interest	661	125
	<u> </u>	<u> </u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31/10/24	31/10/23
	£	£
Auditors' remuneration	-	2,130
Depreciation - owned assets	-	113
Other operating leases	1,356	1,357
Deficit on disposal of fixed assets	-	510
	<u> </u>	<u> </u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st October 2024.

Trustees' expenses

During the year trustees received expenses totalling £13 for reimbursement of travelling, general administrative costs and attendance at other meetings.

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2024**6. STAFF COSTS**

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

	31/10/24	31/10/23
Administration	2	2
	<u>2</u>	<u>2</u>

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

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	18,950	51,355	70,305
Charitable activities			
Meeting point	18,963	-	18,963
Investment income	125	-	125
Total	<u>38,038</u>	<u>51,355</u>	<u>89,393</u>
EXPENDITURE ON			
Charitable activities			
Donations	-	940	940
Running costs	7,515	19,702	27,217
Management and administration	11,256	16,839	28,095
Other	1,436	284	1,720
Total	<u>20,207</u>	<u>37,765</u>	<u>57,972</u>
Net gains/(losses) on investments	<u>(736)</u>	<u>-</u>	<u>(736)</u>
NET INCOME	17,095	13,590	30,685
RECONCILIATION OF FUNDS			
Total funds brought forward	38,715	18,540	57,255
TOTAL FUNDS CARRIED FORWARD	<u>55,810</u>	<u>32,130</u>	<u>87,940</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2024**8. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st November 2023 and 31st October 2024	1,158	1,579	2,737
DEPRECIATION			
At 1st November 2023 and 31st October 2024	1,158	1,579	2,737
NET BOOK VALUE			
At 31st October 2024	-	-	-
At 31st October 2023	-	-	-

9. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1st November 2023	7,687
Revaluations	692
At 31st October 2024	8,379
NET BOOK VALUE	
At 31st October 2024	8,379
At 31st October 2023	7,687

There were no investment assets outside the UK.

Cost or valuation at 31st October 2024 is represented by:

	Listed investments £
Valuation in 2019	(115)
Valuation in 2020	864
Valuation in 2021	919
Valuation in 2022	(3,245)
Valuation in 2023	(736)
Valuation in 2024	692
Cost	10,000
	8,379

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2024**10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31/10/24	31/10/23
	£	£
Social security and other taxes	595	689
Other creditors	136	168
Accruals and deferred income	1,964	3,236
	<u>2,695</u>	<u>4,093</u>

11. MOVEMENT IN FUNDS

	At 1.11.23 £	Net movement in funds £	At 31.10.24 £
Unrestricted funds			
General fund	55,810	24,721	80,531
Restricted funds			
Medicash	80	-	80
CVS Blackpool Fylde & Wyre	452	-	452
St Annes Town Council	377	(377)	-
Fylde BC	2,654	(54)	2,600
Glasdons	3,103	(3,103)	-
Fylde Borough Council - Cost of Living	19	(19)	-
Fylde Borough Council - Cost of Living 2	675	(675)	-
NHS Transformation	3,333	(3,333)	-
Fylde Borough Council - Fylde Fitness	6,437	(6,437)	-
Fylde Soroptimists	15,000	(15,000)	-
Joan Burrows Lancashire County Council	-	109	109
CFLM - Red Rose Responding Fund	-	909	909
BAE Systems	-	2,490	2,490
	<u>32,130</u>	<u>(25,490)</u>	<u>6,640</u>
TOTAL FUNDS	<u>87,940</u>	<u>(769)</u>	<u>87,171</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2024**11. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	51,387	(27,358)	692	24,721
Restricted funds				
St Annes Town Council	-	(377)	-	(377)
Fylde BC	-	(54)	-	(54)
Glasdons	-	(3,103)	-	(3,103)
Fylde Borough Council - Cost of Living	-	(19)	-	(19)
Fylde Borough Council - Cost of Living 2	-	(675)	-	(675)
NHS Transformation	-	(3,333)	-	(3,333)
Fylde Borough Council - Fylde Fitness	-	(6,437)	-	(6,437)
Fylde Soroptimists	-	(15,000)	-	(15,000)
Joan Burrows Lancashire County Council	600	(491)	-	109
CFLM - Red Rose Responding Fund	5,000	(4,091)	-	909
BAE Systems	3,600	(1,110)	-	2,490
	<u>9,200</u>	<u>(34,690)</u>	<u>-</u>	<u>(25,490)</u>
TOTAL FUNDS	<u>60,587</u>	<u>(62,048)</u>	<u>692</u>	<u>(769)</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2024**11. MOVEMENT IN FUNDS - continued****Comparatives for movement in funds**

	At 1.11.22 £	Net movement in funds £	At 31.10.23 £
Unrestricted funds			
General fund	38,715	17,095	55,810
Restricted funds			
TNL Covid Safe & Secure – 20126696 – Covid19 Initiatives	45	(45)	-
CFLM Community Fund - A568677 - Covid Rehabilitation Project – Phase 2	150	(150)	-
CVS BWF Mental Health Initiative	113	(113)	-
Fylde Borough Council	315	(315)	-
Medicash	439	(359)	80
CVS Blackpool Fylde & Wyre	497	(45)	452
St Annes Town Council	2,500	(2,123)	377
Lancashire County Council	294	(294)	-
Glasdons	6,187	(6,187)	-
Fylde BC	8,000	(5,346)	2,654
Glasdons	-	3,103	3,103
Fylde Borough Council - Cost of Living	-	19	19
Fylde Borough Council - Cost of Living 2	-	675	675
NHS Transformation	-	3,333	3,333
Fylde Borough Council - Fylde Fitness	-	6,437	6,437
Fylde Soroptimists	-	15,000	15,000
	18,540	13,590	32,130
TOTAL FUNDS	57,255	30,685	87,940

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2024**11. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	38,038	(20,207)	(736)	17,095
Restricted funds				
TNL Covid Safe & Secure – 20126696 – Covid19 Initiatives	-	(45)	-	(45)
CFLM Community Fund - A568677 - Covid Rehabilitation Project – Phase 2	-	(150)	-	(150)
CVS BWF Mental Health Initiative	-	(113)	-	(113)
Fylde Borough Council	-	(315)	-	(315)
Medicash	-	(359)	-	(359)
CVS Blackpool Fylde & Wyre	-	(45)	-	(45)
St Annes Town Council	-	(2,123)	-	(2,123)
Lancashire County Council	-	(294)	-	(294)
Glasdons	-	(6,187)	-	(6,187)
Fylde BC	-	(5,346)	-	(5,346)
Community Foundation for Lancashire - Red Rose	5,000	(5,000)	-	-
Glasdons	5,300	(2,197)	-	3,103
Fylde Borough Council - Cost of Living	8,780	(8,761)	-	19
Community Foundation for Lancashire - Fred Mills	2,500	(2,500)	-	-
Fylde Borough Council - Cost of Living 2	675	-	-	675
NHS Transformation	5,000	(1,667)	-	3,333
Fylde Borough Council - Fylde Fitness	9,100	(2,663)	-	6,437
Fylde Soroptimists	15,000	-	-	15,000
	<u>51,355</u>	<u>(37,765)</u>	<u>-</u>	<u>13,590</u>
TOTAL FUNDS	<u>89,393</u>	<u>(57,972)</u>	<u>(736)</u>	<u>30,685</u>

Medicash - JGF

Grant to help with Covid Rehabilitation; balance transferred to Social Angels.

CVS Blackpool Fylde & Wyre

Funding for core costs £3,000, professional mental health support £750, volunteers expenses £500, crisis fund £500.

St Annes Town Council

Funding for activity and event costs, but not staff costs.

Glasdons

Funding for sustainability eg venue hire, activity/event costs, volunteer expenses, but not staff costs.

Fylde Borough Council - Cost of Living

Funding for salary, free meals and memberships, room hire and volunteer expenses.

Fylde Borough Council - Cost of Living 2

Funding for free meals.

NHS Transformation

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31ST OCTOBER 2024

11. MOVEMENT IN FUNDS - continued

Contribution to staff costs over 12 months.

Fylde Borough Council - Fylde Fitness

Contribution to salary, room hire, fitness instructor and refreshments.

Fylde Soroptimists

Funding for salary and oncosts.

Fylde BC

ARG grant for Social Angels, to ease the financial burden experienced during the COVID 19 lockdown period.

Joan Burrows - Lancashire County Council

Funding for Christmas presents.

CFLM - Red Rose Responding Fund

Funding for salary.

BAE Systems

Funding for room hire fees.

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st October 2024.

13. ULTIMATE CONTROLLING PARTY

There is no controlling party, shares are limited by guarantee.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

England & Wales - Charity number 1167124

Accounts

REGISTERED COMPANY NUMBER: 09847839 (England and Wales)
REGISTERED CHARITY NUMBER: 1167124

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2023
FOR
JUST GOOD FRIENDS (NORTH WEST) LIMITED

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

JUST GOOD FRIENDS (NORTH WEST) LIMITED

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for the Year Ended 31ST OCTOBER 2023

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REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st October 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2023

OBJECTIVES AND ACTIVITIES

Objectives and aims

The purpose of the charity is to:

- Offer a variety of solutions to loneliness and social isolation in and around the Fylde Coast area.
- Help to improve Community cohesion and provides support to some of the most lonely and isolated people who live in and around the Fylde and surrounding area.
- Help to improve an individual's feeling of self-worth; that they are part of the Community and not extraneous to it and a feeling of being welcomed and valued.
- Hosts daily activities, events and meet-ups ranging from a simple chat and coffee to Sunday lunch, music & dance, keep fit, bingo, raffles, speakers, art provision, short break holidays, events and social occasions and also enables individuals to further gain confidence through taking on volunteer roles.
- Provide a happy and safe environment where young individuals on the autistic spectrum can come together to relax, learn to enjoy each other's company and help to empower one another to become part of a larger Community.
- To enable the Social Angels focus group to help individuals to manage feelings and emotions and provide 'buddying' solutions to individuals' problems.
- Work alongside GP practices and provides an additional signposting referral tool to Doctors when faced with illnesses caused by loneliness and isolation.
- Constantly update what services are available for our members and signposts individuals towards specialist support agencies/organisations for help with their particular problem where necessary.
- Support many individuals during a crisis and, when necessary, signpost them towards the professional help they need, whether it's the emergency services, mental health, or social services.
- Support individuals within the community who do not often come into contact with the Authorities.
- Provides an awareness of the friendly impartial advice and counselling is available.
- Provide a support facility to other major charities where they can refer people who they are not able to provide the appropriate support.
- Protect vulnerable individuals and the victims of crime.

Strategies employed to achieve the charity's aims and objectives including activities during the year.

