

# BEYOND LIMITS

England & Wales · Charity number 1168962

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2016-08-30

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

## Contact

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**Address** Sadlers Farm  
Southside  
Butterknowle  
Bishop Auckland  
DL13 5JN

**Phone** 07861714779

**Email** [beyondlimitscharity@gmail.com](mailto:beyondlimitscharity@gmail.com)

**Website** <http://www.beyondlimitscharity.org.uk>

## Activities

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**Objects:** TO RELIEVE POVERTY AND TO PROMOTE AND PROTECT GOOD HEALTH BY PROVIDING A RETREAT CENTRE WITH LIFE SKILLS COURSES ON BUDGETING, JOB SEEKING AND EATING HEALTHY ON A BUDGET WITHIN A CHRISTIAN ETHOS IN PARTICULAR BUT NOT LIMITED TO THOSE LIVING IN THE NORTH EAST AND PROVIDING SUCH ITEMS / GOODS AS THE TRUSTEES DEEM APPROPRIATE IN ORDER TO RELIEVE POVERTY WHICH THEY COULD NOT OTHERWISE AFFORD THROUGH LACK OF MEANS.

**Activities:** To primarily relieve poverty and promote and protect good health by providing a retreat centre for those most in need of a place of safety, family reconnection or a break from the stresses of every day life. With life skills courses on budgeting, job seeking and eating healthy on a budget and providing items / goods as appropriate in order to relieve poverty which they could not otherwise afford

## Classification

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- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Prevention Or Relief Of Poverty, Accommodation/housing
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

- **Area of benefit:** IN PARTICULAR BUT NOT LIMITED TO THOSE LIVING IN THE NORTH EAST
- Darlington
- Durham
- Stockton-on-tees

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£192,646	£159,643	-	-
2024-03-31	£198,466	£167,526	-	-
2023-03-31	£215,645	£163,045	-	-
2022-03-31	£143,450	£136,327	-	-
2021-03-31	£116,262	£87,398	-	-

## Trustees

Name	Role	Appointed
MALCOLM WELDON	Chair	2016-08-30
ANDREW BOWMAN		2023-09-04
IAN WILLSON		2020-06-17
LYNDSEY SEONA NICHOLLS		2016-08-30
Paul Finn		2023-09-04

**BEYOND LIMITS**

England & Wales - Charity number 1168962

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# Accounts

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CREATING MEMORIES  
CHANGING LIVES

BEYOND LIMITS  
**ANNUAL  
REPORT**  
2024 - 2025



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# LETTER FROM THE CEO

## Dear Friends and Supporters,

As I look back on the past year, I'm reminded more than ever that it's not just what we do, but how we make people feel that defines Beyond Limits.

Over the past 12 months, we've delivered 16,905 instances of community engagement. That's 16,905 opportunities to offer comfort, laughter, connection, and care. While the number is lower than last year's total, this reflects a deliberate return to slower, more meaningful interactions—the kind that allow memories to form and lives to change.

We've gone back to the heart of what we do best: creating spaces where people feel valued and seen. One moment that sticks with me happened during a quiet movie night. A single mum turned to me, with tears in her eyes, and whispered, "I can't remember the last time we laughed like this together." Those are the moments that remind us why we're here.

Whether it's a child proudly showing off their scrapbook, a carer receiving a well-earned pamper afternoon, or neighbours bonding over a warm breakfast—we've placed joy and memory-making at the centre of our work. We've focused not just on delivering support, but on offering dignity, choice, and celebration to people who may not often get to feel those things.

I'm deeply grateful to our team and volunteers, whose creativity and commitment bring every event to life with such care. You've helped turn everyday activities into something truly special.

As always, thank you to everyone who has supported us this year. Your belief in Beyond Limits allows us to keep showing up in ways that matter—not just in moments of crisis, but in those quiet, beautiful moments of connection that stay with people for years to come.

With heartfelt thanks,

*Susan Sadler*

Founder & Chief Executive



# LEADERSHIP INSIGHTS: WORDS FROM OUR CHAIR



It has been a year of quiet transformation at Beyond Limits.

As Chair, I've had the privilege of watching our work unfold from a unique vantage point—listening, observing, and occasionally stepping in to join the laughter and tears that flow through our gatherings. What I've seen again and again this year is a renewed focus on presence—on showing up for people, not just with services, but with soul.

