
HOPE2SLEEP

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

HOPE2SLEEP

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2022

Trustees	C A Murphy T P Brown, Vice Chair S Backway, Chair K Danville, Treasurer
Charity registered number	1168089
Principal office	85 Ings Road Hull East Yorkshire HU8 0SD
Chief executive officer	K Hope
Accountants	Streets LLP Chartered Accountants Halifax House 30 George Street Hull HU1 3AJ

**TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022**

The Trustees present their annual report together with the financial statements of the charity for the year 1 January 2022 to 31 December 2022.

Objectives and activities**a. Policies and objectives**

The advancement of health by raising awareness of symptoms and the treatments available for those suffering from Sleep Apnoea and UARS (Upper Airways Resistance Syndrome) and all forms of Sleep Disordered Breathing, by providing support and advice for sufferers and carers during the process of diagnosis and treatment.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

The trustees are aware of the Charity Commission guidance on public benefit and are confident that all activities meet this guidance.

c. Activities undertaken to achieve objectives

- Raising awareness of Sleep Apnoea.
- Support people who suspect they could be sufferers of Sleep Apnoea, UARS and all Sleep Disordered Breathing, including parents/carers.
- Support diagnosed sufferers of Sleep Apnoea and all forms of Sleep Disordered Breathing.
- Supply of sleep comfort products and equipment for CPAP and non-invasive ventilator users via our online and high street shops, and at support and awareness events throughout the UK.
- Providing help and tips to encourage people using all forms of CPAP and non-invasive ventilators, to ensure they remain compliant, resulting in a better quality of life and improved health.
- Working with sleep clinics and manufacturers to help them understand the issues many sufferers go through, so that they can better support their patients.
- Keep up to date with, and partake in, new research and keep patients and clinicians updated of study and research results – plus pass on other related sleep news.
- Assist in helping to make positive changes in the diagnosis and treatment for the benefit of both suspected and diagnosed sufferers, and in this respect we were stakeholders in the most recent updated NICE Guidelines published in 2021.
- Run a diagnostic home sleep study testing service.
- Partners on the UK Power Networks Partnership Vulnerability Forum on behalf of patients needing electricity to power their CPAP, non-invasive ventilators and oxygen concentrators.
- Provide a battery rental service to enable patients to take holidays, travel safely on long-haul flights and enjoy leisure time, despite needing power to run their CPAP and non-invasive ventilators.

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022**

Achievements and performance**a. Main achievements of the charity**

2022 brought new and ongoing challenges to patients and clinics:-

- Philips Respironics 2021 global CPAP Recall continued to cause anxiety amongst patients which we did our best to help with regarding reassurance, as the replacement of the affected devices was much slower than anticipated, and not expected to be completed until 2023. We continued to follow all Philips, FDA and MHRA updates which we relayed to patients.
- As a result of the above, a worldwide shortage of CPAP occurred, affecting most manufacturers, and this also put extreme pressure on the sleep clinics who were already struggling with a backlog due to the COVID-19 pandemic, and whilst trying to get back to 'normal' a lot of the sleep clinics didn't have enough CPAP machines to provide to newly diagnosed patients. This struggle continued for the whole of 2022 and it is not expected to resolve itself until 2023. Our own Sleep Apnoea Diagnostic Service was in very high demand and even we struggled with waiting lists, although nothing like the NHS has had to endure. We managed to secure a small grant of £2,000 from MSD to help pay for sleep studies for those with financial needs. Again, a lot of reassurance was needed to patients desperate for a diagnosis, or awaiting treatment when diagnosed.
- The month of February brought both storm 'Eunice' and storm 'Dudley' with lots of areas in the country losing power. We sourced as many batteries as we could and gave guidance, along with reminders that patients relying on power for medical devices need to be registered on their power provider's Priority Service Register.
- April brought more worry for patients with the huge inflation of energy costs, which put extra stress on patients needing electricity to power their life-saving CPAP, non-invasive ventilators, oxygen concentrators and other medical equipment. We gave lots of support during this time and education, in that although we had empathy that the energy crisis was affecting a huge part of the population, the costs of running a CPAP machine weren't as high as patients thought and we spent time working with several media outlets to get this important message out, as well as appearing on BBC news, as it was a huge concern hearing that due to lack of information patients were considering not using their vital life-saving equipment.