- The provision of an activity on most days of the week.
- The provision of Meeting Point facilities at five venues within the Fylde, area.
- The provision of a Sunday lunch meeting point.
- Entertainment.
- Speakers.
- Bingo and raffles.
- Social occasions.
- Providing a specialist unit to address the loneliness concerns of Autistic Youth for whom there is no focal point on the Fylde Coast.
- JGF still offers and provides support to Doctors' surgeries and similarly the Doctors' surgeries from across Blackpool and Fylde make referrals into JGF, again offering an alternative therapy to prescribing antidepressant pills as a solution to loneliness and isolation. JGF are also now supported by the Fylde Social Prescribers, a role that was developed and recruited by the CCG/NHS, now called the ICB, Integrated Care Board following the success of the Fylde JGF/CCG/NHS Ambassador Programme.
- Phase 1 of the JGF Blackpool Ambassador programme is now completed, ie creating and providing a JGF referral opportunity to Doctors' surgeries in and around central Blackpool. Phase 2 of the programme, to help Blackpool residents come to the meeting points in St Annes, was on hold due to the outbreak of COVID-19. Communications are now beginning with Blackpool Council regarding this.
- Forming working partnerships with other entities providing services to the Fylde Community.

COVID-19

Through additional Covid19 funding JGF has been able to continue to provide additional welfare support to reduce feeling of loneliness, anxiety, fear, depression, emotional support and welfare support to those needing extra help. Just Good Friends are still supporting members with the effects of and fear of Covid ie:

- Maintains regular contact with all vulnerable, at-risk members plus continues to provide regular support to isolated, lonely and at risk older members.
- Provides essential welfare support liaising with doctors' surgeries/making appointments, ensuring all members have support in place, telephone calls, etc.
- Provides additional general welfare support to help with shopping, food supplies, etc.
- Makes contact with members in Residential Support.
- Provides additional support for members who have problems accessing technology.

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2023

OBJECTIVES AND ACTIVITIES

Public benefit

Some benefits of JGF working with people suffering from feelings of Isolation and Loneliness: -

1. The opportunity and environment to talk about their loneliness problems and isolation issues with the effect that after sharing their concerns the problem is often not as overwhelming as they originally thought and where frequently solutions are found where none were first thought possible. Without this support the problem often becomes all-consuming which may lead to a spiral of distress, depression and possible serious physical and mental illness or suicide.
2. Relieves the pressure on the NHS.
3. Relieves the pressure at Doctors' surgeries.
4. Relieves the pressure on the mental health services
5. Just Good Friends would always provide a source of help and support when people are victims of crime.

When planning the activities for the year, the trustees have considered the commissions guidance on public benefit and in particular the trustees have considered how planned activities will contribute to the aims and objectives they have set.

FINANCIAL REVIEW

Financial position and reserves policy

JGF had approximately 200 members in October 2023.

In viewing the JGF membership numbers one should take into account that it is a transient membership and that when the healing process is complete people return to the community as whole individuals. As whole individuals they then play a full role within the community although most retain close links with JGF even if they don't necessarily renew their membership. Since its formation in 2012 as a small band of 10 people, many hundreds of people have passed through the JGF doors.

Reserves are needed to bridge the gap between spending and receiving of income and to safeguard services. The trustees consider that the ideal level of reserves to support this is circa £50,000.

The key elements of the general running expenses against which the reserves policy is implemented in order to safeguard the proper provision of the services required by its members are: -

- Office and Room Hire - 12 months- £6,000
- Employment Cost - 12 months - £30,000
- Other costs £14,000

Total £50,000

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The recruitment, selection and subsequent induction of a new trustee into JGF we see as an opportunity to improve the effectiveness of the charity and when all these three elements work properly it can lead to a balanced, well informed, and effective trustee body that can result in a well governed and effective charity.

The trustees do not receive any remuneration.

The key elements governing the selection of any new appointment are: -

- A primary interest in the well-being of the lonely and isolated.
- The possession of a skill or capability that would be useful in helping provide solutions for loneliness and isolation.
- A talent for originating applications for donor grants.
- A talent for fund raising.

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The charity's governing structure comprises of a board of trustees, of which there are six as at October 2023, assisted by a small management team.

The operational management of the Charity is directed by the Managing Director of JGF who reports to the JGF Board of Trustees.

Key management remuneration

Senior management received remuneration totalling £18,628.

Governance and Management

The documents detailed below set out the governance and management procedures for Just Good Friends (North West Ltd)

1. Safeguarding Children Policy
2. Safeguarding Vulnerable Adults Policy
3. Data Protection Policy
4. Confidentiality Policy
5. Health and Safety Policy
6. Volunteer Policy
7. Equal Opportunities and Diversity Policy
8. Environmental Policy
9. Personal Safety Policy
10. Whistle Blowing Policy
11. Complaint Procedure
12. Grievance Procedure
13. Disciplinary Procedure

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

09847839 (England and Wales)

Registered Charity number

1167124

Registered office

327 Clifton Drive South
Lytham St Annes
FY8 1HN

Trustees

Mr S L Mason
Mrs M J Albion
Mr M J Albion
Mrs J P Mason
Mr A S Rodgers (appointed 9/2/2023)
Mrs D Gradwell (appointed 13/10/2023)
Dr R J Thorpe (appointed 5/5/2023)

Independent Examiner

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

Approved by order of the board of trustees on 5th April 2024 and signed on its behalf by:

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2023

Mr S L Mason - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
JUST GOOD FRIENDS (NORTH WEST) LIMITED**

Independent examiner's report to the trustees of Just Good Friends (North West) Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st October 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Candice Higgins

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

10th April 2024

JUST GOOD FRIENDS (NORTH WEST) LIMITED**STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31ST OCTOBER 2023**

	Notes	Unrestricted fund £	Restricted funds £	31/10/23 Total funds £	31/10/22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		18,950	51,355	70,305	30,521
Charitable activities					
Meeting point		18,963	-	18,963	16,685
Investment income	2	125	-	125	-
Total		<u>38,038</u>	<u>51,355</u>	<u>89,393</u>	<u>47,206</u>
EXPENDITURE ON					
Charitable activities					
Donations		-	940	940	-
Running costs		7,515	19,702	27,217	24,957
Management and administration		11,256	16,839	28,095	26,911
Other		1,436	284	1,720	1,649
Total		<u>20,207</u>	<u>37,765</u>	<u>57,972</u>	<u>53,517</u>
Net gains/(losses) on investments		(736)	-	(736)	(3,245)
NET INCOME/(EXPENDITURE)		17,095	13,590	30,685	(9,556)
RECONCILIATION OF FUNDS					
Total funds brought forward		38,715	18,540	57,255	66,811
TOTAL FUNDS CARRIED FORWARD		<u>55,810</u>	<u>32,130</u>	<u>87,940</u>	<u>57,255</u>

The notes form part of these financial statements

JUST GOOD FRIENDS (NORTH WEST) LIMITED (REGISTERED NUMBER: 09847839)**BALANCE SHEET**
31ST OCTOBER 2023

	Notes	Unrestricted fund £	Restricted funds £	31/10/23 Total funds £	31/10/22 Total funds £
FIXED ASSETS					
Tangible assets	7	-	-	-	623
Investments	8	<u>7,687</u>	<u>-</u>	<u>7,687</u>	<u>8,423</u>
		7,687	-	7,687	9,046
CURRENT ASSETS					
Debtors	9	-	-	-	2,541
Cash at bank		<u>51,161</u>	<u>33,185</u>	<u>84,346</u>	<u>47,086</u>
		51,161	33,185	84,346	49,627
CREDITORS					
Amounts falling due within one year	10	(3,038)	(1,055)	(4,093)	(1,418)
NET CURRENT ASSETS					
		<u>48,123</u>	<u>32,130</u>	<u>80,253</u>	<u>48,209</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		55,810	32,130	87,940	57,255
NET ASSETS FUNDS					
	11	<u>55,810</u>	<u>32,130</u>	<u>87,940</u>	<u>57,255</u>
Unrestricted funds				55,810	38,715
Restricted funds				<u>32,130</u>	<u>18,540</u>
TOTAL FUNDS				<u>87,940</u>	<u>57,255</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

BALANCE SHEET - continued
31ST OCTOBER 2023

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

The financial statements were approved by the Board of Trustees and authorised for issue on 5th April 2024 and were signed on its behalf by:

Mr S L Mason - Trustee

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31ST OCTOBER 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Going concern

The financial statements are prepared on a going concern basis under the historic cost convention. The trustees consider the use of the going concern basis of accounting is appropriate. The charity has net assets of £87,940 (2022: £57,255) and a net surplus of £30,685 in the year (2022: deficit of £9,556).

The trustees consider that there are no material uncertainties relating to events or conditions that may cause significant doubt about the ability of the Charity to continue as a going concern.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued **for the Year Ended 31ST OCTOBER 2023**

1. ACCOUNTING POLICIES - continued

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Debtors

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

Creditors

Creditors are recognised when a legal obligation exists at the reporting date as a result of a past event, and probable there will be a transfer of economic benefit to a third party to settle the obligation, which can be measured or estimated reliably.

2. INVESTMENT INCOME

	31/10/23	31/10/22
	£	£
Deposit account interest	<u>125</u>	<u>-</u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31/10/23	31/10/22
	£	£
Auditors' remuneration	2,130	1,460
Depreciation - owned assets	113	1,394
Other operating leases	1,357	1,268
Deficit on disposal of fixed assets	<u>510</u>	<u>-</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st October 2023.

Trustees' expenses

During the year trustees received expenses totalling £565 for reimbursement of travelling, general administrative costs and attendance at other meetings.

5. STAFF COSTS

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

	31/10/23	31/10/22
Administration	<u>2</u>	<u>3</u>

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

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2023**6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	7,171	23,350	30,521
Charitable activities			
Meeting point	16,685	-	16,685
Total	<u>23,856</u>	<u>23,350</u>	<u>47,206</u>
EXPENDITURE ON			
Charitable activities			
Running costs	11,032	13,925	24,957
Management and administration	12,143	14,768	26,911
Other	496	1,153	1,649
Total	<u>23,671</u>	<u>29,846</u>	<u>53,517</u>
Net gains/(losses) on investments	(3,245)	-	(3,245)
NET INCOME/(EXPENDITURE)	(3,060)	(6,496)	(9,556)
Transfers between funds	4	(4)	-
Net movement in funds	<u>(3,056)</u>	<u>(6,500)</u>	<u>(9,556)</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	41,771	25,040	66,811
TOTAL FUNDS CARRIED FORWARD	<u>38,715</u>	<u>18,540</u>	<u>57,255</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31ST OCTOBER 2023****7. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st November 2022	2,311	5,630	7,941
Disposals	<u>(1,153)</u>	<u>(4,051)</u>	<u>(5,204)</u>
At 31st October 2023	<u>1,158</u>	<u>1,579</u>	<u>2,737</u>
DEPRECIATION			
At 1st November 2022	2,311	5,007	7,318
Charge for year	-	113	113
Eliminated on disposal	<u>(1,153)</u>	<u>(3,541)</u>	<u>(4,694)</u>
At 31st October 2023	<u>1,158</u>	<u>1,579</u>	<u>2,737</u>
NET BOOK VALUE			
At 31st October 2023	<u>-</u>	<u>-</u>	<u>-</u>
At 31st October 2022	<u>-</u>	<u>623</u>	<u>623</u>

8. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1st November 2022	8,423
Revaluations	<u>(736)</u>
At 31st October 2023	<u>7,687</u>
NET BOOK VALUE	
At 31st October 2023	<u>7,687</u>
At 31st October 2022	<u>8,423</u>

There were no investment assets outside the UK.