The world is still catching its breath after years of upheaval. But Beyond Limits has found its rhythm again—not by rushing to reach more, but by going deeper with each person we support. There is real beauty in that. And there is real impact. We've moved back toward what makes this charity truly special: human connection. A warm plate of food. A costume that brings a giggle. A space where a carer can sit, rest, and be seen. These are not small things. They are often the turning point moments for someone who's been running on empty.

This year, we may have engaged with fewer people compared to the last, but we did so with greater intention. And the ripple effects are powerful.

As trustees, we've supported this shift wholeheartedly. We've witnessed the commitment of our team and volunteers, and we've been moved by the feedback from families, young people, and older residents alike. Time and time again, we hear the same thing: "This stayed with me."

Looking ahead, I believe we're stepping into our strongest season yet. We know who we are. We know what matters. And with the right support, we will continue to create those moments that build resilience, spark healing, and remind people of their worth.

To everyone who has supported us, given time, donated, prayed, or believed in what we do—thank you. You are part of every smile, every breakthrough, every lasting memory made this year.

With gratitude and hope,

*Mally Wheldon*

Chair of Trustees  
Beyond Limits



# ABOUT BEYOND LIMITS

At Beyond Limits, we create space—space to breathe, to rest, to reconnect, and to belong.

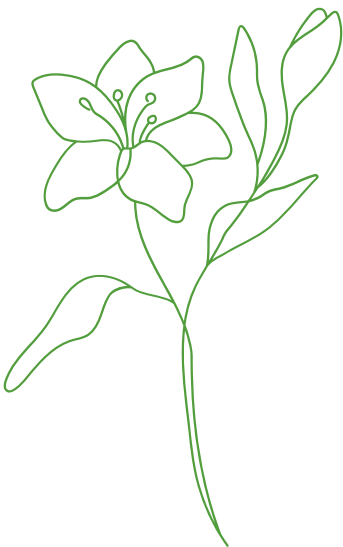
We are a charity with a heart for people experiencing poverty, distress, isolation, or disadvantage. Whether it's due to age, illness, disability, financial hardship, or difficult life circumstances, we exist to remind people that they matter.

Our work is rooted in the belief that everyone deserves more than just survival—they deserve moments of joy, healing, and human connection.

We provide peaceful places of retreat and meaningful experiences for individuals and families who need time away to rest, recover, or simply feel part of something again. From themed community events and creative workshops to one-to-one support and emergency aid, everything we do is designed to create memories that change lives.

We also support personal development, offering training and opportunities to grow in confidence, skills, and purpose. Whether someone is rediscovering who they are, or rebuilding from a difficult season, Beyond Limits offers a safe, welcoming hand to walk beside them.

With a foundation built on Christian values, we act with compassion, care, and courage. Our mission is simple: to walk with people as they move beyond what they thought was possible—beyond limits.





# OUR VALUES

At the heart of Beyond Limits are six guiding values. These shape every conversation, every event, and every life we have the privilege to touch.

## Compassionate

We show a compassion that is kind, gentle, and free from judgement—meeting people where they are, just as they are.

## Respectful

We honour the dignity of every person, recognising their worth, story, and right to be heard.

## Generous

We give freely—of our time, our resources, and ourselves—in the service of others, always with open hands and hearts.

## Responsive


We stay alert to the changing needs of our communities and respond with creativity and care to alleviate hardship in all its forms.

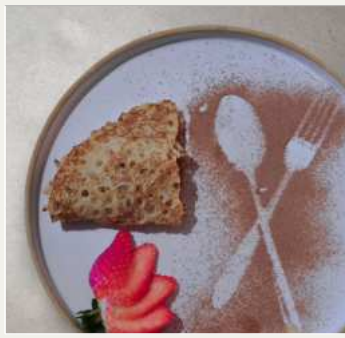
## Accountable

We act with integrity, owning our responsibilities and working within the limits of our knowledge, skills, and capacity—while always striving to do our best.

## Confidential

We respect the privacy and trust of every person we help. The wellbeing of vulnerable individuals is always our top priority.





## A GLIMPSE INTO OUR YEAR

Across the next few pages, we've captured the laughter, creativity, connection, and care that made this year unforgettable.

