

SMILE GROUP CIO

FINANCIAL STATEMENTS AND TRUSTEES REPORT

FOR THE YEAR ENDED 31 AUGUST 2023

SMILE GROUP CIO
COMMITTEE REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2023

Committee Report:

The Trustees submit their report and accounts for the year ended 31 August 2023.

1. Organisational information

Trustees:

Ms Anna Maddox
Dr Tania Stanway - resigned 31.07.23
Mrs Shirleyanne Henny - resigned 05.05.23.
Mrs Justine Garner – resigned 10.05.23.
Ms Beverley Goodwin resigned 15.03.23 – reappointed 19.5.23
Mr Dan Rowe – resigned 10.04.23.
Miss Victoria Markham-Bean
Mr Lee Shore
Mr Neil McPherson

Principal Office:

7 Middlewich Road
Holmes Chapel
Crewe
Cheshire
CW4 7EA

Directors:

Ruth Williams
Natalie Nuttall

Independent Examiner:

Afford Bond
31 Wellington Road
Nantwich
Cheshire
CW5 7ED

Charity Number:

1168751

Company Number:

CE008542

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2. Structure, Governance and Management:

Constitution:

Smile Group was registered as a Charitable Incorporated Organisation (CIO) on 12 August 2016 as successor to The Smile Group.

Organisational structure:

The charity is governed by a board of Trustees, elected at the annual general meeting. The Trustees are volunteers who are not paid for their work. The Trustees bring a range of relevant expertise to the organisation, including ex-service users and a voice of the sector.

Decision making:

The board of Trustees meet quarterly as a whole board, to make decisions about the charity and review the charity plans. There are sub-committees that meet at different frequencies throughout the year and feedback to the main board. One of the Directors sits on each of the sub-committees. The board is also responsible for long-term financial mid strategic planning and for the governance of the charity.

The Trustees delegate operational responsibility to the Directors. The Directors are responsible for ensuring that the charity delivers services in accordance with the charitable objectives, and that key performance indicators are met. The Treasurer takes responsibility for overseeing account reconciliation and reports directly to the board on the accounts and budgetary matters. On a day-to-day basis the accounts are managed by the bookkeeper.

Risk management:

The board of Trustees conducts an annual review of the major risks to which the charity is exposed, and systems and procedures have been established to mitigate any risks the charity faces. Internal control risks are mitigated by the implementation of procedures for authorisation of all transactions and projects, and procedures are in place to ensure compliance with Health and Safety of employees, contractors, volunteers, service users and visitors to the service.

Policy and Procedures are reviewed annually to ensure that they continue to meet statutory and service requirements. These include Safeguarding of Children and Vulnerable Adults, Equality & Diversity, Lone Working and Financial Protocols.

Employees, volunteers, counsellors, and anyone front facing with the families have an enhanced DBS check in place.

Wellbeing Practitioners have external clinical supervision with a BACP registered counsellor, the counsellors must have their own supervision in place from a BACP registered counsellor before any work can commence. Appropriate insurance policies have been taken out by the charity, with public liability cover.

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3. Objectives and Activities

Objectives of the Charity

1. To provide relief to those affected by perinatal mental illness, and their families and friends, by means of support, advice, and services complementary to those provided by statutory services.
2. To advance the education of the public in matters relating to perinatal mental illness.
3. To advance the health and education of the public, and in particular new parents, by providing support, advice, and information about parenthood.

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)'.