Cost or valuation at 31st October 2023 is represented by:

	Listed investments £
Valuation in 2019	(115)
Valuation in 2020	864
Valuation in 2021	919
Valuation in 2022	(3,245)
Valuation in 2023	<u>(736)</u>
Cost	<u>10,000</u>
	<u>7,687</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31ST OCTOBER 2023****9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31/10/23	31/10/22
	£	£
Other debtors	-	2,541

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/10/23	31/10/22
	£	£
Social security and other taxes	689	-
Other creditors	168	-
Accruals and deferred income	3,236	1,418
	<u>4,093</u>	<u>1,418</u>

11. MOVEMENT IN FUNDS

	At 1.11.22 £	Net movement in funds £	At 31.10.23 £
Unrestricted funds			
General fund	38,715	17,095	55,810
Restricted funds			
TNL Covid Safe & Secure – 20126696 – Covid19 Initiatives	45	(45)	-
CFLM Community Fund - A568677 - Covid Rehabilitation Project – Phase 2	150	(150)	-
CVS BWF Mental Health Initiative	113	(113)	-
Fylde Borough Council	315	(315)	-
Medicash	439	(359)	80
CVS Blackpool Fylde & Wyre	497	(45)	452
St Annes Town Council	2,500	(2,123)	377
Lancashire County Council	294	(294)	-
Glasdons	6,187	(6,187)	-
Fylde BC	8,000	(5,346)	2,654
Glasdons	-	3,103	3,103
Fylde Borough Council - Cost of Living	-	19	19
Fylde Borough Council - Cost of Living 2	-	675	675
NHS Transformation	-	3,333	3,333
Fylde Borough Council - Fylde Fitness	-	6,437	6,437
Fylde Soroptimists	-	15,000	15,000
	<u>18,540</u>	<u>13,590</u>	<u>32,130</u>
TOTAL FUNDS	<u>57,255</u>	<u>30,685</u>	<u>87,940</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2023**11. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	38,038	(20,207)	(736)	17,095
Restricted funds				
TNL Covid Safe & Secure – 20126696 – Covid19 Initiatives	-	(45)	-	(45)
CFLM Community Fund - A568677 - Covid Rehabilitation Project – Phase 2	-	(150)	-	(150)
CVS BWF Mental Health Initiative	-	(113)	-	(113)
Fylde Borough Council	-	(315)	-	(315)
Medicash	-	(359)	-	(359)
CVS Blackpool Fylde & Wyre	-	(45)	-	(45)
St Annes Town Council	-	(2,123)	-	(2,123)
Lancashire County Council	-	(294)	-	(294)
Glasdons	-	(6,187)	-	(6,187)
Fylde BC	-	(5,346)	-	(5,346)
Community Foundation for Lancashire - Red Rose	5,000	(5,000)	-	-
Glasdons	5,300	(2,197)	-	3,103
Fylde Borough Council - Cost of Living	8,780	(8,761)	-	19
Community Foundation for Lancashire - Fred Mills	2,500	(2,500)	-	-
Fylde Borough Council - Cost of Living 2	675	-	-	675
NHS Transformation	5,000	(1,667)	-	3,333
Fylde Borough Council - Fylde Fitness	9,100	(2,663)	-	6,437
Fylde Soroptimists	15,000	-	-	15,000
	<u>51,355</u>	<u>(37,765)</u>	<u>-</u>	<u>13,590</u>
TOTAL FUNDS	<u>89,393</u>	<u>(57,972)</u>	<u>(736)</u>	<u>30,685</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2023**11. MOVEMENT IN FUNDS - continued****Comparatives for movement in funds**

	At 1.11.21 £	Net movement in funds £	Transfers between funds £	At 31.10.22 £
Unrestricted funds				
General fund	41,771	(3,060)	4	38,715
Restricted funds				
TNL Blackpool Ambassador Project	5,464	(5,464)	-	-
Fylde Borough Council	169	(169)	-	-
Danbro	500	(500)	-	-
Lancashire Crime Commissioners				
Community Fund	677	(673)	(4)	-
Co-op Covid Rehabilitation Fund	107	(107)	-	-
Groundworks Tesco Bags of Help	200	(200)	-	-
TNL Covid Safe & Secure – 20126696 – Covid19 Initiatives	90	(45)	-	45
CFLM Community Fund - A568677 - Covid Rehabilitation Project – Phase 2	300	(150)	-	150
The Danny Carroll Project	1,113	(1,113)	-	-
CVS BWF Technology Access Strategy	4,500	(4,500)	-	-
Fylde Civic Awareness Covid Rehabilitation	416	(416)	-	-
CVS BWF Mental Health Initiative	3,461	(3,348)	-	113
The Foyle Foundation	4,000	(4,000)	-	-
Rotary	500	(500)	-	-
The Skelton Charity LCVS	929	(929)	-	-
Fylde Borough Council	635	(320)	-	315
Medicash	1,229	(790)	-	439
Woodward Charitable Trust	750	(750)	-	-
CVS Blackpool Fylde & Wyre	-	497	-	497
St Annes Town Council	-	2,500	-	2,500
Lancashire County Council	-	294	-	294
Glasdons	-	6,187	-	6,187
Fylde BC	-	8,000	-	8,000
	<u>25,040</u>	<u>(6,496)</u>	<u>(4)</u>	<u>18,540</u>
TOTAL FUNDS	<u>66,811</u>	<u>(9,556)</u>	<u>-</u>	<u>57,255</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2023**11. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	23,856	(23,671)	(3,245)	(3,060)
Restricted funds				
TNL Blackpool Ambassador Project	-	(5,464)	-	(5,464)
Fylde Borough Council	-	(169)	-	(169)
Danbro	-	(500)	-	(500)
Lancashire Crime Commissioners				
Community Fund	-	(673)	-	(673)
Co-op Covid Rehabilitation Fund	-	(107)	-	(107)
Groundworks Tesco Bags of Help	-	(200)	-	(200)
TNL Covid Safe & Secure – 20126696 – Covid19 Initiatives	-	(45)	-	(45)
CFLM Community Fund - A568677 - Covid Rehabilitation Project – Phase 2	-	(150)	-	(150)
The Danny Carroll Project	-	(1,113)	-	(1,113)
CVS BWF Technology Access Strategy	-	(4,500)	-	(4,500)
Fylde Civic Awareness Covid Rehabilitation	-	(416)	-	(416)
CVS BWF Mental Health Initiative	-	(3,348)	-	(3,348)
The Foyle Foundation	-	(4,000)	-	(4,000)
Rotary	-	(500)	-	(500)
The Skelton Charity LCVS	-	(929)	-	(929)
Fylde Borough Council	-	(320)	-	(320)
Medicash	-	(790)	-	(790)
Woodward Charitable Trust	-	(750)	-	(750)
CVS Blackpool Fylde & Wyre	4,750	(4,253)	-	497
St Annes Town Council	2,500	-	-	2,500
Lancashire County Council	600	(306)	-	294
Glasdons	7,500	(1,313)	-	6,187
Fylde BC	8,000	-	-	8,000
	<u>23,350</u>	<u>(29,846)</u>	<u>-</u>	<u>(6,496)</u>
TOTAL FUNDS	<u>47,206</u>	<u>(53,517)</u>	<u>(3,245)</u>	<u>(9,556)</u>

Fylde Borough council

JGF Equipment - still to purchase JGF marketing pop-up.

Medicash - JGF

Grant to help with Covid Rehabilitation; balance transferred to Social Angels.

TNL Covid Safe & Secure - 20126696 - Covid19 Initiatives

To support vulnerable and socially isolated individuals to improve their physical and mental health, general well-being and social isolation during Covid19 pandemic with specific cost allocations.

CFLM Community Fund - A568677 - Covid Rehabilitation Project - Phase 2

Covid support with specific cost allocations.

CVS BWF Mental Health Initiative

Funding to help to improve mental, emotional and physical health resilience during Covid19.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued **for the Year Ended 31ST OCTOBER 2023**

11. MOVEMENT IN FUNDS - continued

CVS Blackpool Fylde & Wyre

Funding for core costs £3,000, professional mental health support £750, volunteers expenses £500, crisis fund £500.

St Annes Town Council

Funding for activity and event costs, but not staff costs.

Lancashire County Council

Funding for promotional items.

Glasdons

Funding for sustainability eg venue hire, activity/event costs, volunteer expenses, but not staff costs.

Fylde Borough Council - Cost of Living

Funding for salary, free meals and memberships, room hire and volunteer expenses.

Fylde Borough Council - Cost of Living 2

Funding for free meals.

NHS Transformation

Contribution to staff costs over 12 months.

Fylde Borough Council - Fylde Fitness

Contribution to salary, room hire, fitness instructor and refreshments.

Fylde Soroptimists

Funding for salary and oncosts.

Social Angels

The JGF satellite group 'Social Angels' is a social group designed for youths struggling with confidence, low self esteem or social isolation and who would benefit from friend making and new opportunities. The following funds are part of the Social Angels project.

Fylde BC

ARG grant for Social Angels, to ease the financial burden experienced during the COVID 19 lockdown period.

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st October 2023.