We continued to raise awareness of Sleep Apnoea, and this year as the COVID pandemic eased it was also possible to attend some face-to-face events to run awareness and support campaigns, as well as promoting the charity. We attended the Hull Falklands Anniversary and lots of veterans discovered they had the symptoms of untreated Sleep Apnoea which has been proven to exacerbate PTSD, and we also joined a Hull Menopause Charity for a local awareness event as there is a much higher incident of Obstructive Sleep Apnoea developing in peri-menopause and post-menopause. We attended the CCHS (Congenital Central Hypoventilation Syndrome) Charity's event with the prime aim of offering support to children using CPAP and non-invasive ventilation and we learnt a lot too. ARTP (The Association for Respiratory Technology & Physiology) held their first post-COVID conference which we also attended and had the opportunity of presenting all the free support we offer to patients, and as a result lots of sleep clinics requested our information leaflets.

Some of the research and studies we were involved in began to make quicker progress as the worst of the pandemic eased, and we collaborated with the NHS to work on the Optimal Sleep Pathway for improving the referral system for patients and aiming for GIRFT (Getting It Right First Time). This also included generating a document for PIFU (Patient Initiated Follow Up) giving suitable patients the option of only needing to request follow-up appointments when needed. The advancement of telemonitoring has made this possible, and clinics using this technology are able to view the patients CPAP and non-invasive ventilation results remotely, and also make remote changes to the settings if needed.

In July we began our battery rental service which proved very popular and many patients were grateful to have the opportunity to hire batteries for camping holidays and even long-haul flights, as batteries can be expensive if only needed occasionally.

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022**

Achievements and performance (continued)

We are now supporting around 20,000 patients as well as running a busy e-commerce website, and without the four full-time members of staff, along with our passionate trustees, medical advisors and volunteers this would not be possible, and for this we give huge thanks as the work we do really does save lives and greatly improve health and wellbeing!



In October we exchanged contracts on the property we have rented since 2017 which was made possible thanks to Keyfund, who provide loans and funding to social enterprises and charities. This means that instead of us just renting the downstairs showroom and offices, we now also have a large 2-storey rear warehouse, a very large rear garage and a 2-bedroomed flat upstairs which we intend to rent out to provide further income. This has provided us with long-term security and scope for future expansion as we continue to rapidly grow.

Financial review

a. Going concern

After making appropriate inquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

In accordance with the guidelines issued by the Charity Commission, the Trustees have adopted a policy to ensure the Charity is able to meet all current and expected liabilities. The Trustees review the reserves annually and consider whether the current level held by the charity is sufficient for its continued operation. The Trustees' intention is for the funds of the charity to be used on aiding sufferers of Sleep Apnoea and any other Sleep Disordered Breathing conditions.

The total reserves of the charity on 31 December 2022 amounted to £170,101 (2021: £161,287), of which £165,756 (2021: £157,934) were unrestricted and £4,345 were restricted (2021: £3,353). Much of the charity's unrestricted funds consist of liquid assets with the remainder comprising fixed assets of £178,322 (2021: £22,673).

Income and expenditure have both risen at a commensurate rate in recent years due to the growth of the charity. However, the charity continues to see a positive net movement in funds each year and holds enough reserves in liquid form to be able to pay off any and all short term debts, whilst also continuing to provide aid to those with sleep disordered breathing problems, therefore showing no liquidity issues.