4. Our services

Smile Group provides peer support for families affected by Perinatal Mental Illness within Cheshire East, it complements other statutory services, offering a collaborative approach. Smile Group is embedded in the clinical landscape and is also part of established networking forums, to enable the development of business partnership. The charity provides the following blend of support to families:

- Weekly Peer Support Groups – For the year 2022-2023, we ran from Macclesfield, Congleton, Sandbach and Nantwich, however in September 2023 we have moved from Nantwich to Crewe. Parents can drop in or pre-book into these sessions and can access it via self-referral or professional referral.
- 1:1 Support – 6-8 sessions either in families' homes, via text/email or phone calls or within their local community. This is available to families via professional referral only.
- Person-Centred Talk Therapy – 6-8 sessions either face to face or in person. Our counsellors are either fully qualified or have their "fit for practice" qualification and are undergoing their voluntary hours to finish the qualification. Families can access this when they access another part of our service (Support group or 1:1).
- Monthly Family Sessions – People can drop in or pre-book into these sessions and can access it via self-referral.
- Virtual Support as well as social media.

Smile Group is part of a national partnership called The Hearts & Minds Partnership, which was co-founded by three perinatal mental health charities; Smile Group, Acacia Family Support and Bluebell Care. The partnership was initially funded by The National Lottery Community Fund over a 3-year period from 2020-23. During this time the funding came into Smile via Bluebell who acted as the Lead Partner. In August 2023 the National Lottery Community Fund committed to a further 3 years of funding support for Hearts & Minds, with Smile Group as the Lead Partner, working alongside Acacia Family Support (Bluebell Care stepped back from the partnership). This funding is to be used for project delivery, salary costs, overheads and core costs related to the national programme of work. A Memorandum of Understanding was developed for the partnership by Veale WasbroughVizard in 2020. A new MoU is being drawn up with the support of SAS Daniels LLP for the next phase of the programme.

The aim of the partnership is to connect, support and celebrate the England-wide Voluntary Community and Social Enterprise (VCSE) sector in perinatal mental health by sharing best practice, mapping services, creating trusted spaces and leveraging the voice of the VCSE.

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5. Main achievements for the year

This year we launched our Regular Giving Campaign, 'Raise a Smile' this year for both individuals and corporates and have increased our 'regular giving' per month from £320 in January 2023 to £436 in July 2023. We increased the corporate donors from 2 to 5 and personal 2 to 10. This is something that we hope to build on over the next couple of years.

From 1st September 2022 to 31st August 2023 we have had 363 clients, and 222 of these are new to our service in this time frame. We had 361 referrals, which has resulted in 250 families as some get duplicated to more than one service ie 1:1 to group, counselling family sessions etc. We have seen 22 dads, either at Ruby's fund (our Monthly Family Sessions) or accessing support via Groups / Talk therapy.

Highlights of 2022/ 2023 - we started with the ball, where we raised just under £3000. It was an incredible evening with 100 guests celebrating our anniversary. We were the Charity of the year for East Cheshire Chamber of Commerce which raised £5300 over the year and made some positive business connections. We have had a new CRM system, that has its challenges but has also meant we are in a better place to be able to pull off information in real time – This was funded by Comic Relief and was part of our growth strategy, as we get to know the system better, we will be able to use it for more things.

On a personal note, Ruth was fortunate enough to be one of the main panelists for the main event at Storyhouse in Chester to mark International Women's Day, where they asked her to talk about setting up a charity as a woman leading a Charity. She was nominated via Comic Relief to carry the Commonwealth Baton through Northwich and was nominated and attended an event for Cheshire Women of the year for her services to the community. She says "none of this would have been possible without Smile"

Hearts and Minds hosted a National Meet-up in January 2023 in Birmingham, which attracted just under 100 VCSE representatives in perinatal mental health from across the country as well as a panel of thought leaders from the sector, including the CEO of the Maternal Mental Health Alliance, three VCSE founders from diverse services and the sector lead from the Royal College of Psychiatry.

As a charity coming out of COVID, we worked closely with CVS Cheshire East to review our Theory of Change and revisit our vision, values and impact statements. This was a vital exercise to bring the team together and ensure we remain focused and aligned with what we're here to do.

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SUPPORTING THE TRANSITION INTO PARENTHOOD



6. Financial reviews

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The total income for 2022-2023 was £154,298 and the total expenditure was £194,788 details of which are set out in the accounts below. We continue to diversify funding to reduce the risk of the charity and to support our future stability and sustainability.