13. ULTIMATE CONTROLLING PARTY

There is no controlling party, shares are limited by guarantee.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

England & Wales - Charity number 1167124

Accounts

REGISTERED COMPANY NUMBER: 09847839 (England and Wales)
REGISTERED CHARITY NUMBER: 1167124

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2022
FOR
JUST GOOD FRIENDS (NORTH WEST) LIMITED

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

JUST GOOD FRIENDS (NORTH WEST) LIMITED

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for the Year Ended 31ST OCTOBER 2022

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REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st October 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2022

OBJECTIVES AND ACTIVITIES

Objectives and aims

The purpose of the charity is to:

- Offer a variety of solutions to loneliness and social isolation in and around the Fylde Coast area.
- Help to improve Community cohesion and provides support to some of the most lonely and isolated people who live in and around the Fylde and surrounding area.
- Help to improve an individual's feeling of self-worth; that they are part of the Community and not extraneous to it and a feeling of being welcomed and valued.
- Hosts daily activities, events and meet-ups ranging from a simple chat and coffee to Sunday lunch, music & dance, keep fit, bingo, raffles, speakers, art provision, short break holidays, events and social occasions and also enables individuals to further gain confidence through taking on volunteer roles.
- Provide a happy and safe environment where young individuals on the autistic spectrum can come together to relax, learn to enjoy each other's company and help to empower one another to become part of a larger Community.
- To enable the Social Angels focus group to help individuals to manage feelings and emotions and provide 'buddying' solutions to individuals' problems.
- Work alongside GP practices and provides an additional signposting referral tool to Doctors when faced with illnesses caused by loneliness and isolation.
- Constantly update what services are available for our members and signposts individuals towards specialist support agencies/organisations for help with their particular problem where necessary.
- Support many individuals during a crisis and, when necessary, signpost them towards the professional help they need, whether it's the emergency services, mental health, or social services.
- Support individuals within the community who do not often come into contact with the Authorities.
- Provides an awareness of the friendly impartial advice and counselling is available.
- Provide a support facility to other major charities where they can refer people who they are not able to provide the appropriate support.
- Protect vulnerable individuals and the victims of crime.

Strategies employed to achieve the charity's aims and objectives including activities during the year.

- The provision of an activity on most days of the week.
- The provision of Meeting Point facilities at five venues within the Fylde, area.
- The provision of a Sunday lunch meeting point.
- Entertainment.
- Speakers.
- Bingo and raffles.
- Social occasions.
- Providing a specialist unit to address the loneliness concerns of Autistic Youth for whom there is no focal point on the Fylde Coast.
- JGF still offers and provides support to Doctors' surgeries and similarly the Doctors' surgeries from across Blackpool and Fylde make referrals into JGF, again offering an alternative therapy to prescribing antidepressant pills as a solution to loneliness and isolation. JGF are also now supported by the Fylde Social Prescribers, a role that was developed and recruited by the CCG/NHS, now called the ICB, Integrated Care Board following the success of the Fylde JGF/CCG/NHS Ambassador Programme.
- Phase 1 of the JGF Blackpool Ambassador programme is now completed, ie creating and providing a JGF referral opportunity to Doctors' surgeries in and around central Blackpool. Phase 2 of the programme, to help Blackpool residents come to the meeting points in St Annes, was on hold due to the outbreak of COVID-19. Communications are now beginning with Blackpool Council regarding this.
- Forming working partnerships with other entities providing services to the Fylde Community.

COVID-19

Through additional Covid19 funding JGF has been able to continue to provide additional welfare support to reduce feeling of loneliness, anxiety, fear, depression, emotional support and welfare support to those needing extra help. Just Good Friends are still supporting members with Covid and the effects ie:

- Maintains regular contact with all vulnerable, at-risk members plus continues to provide regular support to isolated, lonely and at risk older female members.
- Provides essential welfare support liaising with doctors' surgeries/making appointments, ensuring all members have support in place, telephone calls, etc.
- Provides additional general welfare support to help with shopping, food supplies, etc.
- Makes contact with members in Residential Support.
- Provides additional support for members who have problems accessing technology.

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2022

OBJECTIVES AND ACTIVITIES

Public benefit

Some benefits of JGF working with people suffering from feelings of Isolation and Loneliness: -

1. The opportunity and environment to talk about their loneliness problems and isolation issues with the effect that after sharing their concerns the problem is often not as overwhelming as they originally thought and where frequently solutions are found where none were first thought possible. Without this support the problem often becomes all-consuming which may lead to a spiral of distress, depression and possible serious physical and mental illness or suicide.
2. Relieves the pressure on the NHS.
3. Relieves the pressure at Doctors' surgeries.
4. Relieves the pressure on the mental health services
5. Just Good Friends would always provide a source of help and support when people are victims of crime.

FINANCIAL REVIEW

Financial position and reserves policy

JGF had approximately 200 members in October 2022.

In viewing the JGF membership numbers one should take into account that it is a transient membership and that when the healing process is complete people return to the community as whole individuals. As whole individuals they then play a full role within the community although most retain close links with JGF even if they don't necessarily renew their membership. Since its formation in 2012 as a small band of 10 people, many hundreds of people have passed through the JGF doors.

Reserves are needed to bridge the gap between spending and receiving of income and to support the cost of expansion of JGFs' services as the Charity expands and grows its membership. The trustees consider that the ideal level of reserves to support this growth is circa £25,000.

The key elements of the general running expenses against which the reserves policy is implemented in order to safeguard the proper provision of the services required by its members are: -

- Office and Room Hire - 6 months- £3,000
- Employment Cost - 6 months - £15,000
- Other costs £7,000

Total £25,000

Following the Covid-19 pandemic, the excess reserves held will be used for the charitable aims of the Charity.

A number of projects are funded from grants and, if those grants cease, then the key expenditure of labour cost which is related to the grants also ceases.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The recruitment, selection and subsequent induction of a new trustee into JGF we see as an opportunity to improve the effectiveness of the charity and when all these three elements work properly it can lead to a balanced, well informed, and effective trustee body that can result in a well governed and effective charity.

Except for the Managing Director who is employed on a full-time basis, trustees do not receive any remuneration. NB The Managing Director resigned as Director and Trustee on the 15th December 2021 and, from this date, Trustees did not receive any remuneration.

The key elements governing the selection of any new appointment are: -

- A primary interest in the well-being of the lonely and isolated.
- The possession of a skill or capability that would be useful in helping provide solutions for loneliness and isolation.
- A talent for originating applications for donor grants.
- A talent for fund raising.

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The strategy is to grow JGF exponentially and the management structure is consequently geared to supporting that growth with a holding company with a board of five Trustees. There is also a small management team offering support and advice.

The operational management of the Charity is directed by the Managing Director of JGF who reports to the JGF Board of Trustees.

Key management remuneration

Senior management received remuneration totalling £16,843.

Governance and Management

The documents detailed below set out the governance and management procedures for Just Good Friends (North West Ltd)

1. Safeguarding Children Policy
2. Safeguarding Vulnerable Adults Policy
3. Data Protection Policy
4. Confidentiality Policy
5. Health and Safety Policy
6. Volunteer Policy
7. Equal Opportunities and Diversity Policy
8. Environmental Policy
9. Personal Safety Policy
10. Whistle Blowing Policy
11. Complaint Procedure
12. Grievance Procedure
13. Disciplinary Procedure

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

09847839 (England and Wales)

Registered Charity number

1167124

Registered office

327 Clifton Drive South
Lytham St Annes
FY8 1HN

Trustees

Mrs B Sykes (resigned 15/12/2021)

Mrs C A Gradwell (resigned 25/10/2022)

Mr A L Ford (resigned 26/1/2022)

Mr J E Harrison (resigned 31/8/2022)

Mr S L Mason

Mr F McLaughlin (appointed 15/12/2021) (resigned 8/3/2022)

Mrs L G Griffiths (appointed 25/5/2022) (resigned 25/9/2022)

Mr M J Banahan (appointed 23/9/2022) (resigned 24/10/2022)

Mrs M J Albion (appointed 23/9/2022)

Mr M J Albion (appointed 25/10/2022)

Mrs J P Mason (appointed 25/10/2022)

Mr A S Rodgers (appointed 9/2/2023)

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

Approved by order of the board of trustees on 5th May 2023 and signed on its behalf by:

Mr S L Mason - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
JUST GOOD FRIENDS (NORTH WEST) LIMITED**

Independent examiner's report to the trustees of Just Good Friends (North West) Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st October 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Candice Higgins

Candice Higgins

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

10th May 2023

JUST GOOD FRIENDS (NORTH WEST) LIMITED**STATEMENT OF FINANCIAL ACTIVITIES****for the Year Ended 31ST OCTOBER 2022**

	Notes	Unrestricted fund £	Restricted funds £	31/10/22 Total funds £	31/10/21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		7,171	23,350	30,521	40,185
Charitable activities					
Meeting point		16,685	-	16,685	13,104
Total		<u>23,856</u>	<u>23,350</u>	<u>47,206</u>	<u>53,289</u>
EXPENDITURE ON					
Charitable activities					
Running costs		11,032	13,925	24,957	22,357
Management and administration		12,143	14,768	26,911	28,627
Meeting point		-	-	-	1,963
Other		496	1,153	1,649	1,477
Total		<u>23,671</u>	<u>29,846</u>	<u>53,517</u>	<u>54,424</u>
Net gains/(losses) on investments		(3,245)	-	(3,245)	919
NET INCOME/(EXPENDITURE)		<u>(3,060)</u>	<u>(6,496)</u>	<u>(9,556)</u>	<u>(216)</u>
Transfers between funds	10	<u>4</u>	<u>(4)</u>	<u>-</u>	<u>-</u>
Net movement in funds		<u>(3,056)</u>	<u>(6,500)</u>	<u>(9,556)</u>	<u>(216)</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		41,771	25,040	66,811	67,027
TOTAL FUNDS CARRIED FORWARD		<u><u>38,715</u></u>	<u><u>18,540</u></u>	<u><u>57,255</u></u>	<u><u>66,811</u></u>

The notes form part of these financial statements

JUST GOOD FRIENDS (NORTH WEST) LIMITED (REGISTERED NUMBER: 09847839)**BALANCE SHEET**
31ST OCTOBER 2022

	Notes	Unrestricted fund £	Restricted funds £	31/10/22 Total funds £	31/10/21 Total funds £
FIXED ASSETS					
Tangible assets	6	-	623	623	2,017
Investments	7	8,423	-	8,423	11,668
		<u>8,423</u>	<u>623</u>	<u>9,046</u>	<u>13,685</u>
CURRENT ASSETS					
Debtors	8	2,541	-	2,541	64
Cash at bank		28,578	18,508	47,086	54,468
		<u>31,119</u>	<u>18,508</u>	<u>49,627</u>	<u>54,532</u>
CREDITORS					
Amounts falling due within one year	9	(827)	(591)	(1,418)	(1,406)
NET CURRENT ASSETS		<u>30,292</u>	<u>17,917</u>	<u>48,209</u>	<u>53,126</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>38,715</u>	<u>18,540</u>	<u>57,255</u>	<u>66,811</u>
NET ASSETS		<u>38,715</u>	<u>18,540</u>	<u>57,255</u>	<u>66,811</u>
FUNDS	10				
Unrestricted funds				38,715	41,771
Restricted funds				18,540	25,040
TOTAL FUNDS				<u>57,255</u>	<u>66,811</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

BALANCE SHEET - continued
31ST OCTOBER 2022

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

The financial statements were approved by the Board of Trustees and authorised for issue on 5th May 2023 and were signed on its behalf by:

Mr S L Mason - Trustee

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS **for the Year Ended 31ST OCTOBER 2022**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2022**2. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	31/10/22	31/10/21
	£	£
Depreciation - owned assets	1,394	1,872
Other operating leases	1,268	1,100
	<u> </u>	<u> </u>

3. TRUSTEES' REMUNERATION AND BENEFITS

Up until her resignation on 15th December 2021, Mrs B Sykes, a trustee, received remuneration totalling £1,351 for her services as Managing Director of the charity.