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022**

c. Principal risks and uncertainties

The CIO is mindful of risks regarding the health of the people they support and do not attempt to give medical advice, and always signpost patients to receive the professional help they require. However, the advice and support they give for the comfort issues with patients on CPAP and non invasive ventilation does help patients comply with their therapy which has a positive effect on their overall health.

Due to the rapid rate at which the CIO is still growing, the Trustees are aware that the amount of staff and volunteers also needs to grow in proportion, as the current staff are often stretched to capacity.

The majority of our funding comes from product sales, and in this respect we are aware we also need to acquire more external funding/grants, despite the fact that we are so grateful at the amount of donations that continue to be given to us from those we support – even during this cost of living crisis we are all experiencing.

d. Principal funding

Income received by the charity is from 3 main income streams, being product sales, donations and grants.

Structure, governance and management**a. Constitution**

The principal object of the charity is to provide advancement of health by raising awareness of symptoms and the treatments available for those suffering from Sleep Apnoea, and by providing support and advice for sufferers and carers during the process of diagnosis and treatment.

Hope2Sleep is a registered charity, number 1168089, governed by a CIO - Foundation dated 01 March 2016.

b. Methods of appointment or election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co opted under the terms of the CIO - Foundation dated 01 March 2016.

c. Organisational structure and decision-making policies

The charity is governed by the Trustees, who determine strategic direction and policy. The Board meets every 1-2 months. The day to day running of the charity is carried out by the Trustees and CEO and decision making is agreed at the regular Trustee Meetings.

d. Related party relationships

The Trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind. Trustee expenses are refunded for travel, accommodation and out-of-pocket expenses when carrying out charity work, in accordance with Charity Commission's guidelines.

e. Financial risk management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022**

Structure, governance and management (continued)

f. Principal activities

- Raise awareness of Sleep Apnoea and support suspected people through to diagnosis and treatment.
- Support patients, parents and carers for all forms of Sleep Disordered Breathing
- Source, test, manufacture and supply comfort products to enable patients to sleep comfortably in a CPAP or non-invasive ventilator mask.
- Participate in research/studies and testing of new therapies and/or therapy accessories.

Plans for future periods

The charity intends to continue meeting charity objectives into the future by continuing this year's activities as described in the trustees report above.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the CIO - Foundation. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:


.....

S Backway
Chair of Trustees

Date: 14th October 2023

**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022**

Independent Examiner's Report to the Trustees of hope2sleep ('the charity')

I report to the charity Trustees on my examination of the accounts of the charity for the year ended 31 December 2022.

Responsibilities and Basis of Report

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

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

Independent Examiner's Statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

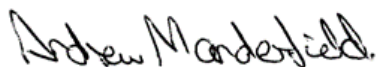
I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

1. accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:



Dated: 16/10/2023

Andrew Manderfield

FCA

Streets Northern LLP, Halifax House, 30 George Street, Hull, HU1 3AJ

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STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	3	10,495	2,000	12,495	22,553
Charitable activities	4	553,598	-	553,598	450,829
Total income		564,093	2,000	566,093	473,382
Expenditure on:					
Charitable activities		556,271	1,008	557,279	431,941
Total expenditure		556,271	1,008	557,279	431,941
Net movement in funds		7,822	992	8,814	41,441
Reconciliation of funds:					
Total funds brought forward		157,934	3,353	161,287	119,846
Net movement in funds		7,822	992	8,814	41,441
Total funds carried forward		165,756	4,345	170,101	161,287

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

The notes on pages 10 to 22 form part of these financial statements.