From vibrant breakfasts and live music nights to thoughtful gifts and community celebrations—these images speak to the heart of what we do. Every photo tells a story of kindness, resilience, and the joy of being together





A GLIMPSE INTO OUR  
YEAR  
H I G H L I G H T S



# A GLIMPSE INTO OUR YEAR CREATING MEMORIES



Entertainment  
Robson Fi

LOCATION:

# Night



## NEW YEARS

TUESDAY 31ST DECEMBER



Join us at our annual  
**GARDEN Party**

South Side, Butterknowle  
Saturday 17th May  
3-4pm

**Party Activities**

- Live Singer, Juggler
- Balloon Modelling, Bouncy Castle
- Petting Farm, Face Painting
- Photo Booth
- Free Ice Cream & Food Van (Voucher will be given)
- Children's Entertainer
- Owl's Display and more!!

**HOW TO BOOK**

We'd love for you to join us! If you'd like to come along, simply drop a comment below to let us know. We'll confirm your place and share any further details closer to the date. Looking forward to seeing you there!

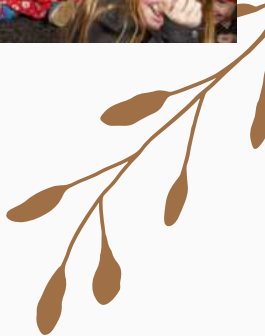


# Year PARTY



Live M

MOMENTS THAT MATTERED  
CELEBRATING THE JOY, LAUGHTER, AND  
CONNECTION THAT DEFINED OUR YEAR.



This joyful collage captures the spirit of Beyond Limits—where laughter, playfulness, and heartfelt connection create truly unforgettable moments.

Thank you to everyone who helped create these memories. You've made people feel seen, supported, and celebrated.

# OUR TEAM: THE HEART OF BEYOND LIMITS

Behind every smile we've helped create, every event we've brought to life, and every story shared this year, there's an exceptional team working with care, heart, and unwavering dedication.

Our Operations Manager, formerly our volunteer coordinator, continues to be a pillar of strength within the organisation. From managing logistics and volunteers to safeguarding and overseeing our day-to-day services, her thoughtful leadership ensures that every element of our work runs smoothly. Her role has been central to delivering almost 17,000 meaningful engagements this year, across emergency aid, creative workshops, wellbeing sessions, and so much more.

Our Finance Officer continues to bring insight and structure to all that we do behind the scenes. With streamlined processes and strong reporting, she ensures we use every resource wisely, especially during a time when need has remained high and funds must stretch further.

Although we no longer have a formal catering team, our commitment to hospitality and nourishment remains strong. Meals and refreshments are now delivered through flexible volunteer-led efforts or local partnerships, allowing us to continue offering warm, welcoming experiences at every event—from breakfast clubs to themed afternoon teas.

At the helm is our CEO, whose compassionate leadership and creative vision remain the driving force of Beyond Limits.

Her focus this year—on slowing down, listening more deeply, and turning everyday moments into lasting memories—has reshaped the way we connect with the people we serve.

The past year has not been about numbers alone. It's been about depth. Impact. And moments that mattered.

Thanks to this remarkable team, we've not only adapted—we've created space for people to feel seen, valued, and celebrated. And that is what lies at the very heart of Beyond Limits.

# THE HEARTBEAT OF BEYOND LIMITS OUR VOLUNTEER FORCE

Hello everyone,

I'm Linzi, and I'm proud to share just how much love and care our volunteers have poured into Beyond Limits this year. Their kindness, time, and spirit have done more than just keep things running—they've created moments people will never forget. Our core team of 30 dedicated volunteers has grown—not just in numbers, but in impact. And during our busiest moments, we've been supported by over 40 additional helpers who step in with open hands and hearts. Whether it's delivering a hot breakfast, crafting with residents, or simply sitting beside someone who needed company—our volunteers have been there, again and again. But what's touched me most this year is how deeply they care. They don't just show up to do. They show up to connect. They bring warmth, laughter, and presence into every room. From our pamper days to community celebrations, our volunteers have been part of countless joyful, healing, and memory-making moments.

What's especially exciting is the growing number of young people joining us. Their enthusiasm to give back has been infectious, and it reminds us all that compassion has no age limit. We've continued to support all our volunteers with practical and personal development—ensuring they not only give to the community but grow within themselves, too.