Trustees' expenses

During the year trustees received expenses totalling £556 for reimbursement of travelling, general administrative costs and attendance at other meetings.

4. STAFF COSTS

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

	31/10/22	31/10/21
	3	4
Administration	<u> </u>	<u> </u>

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3,876	36,309	40,185
Charitable activities			
Meeting point	13,104	-	13,104
Total	<u>16,980</u>	<u>36,309</u>	<u>53,289</u>
EXPENDITURE ON			
Charitable activities			
Running costs	9,990	12,367	22,357
Management and administration	11	28,616	28,627
Meeting point	-	1,963	1,963
Other	48	1,429	1,477
Total	<u>10,049</u>	<u>44,375</u>	<u>54,424</u>
Net gains on investments	<u>919</u>	<u>-</u>	<u>919</u>
NET INCOME/(EXPENDITURE)	7,850	(8,066)	(216)
Transfers between funds	1	(1)	-

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31ST OCTOBER 2022

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
Net movement in funds	7,851	(8,067)	(216)
RECONCILIATION OF FUNDS			
Total funds brought forward			
As previously reported	32,173	34,854	67,027
Prior year adjustment	1,750	(1,750)	-
As restated	33,923	33,104	67,027
TOTAL FUNDS CARRIED FORWARD	41,774	25,037	66,811

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st November 2021 and 31st October 2022	2,311	5,630	7,941
DEPRECIATION			
At 1st November 2021	2,023	3,901	5,924
Charge for year	288	1,106	1,394
At 31st October 2022	2,311	5,007	7,318
NET BOOK VALUE			
At 31st October 2022	-	623	623
At 31st October 2021	288	1,729	2,017

7. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1st November 2021	11,668
Revaluations	(3,245)
At 31st October 2022	8,423
NET BOOK VALUE	
At 31st October 2022	8,423
At 31st October 2021	11,668

There were no investment assets outside the UK.

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2022**7. FIXED ASSET INVESTMENTS - continued**

Cost or valuation at 31st October 2022 is represented by:

	Listed investments £
Valuation in 2019	(115)
Valuation in 2020	864
Valuation in 2021	919
Valuation in 2022	(3,245)
Cost	10,000
	8,423

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/10/22	31/10/21
	£	£
Other debtors	2,541	-
Prepayments and accrued income	-	64
	2,541	64

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/10/22	31/10/21
	£	£
Social security and other taxes	-	508
Accruals and deferred income	1,418	898
	1,418	1,406

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2022**10. MOVEMENT IN FUNDS**

	At 1.11.21 £	Net movement in funds £	Transfers between funds £	At 31.10.22 £
Unrestricted funds				
General fund	41,771	(3,060)	4	38,715
Restricted funds				
TNL Blackpool Ambassador Project	5,464	(5,464)	-	-
Fylde Borough Council	169	(169)	-	-
Danbro	500	(500)	-	-
Lancashire Crime Commissioners				
Community Fund	677	(673)	(4)	-
Co-op Covid Rehabilitation Fund	107	(107)	-	-
Groundworks Tesco Bags of Help	200	(200)	-	-
TNL Covid Safe & Secure – 20126696 – Covid19 Initiatives	90	(45)	-	45
CFLM Community Fund - A568677 - Covid Rehabilitation Project – Phase 2	300	(150)	-	150
The Danny Carroll Project	1,113	(1,113)	-	-
CVS BWF Technology Access Strategy	4,500	(4,500)	-	-
Fylde Civic Awareness Covid Rehabilitation	416	(416)	-	-
CVS BWF Mental Health Initiative	3,461	(3,348)	-	113
The Foyle Foundation	4,000	(4,000)	-	-
Rotary	500	(500)	-	-
The Skelton Charity LCVS	929	(929)	-	-
Fylde Borough Council	635	(320)	-	315
Medicash	1,229	(790)	-	439
Woodward Charitable Trust	750	(750)	-	-
CVS Blackpool Fylde & Wyre	-	497	-	497
St Annes Town Council	-	2,500	-	2,500
Lancashire County Council	-	294	-	294
Glasdons	-	6,187	-	6,187
Fylde BC	-	8,000	-	8,000
	<u>25,040</u>	<u>(6,496)</u>	<u>(4)</u>	<u>18,540</u>
TOTAL FUNDS	<u>66,811</u>	<u>(9,556)</u>	<u>-</u>	<u>57,255</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2022**10. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	23,856	(23,671)	(3,245)	(3,060)
Restricted funds				
TNL Blackpool Ambassador Project	-	(5,464)	-	(5,464)
Fylde Borough Council	-	(169)	-	(169)
Danbro	-	(500)	-	(500)
Lancashire Crime Commissioners				
Community Fund	-	(673)	-	(673)
Co-op Covid Rehabilitation Fund	-	(107)	-	(107)
Groundworks Tesco Bags of Help	-	(200)	-	(200)
TNL Covid Safe & Secure – 20126696 –				
Covid19 Initiatives	-	(45)	-	(45)
CFLM Community Fund - A568677 -				
Covid Rehabilitation Project – Phase 2	-	(150)	-	(150)
The Danny Carroll Project	-	(1,113)	-	(1,113)
CVS BWF Technology Access Strategy	-	(4,500)	-	(4,500)
Fylde Civic Awareness Covid				
Rehabilitation	-	(416)	-	(416)
CVS BWF Mental Health Initiative	-	(3,348)	-	(3,348)
The Foyle Foundation	-	(4,000)	-	(4,000)
Rotary	-	(500)	-	(500)
The Skelton Charity LCVS	-	(929)	-	(929)
Fylde Borough Council	-	(320)	-	(320)
Medicash	-	(790)	-	(790)
Woodward Charitable Trust	-	(750)	-	(750)
CVS Blackpool Fylde & Wyre	4,750	(4,253)	-	497
St Annes Town Council	2,500	-	-	2,500
Lancashire County Council	600	(306)	-	294
Glasdons	7,500	(1,313)	-	6,187
Fylde BC	8,000	-	-	8,000
	<u>23,350</u>	<u>(29,846)</u>	<u>-</u>	<u>(6,496)</u>
TOTAL FUNDS	<u>47,206</u>	<u>(53,517)</u>	<u>(3,245)</u>	<u>(9,556)</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2022**10. MOVEMENT IN FUNDS - continued****Comparatives for movement in funds**

	At 1.11.20 £	Prior year adjustment £	Net movement in funds £	Transfers between funds £	At 31.10.21 £
Unrestricted funds					
General fund	32,173	1,750	7,847	1	41,771
Restricted funds					
TNL Blackpool					
Ambassador Project	7,883	(2,000)	(419)	-	5,464
Social Angels	(250)	250	-	-	-
Fylde Borough Council	232	-	(63)	-	169
Danbro	500	-	-	-	500
Lancashire Crime Commissioners					
Community Fund	2,500	-	(1,823)	-	677
Co-op Covid Rehabilitation Fund	500	-	(393)	-	107
Neighbourly Covid Hardship Fund	220	-	(220)	-	-
Groundworks Tesco Bags of Help	200	-	-	-	200
TNL Covid Safe & Secure - 20126696 - Covid19 Initiatives	5,346	-	(5,256)	-	90
CFLM Community Fund - A568677 - Covid Rehabilitation Project - Phase 2	8,371	-	(8,070)	(1)	300
CFLM Lancashire Womens Fund - A544360	4,211	-	(4,211)	-	-
The Danny Carroll Project	-	-	1,113	-	1,113
CVS BWF Technology Access Strategy	-	-	4,500	-	4,500
Fylde Civic Awareness Covid Rehabilitation	-	-	416	-	416
CVS BWF Mental Health Initiative	-	-	3,461	-	3,461
The Foyle Foundation	-	-	4,000	-	4,000
Rotary	500	-	-	-	500
Medicash - JGF	1,229	-	-	(1,229)	-
The Skelton Charity LCVS	1,712	-	(783)	-	929
Fylde Borough Council	950	-	(315)	-	635
Medicash	-	-	-	1,229	1,229
Woodward Charitable Trust	750	-	-	-	750
	<u>34,854</u>	<u>(1,750)</u>	<u>(8,063)</u>	<u>(1)</u>	<u>25,040</u>
TOTAL FUNDS	<u>67,027</u>	<u>-</u>	<u>(216)</u>	<u>-</u>	<u>66,811</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31ST OCTOBER 2022****10. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	16,980	(10,052)	919	7,847
Restricted funds				
TNL Blackpool Ambassador Project	-	(419)	-	(419)
Fylde Borough Council	-	(63)	-	(63)
Lancashire Crime Commissioners				
Community Fund	-	(1,823)	-	(1,823)
Co-op Covid Rehabilitation Fund	-	(393)	-	(393)
Neighbourly Covid Hardship Fund	-	(220)	-	(220)
TNL Covid Safe & Secure – 20126696 –				
Covid19 Initiatives	-	(5,256)	-	(5,256)
CFLM Community Fund - A568677 -				
Covid Rehabilitation Project – Phase 2	-	(8,070)	-	(8,070)
CFLM Lancashire Womens Fund -				
A544360	-	(4,211)	-	(4,211)
Postcode Neighbourhood Trust	15,000	(15,000)	-	-
The Danny Carroll Project	1,113	-	-	1,113
CVS BWF Technology Access Strategy	5,000	(500)	-	4,500
Fylde Civic Awareness Covid				
Rehabilitation	446	(30)	-	416
CVS BWF Mental Health Initiative	5,000	(1,539)	-	3,461
The Foyle Foundation	4,000	-	-	4,000
Garfield Weston	5,500	(5,500)	-	-
The Skelton Charity LCVS	-	(783)	-	(783)
Fylde Borough Council	-	(315)	-	(315)
Rotary Youth	250	(250)	-	-
	<u>36,309</u>	<u>(44,372)</u>	<u>-</u>	<u>(8,063)</u>
TOTAL FUNDS	<u>53,289</u>	<u>(54,424)</u>	<u>919</u>	<u>(216)</u>

TNL Blackpool Ambassador Project

In Phase 1 of the Blackpool Ambassador Project JGF piloted the Ambassador Programme around a cohort of doctors' surgeries and patients were referred into JGF weekly activities and events. Phase 2 of the project is currently on hold due to the Covid19 pandemic, although JGF have continued to provide support to members/individuals in the Blackpool area during Covid19. Phase 2 of the programme will revisit the cohort of doctor's surgeries and socially signpost the individuals to meet-up/events based in and around St Annes. Phase 2 will also help to support Blackpool in identifying and setting up their own meet-up initiatives in and around the Blackpool area.