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**BALANCE SHEET
AS AT 31 DECEMBER 2022**

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	8	178,322	22,673
		<u>178,322</u>	<u>22,673</u>
Current assets			
Stocks	9	99,840	95,018
Debtors	10	34,592	35,452
Cash at bank and in hand		14,718	41,739
		<u>149,150</u>	<u>172,209</u>
Creditors: amounts falling due within one year	11	(157,371)	(33,595)
Net current liabilities / assets		<u>(8,221)</u>	<u>138,614</u>
Total assets less current liabilities		<u>170,101</u>	<u>161,287</u>
Net assets excluding pension asset		<u>170,101</u>	<u>161,287</u>
Total net assets		<u><u>170,101</u></u>	<u><u>161,287</u></u>
Charity funds			
Restricted funds	12	4,345	3,353
Unrestricted funds	12	165,756	157,934
Total funds		<u><u>170,101</u></u>	<u><u>161,287</u></u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



.....
S Backway
Chair of Trustees

Date: 14th October 2023

The notes on pages 10 to 22 form part of these financial statements.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

1. General information

As set out in the Trustee's report, Hope2Sleep CIO is a registered charity in England & Wales. The principal office of the charity is 85 Ings Road, Hull, East Yorkshire, HU8 0SD.

The principle objective of the charity is the advancement of health by raising awareness of symptoms and the treatments available for those suffering from Sleep Apnoea, and by providing support and advice for sufferers and carers during the process of diagnosis and treatment.

The financial statements are prepared in sterling, which is the functional currency of the entity.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Hope2Sleep meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

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

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

2. Accounting policies (continued)

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Tangible fixed assets and depreciation

Tangible fixed assets costing £75 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, .

Depreciation is provided on the following bases:

Freehold property	-
Fixtures and fittings	- Straight-line over 5 years
Office equipment	- Straight-line over 5 years

2.5 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2.6 Debtors

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

2.7 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

2. Accounting policies (continued)**2.8 Liabilities and provisions**

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.9 Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

3. Income from donations and legacies

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Donations	10,495	-	10,495	17,790
Grants	-	2,000	2,000	4,763
	<u>10,495</u>	<u>2,000</u>	<u>12,495</u>	<u>22,553</u>
<i>Total 2021</i>	<u>22,553</u>	<u>-</u>	<u>22,553</u>	

4. Income from charitable activities

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Product sales	553,598	553,598	450,829
	<u>553,598</u>	<u>553,598</u>	<u>450,829</u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

5. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Direct costs - Activities	334,392	222,887	557,279	431,941
<i>Total 2021</i>	283,777	148,164	431,941	

Analysis of direct costs

	Total funds 2022 £	<i>Total funds 2021 £</i>
Product purchases	289,469	241,675
Postage & packaging	39,809	35,824
Sewing services	5,114	6,278
	334,392	283,777

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

5. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2022 £	<i>Total funds 2021 £</i>
Staff costs	141,146	96,089
Depreciation	10,999	8,152
Advertising	446	-
Stationery & printing	3,633	3,147
Website	679	1,395
Telephone, & computer costs	9,886	8,912
Bank charges	13,446	9,858
Sundry	2,972	2,697
Travel	2,201	506
Insurance	1,584	1,086
Professional fees	2,524	1,875
Accountancy	1,575	1,790
Repairs	23,687	423
Utilities	3,582	3,531
Subsistence	485	103
Promotional events	1,898	231
Rent	1,853	7,903
Rates	291	466
	222,887	<i>148,164</i>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

6. Staff costs

	2022	<i>2021</i>
	£	£
Wages and salaries	129,624	90,499
Social security costs	8,539	3,624
Contribution to defined contribution pension schemes	2,983	1,966
	141,146	96,089

The average number of persons employed by the charity during the year was as follows:

	2022	<i>2021</i>
	No.	No.
	4	4

No employee received remuneration amounting to more than £60,000 in either year.

Included within the total figure for wages and salaries costs are social security costs of £8,539 (2021: £3,624) and the operating costs of defined contribution pension schemes of £2,983 (2021: £1,966). The key management personnel of the charity comprise the trustees and the Chief Executive Officer. Wages and salaries paid to key management personnel (including employers pension contributions) totalled £54,172 (2021: £34,751).

7. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 December 2022, expenses totalling £942 were reimbursed or paid directly to 2 Trustees (2021 - £799 to 2 Trustees).