We've also been honoured to maintain our County Durham Volunteering Kite Mark and be recognised once again for our innovative, inclusive approach to volunteer engagement.

As I look to the future, I'm filled with pride. The people who give their time to Beyond Limits aren't just helpers—they're memory-makers, wellbeing warriors, and community builders. Their compassion sits at the very centre of all we do.

To every single volunteer: thank you. You've reminded us that care is powerful, connection is healing, and kindness leaves a legacy. Here's to another year of making memories—together.

With love and gratitude,

Linzi – Operations Manager

# TESTIMONIALS

## **Margaret's Story**

“When I couldn’t buy food, I’d sit up all night, scared to go to sleep because I didn’t know what tomorrow would bring. I sometimes thought about ending my life.

I sleep better now. I don’t have to constantly worry about how to put food on the table. The toiletries you sent made me feel cared for. I’ve even started meeting new people. If anyone’s struggling like I was—please, reach out. There is support. I’m living proof of that.”

*Reaching out to Beyond Limits changed everything for Margaret. With regular food support and emotional encouragement, her mental health began to stabilise. From emergency aid to doorstep deliveries, Beyond Limits helped brighten her return home with thoughtful gestures and continued friendship.*

## **Callum's Story**

“I’ve got mental health problems, and I don’t cope with change very well. I hear voices that tell me to hurt myself. It’s been hard to believe I was wanted.”

“Now I have someone I can talk to when I feel low. I’m making a daily diary, and I know with support and love—I WILL get through this. And I hope you do too.”

*With ongoing support from Beyond Limits and professional services, Callum now has a safety plan, a daily routine, and most importantly—hope.*

## **Peter's Story**

“My wife and I are both facing difficult health issues—including my cancer treatment—and we needed to move to a bungalow due to our disabilities. The stress was overwhelming.”

“Thanks to the community, the carpets were fitted before we moved in. We were overwhelmed with emotion. The kindness shown to us lifted so much weight. To everyone who gave, shared, or simply said, ‘I’d like to offer my support’—thank you. You helped turn a bare space into a home filled with comfort and dignity”

# IMPACT IN ACTION



This year, Beyond Limits delivered almost 17,000 individual moments of care and connection—from emergency aid and mental health support to joyful events and creative workshops. Every single number below represents a person reached, a moment shared, and a step towards recovery, rest, or reconnection.


<b>Project/People Helped</b>
Emergency Aid / Household Items
12,005
Art Group
202
Therapy / Wellbeing
287
Youth / Pay it Forward
58
Social Events
1,292
Gift Packs
1,624
Revive
140
Training
175
Days Out
47
Warm Spaces
545
Winter Wonderland
165
Cooking Challenge
55
Winter Warm Packs
310
Total
16,905

## A Return to What Matters

These figures reflect our return to a pre-Covid style of support—fewer, but more personal, interactions.

We focused on slowing down and showing up in ways that bring joy, relief, dignity and belonging.

Whether it's a food parcel, a warm room, a pamper day or a chance to share laughter at an afternoon tea—each of these 16,905 engagements meant someone felt seen, supported and uplifted.



# FINANCIAL REVIEW

## **Going Concern:**

The trustees have reviewed the going concern status of the charity and concluded that the charity has sufficient reserves to continue operating for the foreseeable future.

## **Governing Document**

The charity is a Charitable Incorporated Organisation (CIO) and is controlled by its constitution.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

## **Trustee Eligibility:**

### **Eligibility for trusteeship**

- (a) Every charity trustee must be a natural person.
- (b) No individual may be appointed as a charity trustee of the CIO:  
if he or she is under the age of 16 years; or  
if he or she would automatically cease to hold office under the provisions of clause [12(1)(e)].
- (c) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.
- (d) At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees, or appoint a new charity trustee.

### **Organisational Structure:**

CEO reports to trustees.

Finance Officer, Operations Manager, and other staff report to the CEO.

30 regular volunteers and ad hoc volunteers report to the Operations Manager.

## **Financial Position:**

### **Total Income:**

2025: £192,646

2024: £198,466

### **Cash Surplus:**

2025: £11,708

2024: £15,799

### **Unrestricted Cash Reserves:**

2025: £81,706

2024: £85,672

In the past year, supporters have generously contributed to Beyond Limits appeals.