Fylde Borough council

JGF Equipment - still to purchase JGF marketing pop-up.

Medicash - JGF

Grant to help with Covid Rehabilitation; balance transferred to Social Angels.

Danbro

Covid Rehabilitation Refreshments Phase 2 - Mental Health.

Rotary

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued **for the Year Ended 31ST OCTOBER 2022**

10. MOVEMENT IN FUNDS - continued

Covid Rehabilitation Refreshments Phase 2 - Mental Health.

Lancashire Crime Commissioners Community Fund

Stay safe project. To increase personal protection from scams and improve home security through collaborations with external support services/organisations during Covid19. Covid support with specific costs allocations.

Co-op Covid Rehabilitation Fund

Funding restricted to Covid19 hardship fund. To support members of the community suffering from ill health, or suffering economically or socially as a result of the Covid 19 pandemic.

Neighbourly Covid Hardship Fund

To support members of the community suffering from ill health, or suffering economically or socially as a result of the Covid 19 pandemic.

Groundworks Tesco Bags of Help

Food for over 75's, older vulnerable and at risk.

TNL Covid Safe & Secure - 20126696 - Covid19 Initiatives

To support vulnerable and socially isolated individuals to improve their physical and mental health, general well-being and social isolation during Covid19 pandemic with specific cost allocations.

CFLM Community Fund - A568677 - Covid Rehabilitation Project - Phase 2

Covid support with specific cost allocations.

CFLM Lancashire Womens Fund - A544360

To fund Welfare officer salary and costs during Covid19 in order to help improve mental health and well-being in vulnerable older women suffering from social isolation and loneliness during Covid19.

Postcode Neighbourhood Trust

To cover Covid19 staff costs (1.5 FTE).

Garfield Weston

To cover 10% of Operating Costs during Covid19.

The Danny Carroll Project

In memory of JGF member Danny Carroll. Funding restricted to welfare support.

CVS BWF Technology Access strategy

Technical support to vulnerable and isolated members during Covid19.

Fylde Civic Awareness Covid Rehabilitation

Funding restricted to flowers and food parcels for older, vulnerable and at risk members.

CVS BWF Mental Health Initiative

Funding to help to improve mental, emotional and physical health resilience during Covid19.

The Foyle Foundation

Discretionary one year grant by the Trustees of The Foyle Foundation to help towards core costs during Covid19.

CVS Blackpool Fylde & Wyre

Funding for core costs £3,000, professional mental health support £750, volunteers expenses £500, crisis fund £500.

St Annes Town Council

Funding for activity and event costs, but not staff costs.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued **for the Year Ended 31ST OCTOBER 2022**

10. MOVEMENT IN FUNDS - continued

Lancashire County Council

Funding for promotional items.

Glasdons

Funding for sustainability eg venue hire, activity/event costs, volunteer expenses, but not staf costs.

Social Angels

The JGF satellite group 'Social Angels' is a social group designed for youths struggling with confidence, low self esteem or social isolation and who would benefit from friend making and new opportunities. The following funds are part of the Social Angels project.

Fylde Borough Council

Social Angels Equipment - Computer, Printer, Large Screen, Camcorder and 3 Memory Cards

Rotary Youth

Social Angels Covid19 art projects.

Medicash

Grant to support Social Angels during Covid19 and to help re-establish group after Covid19. Transferred JGF Medicash above.

The Skelton Charity LCVS

To support Social Angels during Covid19 and re-establish group post pandemic.

Woodward Charitable Trust

To support Social Angels during Covid19 and re-establish group post pandemic.

Fylde BC

ARG grant for Social Angels, to ease the financial burden experienced during the COVID 19 lockdown period.

11. RELATED PARTY DISCLOSURES

During the year, an interest free loan of £2,500 was given by Mr J Harrison, a trustee, due to bank access issues. The loan was repaid once the issue was resolved.

12. ULTIMATE CONTROLLING PARTY

There is no controlling party, shares are limited by guarantee.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

England & Wales - Charity number 1167124

Accounts

REGISTERED COMPANY NUMBER: 09847839 (England and Wales)
REGISTERED CHARITY NUMBER: 1167124

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2021
FOR
JUST GOOD FRIENDS (NORTH WEST) LIMITED

Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

JUST GOOD FRIENDS (NORTH WEST) LIMITED

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31ST OCTOBER 2021

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REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st October 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2021

OBJECTIVES AND ACTIVITIES

Objectives and aims

The purpose of the charity is to:

- Offer a variety of solutions to loneliness and social isolation in and around the Fylde Coast area.
- Help to improve Community cohesion and provides support to some of the most lonely and isolated people who live in and around the Fylde and surrounding area.
- Help to improve an individual's feeling of self-worth; that they are part of the Community and not extraneous to it and a feeling of being welcomed and valued.
- Hosts daily activities, events and meet-ups ranging from a simple chat and coffee to Sunday lunch, music & dance, keep fit, bingo, raffles, speakers, art provision, short break holidays, events and social occasions and also enables individuals to further gain confidence through taking on volunteer roles.
- Provide a happy and safe environment where young individuals on the autistic spectrum can come together to relax, learn to enjoy each other's company and help to empower one another to become part of a larger Community.
- To enable the Social Angels focus group to help individuals to manage feelings and emotions and provide 'buddying' solutions to individuals' problems.
- Work alongside GP practices and provides an additional signposting referral tool to Doctors when faced with illnesses caused by loneliness and isolation.
- Constantly update what services are available for our members and signposts individuals towards specialist support agencies/organisations for help with their particular problem where necessary.
- Support many individuals during a crisis and, when necessary, signpost them towards the professional help they need.
- Support individuals within the community who do not often come into contact with the Authorities.
- Provides an awareness of the friendly impartial advice and counselling is available.
- Provide a support facility to other major charities where they can refer people who they are not able to provide the appropriate support.
- Protect vulnerable individuals and the victims of crime.

Strategies employed to achieve the charity's aims and objectives including activities during the year.

- The provision of an activity on most days of the week.
- The provision of Meeting Point facilities at five venues within the Fylde, area.
- The provision of a Sunday lunch meeting point.
- Entertainment.
- Speakers.
- Bingo and raffles.
- Social occasions.
- Providing a specialist unit to address the loneliness concerns of Autistic Youth for whom there is no focal point on the Fylde Coast.
- JGF still offers and provides support to Doctors' surgeries and similarly the Doctors' surgeries from across Blackpool and Fylde make referrals into JGF, again offering an alternative therapy to prescribing antidepressant pills as a solution to loneliness and isolation. JGF are also now supported by the Fylde Social Prescribers, a role that was developed and recruited by the CCG/NHS following the success of the Fylde JGF/CCG/NHS Ambassador Programme.
- Phase 1 of the JGF Blackpool Ambassador programme is now completed, ie creating and providing a JGF referral opportunity to Doctors' surgeries in and around central Blackpool. Phase 2 of the programme, to help Blackpool develop their own meeting point facility, is currently on hold due to the outbreak of COVID-19.
- Forming working partnerships with other entities providing services to the Fylde Community.

COVID-19

Through additional Covid19 funding JGF has been able to continue to provide additional welfare support to reduce feeling of loneliness, anxiety, fear, depression, emotional support and welfare support to those needing extra help.

During the pandemic, JGF: -

- Continued to keep in contact with all members through whatever means possible, ie telephone calls, text messages, emails, Zoom, WhatsApp, social media and JGF newsletter.
- Maintains regular contact with all vulnerable, at-risk members plus continues to provide regular support to isolated, lonely and at risk older female members.
- Provides essential welfare support liaising with doctors' surgeries/making appointments, ensuring all members have support in place, telephone calls, etc.
- Provides additional general welfare support to help with shopping, food supplies, etc.
- Signposts members to other organisations/services for additional help and advice, for example: - Police, Safeguarding, Doctors, Chiropodist, additional mental health support, AKS volunteer phone calls, Citizen advice, Department of Works and Pensions, Occupational Therapy etc.

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2021

- Makes contact with members in Residential Support.
- Has set up a separate project to provide additional support to all members particularly those most vulnerable and at risk to ensure all are safe and secure involving outside services/agencies where necessary and preventing members from being scammed.
- Encourages JGF members to attend group meet ups in Ashton Gardens (weather permitting) following Government guidelines.
- Encourage JGF members to attend group meet ups in Lowther Gardens (in the café) following Government guidelines.
- Set up a pilot aerobic standing exercise group.
- Set up a pilot walking exercise group.
- Provides additional support for members who have problems accessing technology.

Public benefit

Some benefits of JGF working with people suffering from feelings of Isolation and Loneliness: -

1. The opportunity and environment to talk about their loneliness problems and isolation issues with the effect that after sharing their concerns the problem is often not as overwhelming as they originally thought and where frequently solutions are found where none were first thought possible. Without this support the problem often becomes all-consuming which may lead to a spiral of distress, depression and possible serious physical and mental illness or suicide.
2. Relieves the pressure on the NHS.
3. Relieves the pressure at Doctors' surgeries.
4. Provides people with the information necessary to prevent them from being the victims of crime.
5. Provides a source of help when people are victims of crime. These victims are often referred to JGF by the Police or the NHS. Many members of JGF may be considered to be vulnerable people and to this end they can be signposted by JGF to the appropriate authorities where they are able to receive practical advice on protecting themselves from any criminal intent. Where they have been victims of crime, JGF offers the resource of support and assistance.
6. Increasing levels of financial abuse by scams through the internet and telephone is a major problem which causes huge distress and is difficult to deal with when one is on one's own. Where people have been the victim of this kind of crime, JGF has managed the situation on behalf of the vulnerable individual concerned with the necessary reporting process when dealing with such a crime.

FINANCIAL REVIEW

Financial position and reserves policy

JGF had approximately 200 members in October 2021. The membership fell during the course of the year due to the effect of COVID-19. However, we expect the numbers to increase over the next 18 months as the Government relaxes the rules relating to COVID-19 and we can start to hold group social events and activities once again.

In viewing the JGF membership numbers one should take into account that it is a transient membership and that when the healing process is complete people return to the community as whole individuals. As whole individuals they then play a full role within the community although most retain close links with JGF even if they don't necessarily renew their membership. Since its formation in 2012 as a small band of 10 people, many hundreds of people have passed through the JGF doors.