The trustees have agreed a reserves policy to have between three and six months of annual operating costs whilst taking into account the need to mitigate income and expenditure risk, winding up costs, working capital and strategic development. Smile Group has £25,601 of unrestricted funds at year-end, which is in line with our reserves policy.

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Total income for the year ended 31 August 2023 was £154,298 (2022 - £167,215). This included funding of £118,997 received from grants as shown on page 12 of this report. The balance of the charity's Income was £35,301 (2022 - £24,888) from donations and fundraising.

Expenditure for the year was £194,788 (2022 - £180,106), the majority of this £174,855 (2022 - £170,570) was spent on core running costs. The resulting deficit for the year was £40,490 (2022 - £12,891 deficit). Reserves of the charity at 31 August 2023 were £77,486 (2022 - £117,976). The general reserve (unrestricted) decreased by £3,684 to £25,601 (2022 - £29,285).

This report was approved by the board of trustees on 19th March 2024 and signed on their behalf by:



Anna Maddox
Chair of Trustees

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SMILE GROUP

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 August 2023, which are set out on page 9 to 15.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

- The accounting record were not kept in accordance with section 130 of the Charities Act; or
- The accounts did not accord with the accounting records; or
- The accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulation 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 to enable a proper understanding of the accounts to be reached.



Lindsay Beeston FCCA
For and on behalf of: -
Afford Bond Accountants
31 Wellington Road
Nantwich
Cheshire
CW5 7ED

Date : 14 March 2024

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Statement of Financial Activities

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
Income and endowments from:				
Donations and legacies	34,637	-	34,637	23,673
Income from charitable activities	664	118,997	119,661	143,542
Total income	35,301	118,997	154,298	167,215
Expenditure on:				
Charitable activities	(28,877)	(145,978)	(174,855)	(170,570)
Raising funds	(10,108)	(9,825)	(19,933)	(9,536)
Total Expenditure	(38,985)	(155,803)	(194,788)	(180,106)
Net movement in funds	(3,684)	(36,806)	(40,490)	(12,891)
Total funds brought forward	29,285	88,691	117,976	130,867
Total fund carried forward	25,601	51,885	77,486	117,976

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Balance sheet

	Notes	2023	2022
Current Assets			
Debtors		2,080	1,948
Cash at bank and in hand		95,470	119,568
		97,550	121,516
Current liabilities			
Creditors and accruals		(18,566)	(2,111)
PAYE and pensions		(1,498)	(1,429)
		77,486	117,976
Net asset surplus		77,486	117,976
Represented by:			
General fund		25,601	29,285
Restricted funds		51,885	88,691
		77,486	117,976
Fund of the charity (see page 7)		77,486	117,976

Approved by the board of trustees on 19th March 2024 and signed on their behalf by:



Anna Maddox
Chair

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Statement of assets and liabilities

	Unrestricted	Restricted	Total 2023	Total 2022
Current assets				
Debtors	400	1,680	2,080	1,948
Bank and cash	26,700	68,770	95,470	119,568
	27,100	70,450	97,550	121,516
 Liabilities – Creditors: Accounts falling due in one year				
Creditors and accruals	(1,133)	(17,433)	(18,566)	(2,111)
PAYE and pensions	(366)	(1,132)	(1,498)	(1,429)
	(1,499)	(18,565)	(20,064)	(3,540)
	25,601	51,885	77,486	117,976

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Analysis of income and expenditure

Donations and legacies

	Unrestricted	Restricted	Total 2023	Total 2022
Donations and fund raising	34,637	-	34,637	23,673
Unrestricted grants	-	-	-	-
Total	34,637	-	34,637	23,673