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

8. Tangible fixed assets

	Freehold property £	Fixtures and fittings £	Office equipment £	Total £
Cost or valuation				
At 1 January 2022	-	8,736	37,265	46,001
Additions	138,000	1,239	27,409	166,648
At 31 December 2022	138,000	9,975	64,674	212,649
Depreciation				
At 1 January 2022	-	6,055	17,273	23,328
Charge for the year	-	1,417	9,582	10,999
At 31 December 2022	-	7,472	26,855	34,327
Net book value				
At 31 December 2022	138,000	2,503	37,819	178,322
At 31 December 2021	-	2,681	19,992	22,673

9. Stocks

	2022 £	2021 £
Finished goods and goods for resale	99,840	95,018

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

10. Debtors

	2022 £	<i>2021</i> £
Due within one year		
Trade debtors	17,664	<i>7,757</i>
Other debtors	3,549	<i>9,797</i>
Prepayments	13,379	<i>17,898</i>
	34,592	<i>35,452</i>

11. Creditors: Amounts falling due within one year

	2022 £	<i>2021</i> £
Trade creditors	50,907	<i>19,376</i>
Other taxation and social security	3,890	<i>2,340</i>
Other creditors	98,715	<i>2,052</i>
Accruals	3,859	<i>9,827</i>
	157,371	<i>33,595</i>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

12. Statement of funds

Statement of funds - current year

	Balance at 1 January 2022 £	Income £	Expenditure £	Balance at 31 December 2022 £
Unrestricted funds				
General Funds	157,934	564,093	(556,271)	165,756
Restricted funds				
Covid-19 Support	3,353	-	(875)	2,478
Hospital Saturday Fund	-	2,000	(133)	1,867
	3,353	2,000	(1,008)	4,345
Total of funds	161,287	566,093	(557,279)	170,101

General funds:

The general funds held are used to finance the daily operations of the charity.

Restricted funds:

Covid-19 Support

In 2020 a donation of £5,000 was received from a member of the public to be used specifically for COVID-19 support.

Sleep Apnoea Support

In 2022 a grant was received from Hospital Saturday Fund to be used for providing a free sleep study for potential sleep apnea sufferers.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

12. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 January 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2021 £</i>
Unrestricted funds				
General Funds	114,846	473,382	(430,294)	157,934
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	<i>Balance at 1 January 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2021 £</i>
Restricted funds				
Covid-19 Support	5,000	-	(1,647)	3,353
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total of funds	119,846	473,382	(431,941)	161,287
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

13. Summary of funds

Summary of funds - current year

	Balance at 1 January 2022 £	Income £	Expenditure £	Balance at 31 December 2022 £
General funds	157,934	564,093	(556,271)	165,756
Restricted funds	3,353	2,000	(1,008)	4,345
	<u>161,287</u>	<u>566,093</u>	<u>(557,279)</u>	<u>170,101</u>

Summary of funds - prior year

	<i>Balance at 1 January 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2021 £</i>
General funds	114,846	473,382	(430,294)	157,934
Restricted funds	5,000	-	(1,647)	3,353
	<u>119,846</u>	<u>473,382</u>	<u>(431,941)</u>	<u>161,287</u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

14. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	178,322	-	178,322
Current assets	144,805	4,345	149,150
Creditors due within one year	(157,371)	-	(157,371)
Total	165,756	4,345	170,101

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Tangible fixed assets	22,673	-	22,673
Current assets	167,209	5,000	172,209
Creditors due within one year	(31,948)	(1,647)	(33,595)
Total	157,934	3,353	161,287

15. Pension commitments

The charity operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund and amounted to £2,983 (2021: £1,966). Contributions totalling £nil (2021: £nil) were payable to the fund at the balance sheet date and are included in creditors.

16. Related party transactions

J Hope is the husband of the CEO and an employee of the charity. During the year the total remuneration (including employers pension contributions) paid to J Hope was £25,658 (2021: £25,651).