Reserves are needed to bridge the gap between spending and receiving of income and to support the cost of expansion of JGFs' services as the Charity expands and grows its membership. The trustees consider that the ideal level of reserves to support this growth is circa £20,000.

The key elements of the general running expenses against which the reserves policy is implemented in order to safeguard the proper provision of the services required by its members are: -

- Office and Room Hire - 6 months - £6,000
- Employment Cost - 6 months - £10,000
- Other costs £4,000

Total £20,000

A number of projects are funded from grants and, if those grants cease, then the key expenditure of labour cost which is related to the grants also ceases.

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The recruitment, selection and subsequent induction of a new trustee into JGF we see as an opportunity to improve the effectiveness of the charity and when all these three elements work properly it can lead to a balanced, well informed, and effective trustee body that can result in a well governed and effective charity.

Except for the Managing Director who is employed on a full-time basis, trustees do not receive any remuneration. NB The Managing Director resigned as Director and Trustee on the 15th December 2021 and, from this date, Trustees do not receive any remuneration.

The key elements governing the selection of any new appointment are: -

- A primary interest in the well-being of the lonely and isolated.
- The possession of a skill or capability that would be useful in helping provide solutions for loneliness and isolation.
- A talent for originating applications for donor grants.
- A talent for fund raising.

Organisational structure

The strategy is to grow JGF exponentially and the management structure is consequently geared to supporting that growth with a holding company with a board of five Trustees. There is also a small management team offering support and advice.

The operational management of the Charity is directed by the Managing Director of JGF who reports to the JGF Board of Trustees.

Key management remuneration

Senior management received remuneration totalling £16,072.

Satellites

Social Angels operates as a separate satellite entity within the Just Good Friends Charity. Social Angels was formed by a small group of people on the Autistic spectrum to form a focus group for those impacted by Autism. With over 4,000 people suffering from Autism on the Fylde and no current focus group available, this is a desperately needed facility. Social Angels has been unable to operate as normal due to COVID-19. However, we are offering welfare support to our members and arranging art courses and volunteering opportunities.

Governance and Management

The documents detailed below set out the governance and management procedures for Just Good Friends (North West Ltd)

1. Safeguarding Children Policy
2. Safeguarding Vulnerable Adults Policy
3. Data Protection Policy
4. Confidentiality Policy
5. Health and Safety Policy
6. Volunteer Policy
7. Equal Opportunities and Diversity Policy
8. Environmental Policy
9. Personal Safety Policy
10. Whistle Blowing Policy
11. Complaint Procedure
12. Grievance Procedure
13. Disciplinary Procedure

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

09847839 (England and Wales)

REPORT OF THE TRUSTEES
for the Year Ended 31ST OCTOBER 2021

Registered Charity number

1167124

Registered office

327 Clifton Drive South

Lytham St Annes

FY8 1HN

Trustees

Mrs B Sykes (resigned 15/12/2021)

Mrs C A Gradwell

Miss A J Cross (resigned 27/8/2021)

Mr A L Ford

Miss R L Naughton (resigned 31/8/2021)

Mr J E Harrison

Mr S L Mason (appointed 31/8/2021)

Independent Examiner

Whitehead & Howarth

327 Clifton Drive South

Lytham St Annes

Lancashire

FY8 1HN

Approved by order of the board of trustees on 14th February 2022 and signed on its behalf by:

Mrs C A Gradwell - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
JUST GOOD FRIENDS (NORTH WEST) LIMITED**

Independent examiner's report to the trustees of Just Good Friends (North West) Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st October 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Candice Higgins
Whitehead & Howarth
327 Clifton Drive South
Lytham St Annes
Lancashire
FY8 1HN

23rd February 2022

JUST GOOD FRIENDS (NORTH WEST) LIMITED**STATEMENT OF FINANCIAL ACTIVITIES**
for the Year Ended 31ST OCTOBER 2021

	Notes	Unrestricted fund £	Restricted funds £	31/10/21 Total funds £	31/10/20 Total funds as restated £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		3,876	36,309	40,185	61,782
Charitable activities					
Meeting point		13,104	-	13,104	9,599
Total		16,980	36,309	53,289	71,381
EXPENDITURE ON					
Charitable activities					
Running costs		9,990	12,367	22,357	9,842
Management and administration		11	28,616	28,627	30,168
Meeting point		-	1,963	1,963	-
Other		48	1,429	1,477	1,415
Total		10,049	44,375	54,424	41,425
Net gains on investments		919	-	919	864
NET INCOME/(EXPENDITURE)		7,850	(8,066)	(216)	30,820
Transfers between funds	11	1	(1)	-	-
Net movement in funds		7,851	(8,067)	(216)	30,820
RECONCILIATION OF FUNDS					
Total funds brought forward					
As previously reported		32,173	34,854	67,027	36,207
Prior year adjustment	6	1,750	(1,750)	-	-
As restated		33,923	33,104	67,027	36,207
TOTAL FUNDS CARRIED FORWARD		41,774	25,037	66,811	67,027

The notes form part of these financial statements

JUST GOOD FRIENDS (NORTH WEST) LIMITED (REGISTERED NUMBER: 09847839)**BALANCE SHEET**
31ST OCTOBER 2021

		Unrestricted fund	Restricted funds	31/10/21 Total funds	31/10/20 Total funds as restated
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	7	-	2,017	2,017	2,018
Investments	8	11,668	-	11,668	10,749
		<u>11,668</u>	<u>2,017</u>	<u>13,685</u>	<u>12,767</u>
CURRENT ASSETS					
Debtors	9	-	64	64	61
Cash at bank		30,852	23,616	54,468	55,391
		<u>30,852</u>	<u>23,680</u>	<u>54,532</u>	<u>55,452</u>
CREDITORS					
Amounts falling due within one year	10	(749)	(657)	(1,406)	(1,192)
NET CURRENT ASSETS		<u>30,103</u>	<u>23,023</u>	<u>53,126</u>	<u>54,260</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>41,771</u>	<u>25,040</u>	<u>66,811</u>	<u>67,027</u>
NET ASSETS		<u>41,771</u>	<u>25,040</u>	<u>66,811</u>	<u>67,027</u>
FUNDS	11				
Unrestricted funds				41,771	33,923
Restricted funds				25,040	33,104
TOTAL FUNDS				<u>66,811</u>	<u>67,027</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st October 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st October 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

BALANCE SHEET - continued
31ST OCTOBER 2021

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

The financial statements were approved by the Board of Trustees and authorised for issue on 14th February 2022 and were signed on its behalf by:

Mrs C A Gradwell - Trustee

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS **for the Year Ended 31ST OCTOBER 2021**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2021**2. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	31/10/21	31/10/20 as restated
	£	£
Depreciation - owned assets	1,872	1,832
Other operating leases	1,100	1,080
	<u> </u>	<u> </u>

3. TRUSTEES' REMUNERATION AND BENEFITS

During the year Mrs B Sykes, a trustee, received remuneration totalling £16,072 for her services as Managing Director of the charity.

Trustees' expenses

During the year trustees received expenses totalling £2,199 for reimbursement of travelling, general administrative costs and attendance at other meetings.

4. STAFF COSTS

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

	31/10/21	31/10/20 as restated
Administration	<u>4</u>	<u>2</u>

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds as restated
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	18,937	42,845	61,782
Charitable activities			
Meeting point	9,599	-	9,599
	<u> </u>	<u> </u>	<u> </u>
Total	28,536	42,845	71,381
EXPENDITURE ON			
Charitable activities			
Running costs	4,750	5,092	9,842
Management and administration	16,356	13,812	30,168
Other	1,106	309	1,415
	<u> </u>	<u> </u>	<u> </u>
Total	22,212	19,213	41,425
Net gains on investments	864	-	864
	<u> </u>	<u> </u>	<u> </u>
NET INCOME	7,188	23,632	30,820

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2021**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted fund	Restricted funds	Total funds as restated
	£	£	£
Transfers between funds	1,753	(1,753)	-
Net movement in funds	8,941	21,879	30,820

RECONCILIATION OF FUNDS

Total funds brought forward	24,982	11,225	36,207
TOTAL FUNDS CARRIED FORWARD	33,923	33,104	67,027

6. PRIOR YEAR ADJUSTMENT

Allocations of income and expenses between restricted and unrestricted funds were not allocated correctly in prior years and the comparatives have been adjusted as follows:

The restricted fund surplus and deficit account was decreased by £1,750 due to income being incorrectly classified as restricted. The general fund surplus and deficit account was increased by £1,750.

7. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st November 2020	2,311	3,759	6,070
Additions	-	1,871	1,871
At 31st October 2021	2,311	5,630	7,941
DEPRECIATION			
At 1st November 2020	1,445	2,607	4,052
Charge for year	578	1,294	1,872
At 31st October 2021	2,023	3,901	5,924
NET BOOK VALUE			
At 31st October 2021	288	1,729	2,017
At 31st October 2020	866	1,152	2,018

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2021**8. FIXED ASSET INVESTMENTS**

	Listed investments £
MARKET VALUE	
At 1st November 2020	10,749
Revaluations	919
At 31st October 2021	11,668
NET BOOK VALUE	
At 31st October 2021	11,668
At 31st October 2020	10,749

There were no investment assets outside the UK.