Income from charities activities

	Unrestricted	Restricted	Total 2023	Total 2022
Comic Relief	-	19,702	19,702	44,535
Cheshire Community Fund	-	2,487	2,487	13,163
NHS Cheshire East CCG	-	-	-	-
Lottery Partnership	-	86,148	86,148	65,216
Lottery Partnership – transfers to other partners	-	(16,384)	(16,384)	-
Sandbach Town Council	-	4,280	4,280	-
CRH Charitable Trust	-	5,000	5,000	10,000
Bentley	-	10,622	10,622	-
Cheshire East Wellbeing Fund	-	7,142	7,142	-
Lottery grant	-	-	-	9,413
Congleton Town Council	-	-	-	1,215
Other Small grants	664	-	664	-
Total	664	118,997	119,661	143,542
Income total	35,301	118,997	154,298	167,215

Income from charitable activities for the year ended 31 August 2023 has fallen due to less grant funds being available to the charity sector and where grants have been renewed they are not at the levels previously awarded.

The fundraising donations have increased during the year due to a charity ball held at the beginning of the financial year. The total level of all Income has decreased by £12,917 to £154,298.

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Expenditure on charitable activities & raising funds

	Unrestricted	Restricted	Total 2023	Total 2022
Directors' fees	6,069	70,106	76,175	70,774
2 years backdated contribution towards managements costs from the Lottery Partnership	(11,811)	11,811	-	-
Wages and salaries	21,156	18,364	39,520	37,742
Volunteers' fees	-	1,590	1,590	1,470
Travel & accommodation costs	2,392	5,063	7,455	7,408
Project & event costs	10,108	9,825	19,933	9,536
Training	132	12,726	12,858	22,049
Printing and stationary	32	56	88	2,355
Insurance	128	128	256	225
Telephone, IT and office costs	2,198	16,735	18,933	13,138
Room hire	2,310	1,470	3,780	2,690
Promotion costs	-	625	625	1,785
Equipment expenses	-	-	-	-
Professional fees	5,244	6,045	11,289	6,039
Sundry expenses	1,027	1,046	2,073	3,387
Bank charges	-	213	213	-
Expenditure total	38,985	155,803	194,788	180,106
Surplus/(deficit) for the year	(3,684)	(36,806)	(40,490)	(12,891)

The unrestricted expenditure has risen slightly due to the charity ball event costs at the beginning of the year. The restricted costs have risen across a broad range of expenses in line with the projected spend of the project funded. The expenditure has risen by £14,682 to £194,788.

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Notes to the financial statements.

1. Account policies

Accounting convention

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities, issued in March 2005 and the Charities Act 2011. The Charity has taken advantage of the exemption in Financial Reporting Standard No. 1 from the requirement to produce a cash flow Statement on the grounds that it is a small charity.

Fund Accounting

Unrestricted Funds are 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 the donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund.

Incoming resources

All incoming resources are recognised once the charity has entitlement to the resources, it is certain that the resources will be received, and the monetary value of incoming resources can be measured with sufficient reliability. Voluntary income is received by way of donations and gifts and is included in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included. A grant is recognized when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met it is probably that the income will be received, and the amount can be measured reliably.

Outgoing resources

Outgoing Resources are allocated to each activity/fund where the cost relates directly to that activity/fund. The cost of general administration has been allocated to the restricted funds where this was allowed by the donors, the balance has been deducted from the general unrestricted fund.

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is report as part of the expenditure to which is relates.

Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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2	Net outgoing resources	2023	2022
	This is stated after charging:		
	Independent examiner's remuneration	670	1,210
	Average number of employees	4	5
	Trustee's remuneration	-	-
		<hr/>	<hr/>

		2023	2022
3	Debtors		
	Event deposits	-	1,075
	Prepayments and accrued income	2,080	1,073
		<hr/>	<hr/>
		2,080	1,948
		<hr/>	<hr/>

4	Cash at bank and in hand		
	Current account balance	95,470	119,568
		<hr/>	<hr/>

The bank balance reflects the decrease in funds generated during the year to date.