Cost or valuation at 31st October 2021 is represented by:

	Listed investments £
Valuation in 2019	(115)
Valuation in 2020	864
Valuation in 2021	919
Cost	10,000
	11,668

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/10/21	31/10/20 as restated
	£	£
Prepayments and accrued income	64	61

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/10/21	31/10/20 as restated
	£	£
Social security and other taxes	508	445
Accruals and deferred income	898	747
	1,406	1,192

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2021**11. MOVEMENT IN FUNDS**

	At 1.11.20 £	Prior year adjustment £	Net movement in funds £	Transfers between funds £	At 31.10.21 £
Unrestricted funds					
General fund	32,173	1,750	7,847	1	41,771
Restricted funds					
TNL Blackpool					
Ambassador Project	7,883	(2,000)	(419)	-	5,464
Social Angels	(250)	250	-	-	-
Fylde Borough Council	232	-	(63)	-	169
Danbro	500	-	-	-	500
Lancashire Crime Commissioners					
Community Fund	2,500	-	(1,823)	-	677
Co-op Covid Rehabilitation Fund	500	-	(393)	-	107
Neighbourly Covid Hardship Fund	220	-	(220)	-	-
Groundworks Tesco Bags of Help	200	-	-	-	200
TNL Covid Safe & Secure – 20126696 – Covid19 Initiatives	5,346	-	(5,256)	-	90
CFLM Community Fund - A568677 - Covid Rehabilitation Project – Phase 2	8,371	-	(8,070)	(1)	300
CFLM Lancashire Womens Fund - A544360	4,211	-	(4,211)	-	-
The Danny Carroll Project	-	-	1,113	-	1,113
CVS BWF Technology Access Strategy	-	-	4,500	-	4,500
Fylde Civic Awareness Covid Rehabilitation	-	-	416	-	416
CVS BWF Mental Health Initiative	-	-	3,461	-	3,461
The Foyle Foundation	-	-	4,000	-	4,000
Rotary	500	-	-	-	500
Medicash - JGF	1,229	-	-	(1,229)	-
The Skelton Charity LCVS	1,712	-	(783)	-	929
Fylde Borough Council	950	-	(315)	-	635
Medicash	-	-	-	1,229	1,229
Woodward Charitable Trust	750	-	-	-	750
	<u>34,854</u>	<u>(1,750)</u>	<u>(8,063)</u>	<u>(1)</u>	<u>25,040</u>
TOTAL FUNDS	<u>67,027</u>	<u>-</u>	<u>(216)</u>	<u>-</u>	<u>66,811</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2021**11. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	16,980	(10,052)	919	7,847
Restricted funds				
TNL Blackpool Ambassador Project	-	(419)	-	(419)
Fylde Borough Council	-	(63)	-	(63)
Lancashire Crime Commissioners				
Community Fund	-	(1,823)	-	(1,823)
Co-op Covid Rehabilitation Fund	-	(393)	-	(393)
Neighbourly Covid Hardship Fund	-	(220)	-	(220)
TNL Covid Safe & Secure – 20126696 – Covid19 Initiatives	-	(5,256)	-	(5,256)
CFLM Community Fund - A568677 - Covid Rehabilitation Project – Phase 2	-	(8,070)	-	(8,070)
CFLM Lancashire Womens Fund - A544360	-	(4,211)	-	(4,211)
Postcode Neighbourhood Trust	15,000	(15,000)	-	-
The Danny Carroll Project	1,113	-	-	1,113
CVS BWF Technology Access Strategy	5,000	(500)	-	4,500
Fylde Civic Awareness Covid Rehabilitation	446	(30)	-	416
CVS BWF Mental Health Initiative	5,000	(1,539)	-	3,461
The Foyle Foundation	4,000	-	-	4,000
Garfield Weston	5,500	(5,500)	-	-
The Skelton Charity LCVS	-	(783)	-	(783)
Fylde Borough Council	-	(315)	-	(315)
Rotary Youth	250	(250)	-	-
	<u>36,309</u>	<u>(44,372)</u>	<u>-</u>	<u>(8,063)</u>
TOTAL FUNDS	<u>53,289</u>	<u>(54,424)</u>	<u>919</u>	<u>(216)</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2021**11. MOVEMENT IN FUNDS - continued****Comparatives for movement in funds**

	At 1.11.19 £	Net movement in funds £	Transfers between funds £	At 31.10.20 £
Unrestricted funds				
General fund	24,982	7,188	1,753	33,923
Restricted funds				
TNL Blackpool Ambassador Project	8,730	(847)	(2,000)	5,883
Social Angels	495	(745)	250	-
CFLM Covid Support A55295	-	6	(6)	-
Fylde Borough Council	-	232	-	232
Danbro	-	500	-	500
Rotary Covid Rehab Phase 1	-	(3)	3	-
Lancashire Crime Commissioners				
Community Fund	-	2,500	-	2,500
Co-op Covid Rehabilitation Fund	-	500	-	500
Neighbourly Covid Hardship Fund	-	220	-	220
Groundworks Tesco Bags of Help	-	200	-	200
TNL Covid Safe & Secure – 20126696 – Covid19 Initiatives	-	5,346	-	5,346
CFLM Community Fund - A568677 - Covid Rehabilitation Project – Phase 2	-	8,371	-	8,371
CFLM Lancashire Womens Fund - A544360	-	4,211	-	4,211
Rotary	-	500	-	500
Medicash - JGF	-	1,229	-	1,229
The Skelton Charity LCVS	2,000	(288)	-	1,712
Fylde Borough Council	-	950	-	950
Woodward Charitable Trust	-	750	-	750
	<u>11,225</u>	<u>23,632</u>	<u>(1,753)</u>	<u>33,104</u>
TOTAL FUNDS	<u>36,207</u>	<u>30,820</u>	<u>-</u>	<u>67,027</u>

JUST GOOD FRIENDS (NORTH WEST) LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued**
for the Year Ended 31ST OCTOBER 2021**11. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	28,536	(22,212)	864	7,188
Restricted funds				
TNL Blackpool Ambassador Project	-	(847)	-	(847)
Social Angels	-	(745)	-	(745)
CFLM Covid Support A55295	5,000	(4,994)	-	6
Fylde Borough Council	295	(63)	-	232
Danbro	500	-	-	500
Rotary Covid Rehab Phase 1	500	(503)	-	(3)
Lancashire Crime Commissioners Community Fund	2,500	-	-	2,500
Co-op Covid Rehabilitation Fund	1,271	(771)	-	500
Neighbourly Covid Hardship Fund	400	(180)	-	220
Groundworks Tesco Bags of Help	500	(300)	-	200
TNL Covid Safe & Secure – 20126696 – Covid19 Initiatives	9,950	(4,604)	-	5,346
CFLM Community Fund - A568677 - Covid Rehabilitation Project – Phase 2	10,000	(1,629)	-	8,371
CFLM Lancashire Womens Fund - A544360	8,500	(4,289)	-	4,211
Rotary	500	-	-	500
Medicash - JGF	1,229	-	-	1,229
The Skelton Charity LCVS	-	(288)	-	(288)
Fylde Borough Council	950	-	-	950
Woodward Charitable Trust	750	-	-	750
	<u>42,845</u>	<u>(19,213)</u>	<u>-</u>	<u>23,632</u>
TOTAL FUNDS	<u>71,381</u>	<u>(41,425)</u>	<u>864</u>	<u>30,820</u>

TNL Blackpool Ambassador Project

In Phase 1 of the Blackpool Ambassador Project JGF piloted the Ambassador Programme around a cohort of doctors' surgeries and patients were referred into JGF weekly activities and events. Phase 2 of the project is currently on hold due to the Covid19 pandemic, although JGF have continued to provide support to members/individuals in the Blackpool area during Covid19. Phase 2 of the programme will revisit the cohort of doctor's surgeries and socially signpost the individuals to meet-up/events based in and around St Annes. Phase 2 will also help to support Blackpool in identifying and setting up their own meet-up initiatives in and around the Blackpool area.

Included within the fund balance at 31.10.2021 is the net book value of fixed assets, that are yet to be fully depreciated, amounting to £418.

Fylde Borough council

JGF Equipment - still to purchase JGF marketing pop-up.

Included within the fund balance at 31.10.2021 is the net book value of fixed assets, that are yet to be fully depreciated, amounting to £63.

Medicash - JGF

Grant to help with Covid Rehabilitation; balance transferred to Social Angels.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued **for the Year Ended 31ST OCTOBER 2021**

11. MOVEMENT IN FUNDS - continued

Danbro

Covid Rehabilitation Refreshments Phase 2 - Mental Health.

Rotary

Covid Rehabilitation Refreshments Phase 2 - Mental Health.

Lancashire Crime Commissioners Community Fund

Stay safe project. To increase personal protection from scams and improve home security through collaborations with external support services/organisations during Covid19. Covid support with specific costs allocations.

Co-op Covid Rehabilitation Fund

Funding restricted to Covid19 hardship fund. To support members of the community suffering from ill health, or suffering economically or socially as a result of the Covid 19 pandemic.

Neighbourly Covid Hardship Fund

To support members of the community suffering from ill health, or suffering economically or socially as a result of the Covid 19 pandemic.

Groundworks Tesco Bags of Help

Food for over 75's, older vulnerable and at risk.

TNL Covid Safe & Secure - 20126696 - Covid19 Initiatives

To support vulnerable and socially isolated individuals to improve their physical and mental health, general well-being and social isolation during Covid19 pandemic with specific cost allocations.

Included within the fund balance at 31.10.2021 is the net book value of fixed assets, that are yet to be fully depreciated, amounting to £90.

CFLM Community Fund - A568677 - Covid Rehabilitation Project - Phase 2

Covid support with specific cost allocations.

Included within the fund balance at 31.10.2021 is the net book value of fixed assets, that are yet to be fully depreciated, amounting to £300.

CFLM Lancashire Womens Fund - A544360

To fund Welfare officer salary and costs during Covid19 in order to help improve mental health and well-being in vulnerable older women suffering from social isolation and loneliness during Covid19.

Postcode Neighbourhood Trust

To cover Covid19 staff costs (1.5 FTE).

Garfield Weston

To cover 10% of Operating Costs during Covid19.

The Danny Carroll Project

In memory of JGF member Danny Carroll. Funding restricted to welfare support.

CVS BWF Technology Access strategy

Technical support to vulnerable and isolated members during Covid19.

Fylde Civic Awareness Covid Rehabilitation

Funding restricted to flowers and food parcels for older, vulnerable and at risk members.

CVS BWF Mental Health Initiative

Funding to help to improve mental, emotional and physical health resilience during Covid19.

JUST GOOD FRIENDS (NORTH WEST) LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued **for the Year Ended 31ST OCTOBER 2021**

11. MOVEMENT IN FUNDS - continued

Included within the fund balance at 31.10.2021 is the net book value of fixed assets, that are yet to be fully depreciated, amounting to £227 and a net prepayment of £48.

The Foyle Foundation

Discretionary one year grant by the Trustees of The Foyle Foundation to help towards core costs during Covid19.

Social Angels

The JGF satellite group 'Social Angels' is a social group designed for youths struggling with confidence, low self esteem or social isolation and who would benefit from friend making and new opportunities. The following funds are part of the Social Angels project.

Fylde Borough Council

Social Angels Equipment - Computer, Printer, Large Screen, Camcorder and 3 Memory Cards

Included within the fund balance at 31.10.2021 is the net book value of fixed assets, that are yet to be fully depreciated, amounting to £631.

Rotary Youth

Social Angels Covid19 art projects.

Medicash

Grant to support Social Angels during Covid19 and to help re-establish group after Covid19. Transferred JGF Medicash above.

The Skelton Charity LCVS

To support Social Angels during Covid19 and re-establish group post pandemic.

Included within the fund balance at 31.10.2021 is the net book value of fixed assets, that are yet to be fully depreciated, amounting to £288 and a net accrual of £9.

Woodward Charitable Trust

To support Social Angels during Covid19 and re-establish group post pandemic.

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st October 2021.

13. ULTIMATE CONTROLLING PARTY

There is no controlling party, shares are limited by guarantee.