## **Reserves Policy:**

The trustees have agreed the amount designated to be held in reserve is to be the equivalent of 3 months (25%) running costs of the current year's expected annual income, plus a contingency of £5,000, to cover unforeseen operational or emergency needs.

TRUSTEES

MALLY WHELDON - BOARD CHAIR  
LINZI NICHOLLS - TREASURER  
ANDREW BOWMAN - SECRETARY  
PAUL FINN  
IAN WILLSON

FINANCE OFFICER - JANICE CALVERT

C.E.O - SUSAN SADLER

REGISTERED OFFICE  
SADLERS FARM  
SOUTH SIDE  
BUTTERKNOWLE  
DL13 5JN  
CHARITY NUMBER 1168962

BEYONDLIMITSCHARITY@GMAIL.COM

M:07915920579

WEBSITE

*Scan me*



**YEAR ENDED 31ST MARCH 2025**

# **FINANCIAL STATEMENTS**

**INDEPENDENTLY  
EXAMINED BY  
STIRK LAMBERT & CO**



**Stirk Lambert & Co.:  
Russell Chambers,  
61A North Street, Keighley, West Yorkshire, BD21  
3DS**

**T: (01535) 662 686 F: (01535) 610 356 E:  
mail@stirklambert.co.uk**



## Receipts and payments accounts

For the period from	01/04/2024	To	31/03/2025
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### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Donations	28,107	640	-	28,747	38,227
Grants	15,000	147,621	-	162,621	154,621
Fundraising	-	-	-	-	197
Gift Aid	-	-	-	-	3,901
Misc	1,278	-	-	1,278	1,231
Sponsorship	-	-	-	-	289
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>44,385</b>	<b>148,261</b>	<b>-</b>	<b>192,646</b>	<b>198,466</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>44,385</b>	<b>148,261</b>	<b>-</b>	<b>192,646</b>	<b>198,466</b>
<b>A3 Payments</b>					
Client Aid	678	46,982	-	47,660	27,967
Client Events	726	39,723	-	40,449	41,786
Equipment	62	1,029	-	1,091	629
Food Aid	151	965	-	1,116	1,086
General Expenses/ Misc	509	1,750	-	2,259	3,631
Insurance	373	500	-	873	1,086
IT Software & Consumables	25	1,137	-	1,162	1,159
Maintenance	7,464	901	-	8,365	2,413
Phone	30	690	-	720	808
Stationery	-	896	-	896	199
Sessional staff	-	110	-	110	5,825
Training	795	139	-	934	310
Travel & transport	261	5,556	-	5,817	5,858
Wages	17,274	22,733	-	40,007	63,694
Advertising	-	493	-	493	331
Bank Fees	321	-	-	321	413
Utilities	450	3,125	-	3,575	3,428
Accountancy	1,230	-	-	1,230	1,740
Client Gifts	449	2,116	-	2,565	5,163
	-	-	-	-	-
<b>Sub total</b>	<b>30,798</b>	<b>128,845</b>	<b>-</b>	<b>159,643</b>	<b>167,526</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	17,553	3,742	-	21,295	15,141
	-	-	-	-	-
<b>Sub total</b>	<b>17,553</b>	<b>3,742</b>	<b>-</b>	<b>21,295</b>	<b>15,141</b>
<b>Total payments</b>	<b>48,351</b>	<b>132,587</b>	<b>-</b>	<b>180,938</b>	<b>182,667</b>
<b>Net of receipts/(payments)</b>	<b>- 3,966</b>	<b>15,674</b>	<b>-</b>	<b>11,708</b>	<b>15,799</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>85,672</b>	<b>21,401</b>	<b>-</b>	<b>107,073</b>	<b>91,275</b>
<b>Cash funds this year end</b>	<b>81,706</b>	<b>37,075</b>	<b>-</b>	<b>118,781</b>	<b>107,074</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
<b>B1 Cash funds</b>	Current Account	34,079	37,075	-	
	Reserve Account	47,627	-	-	
			-	-	
	<b>Total cash funds</b> receipts and payments account(s)	<b>81,706</b>	<b>37,075</b>	<b>-</b>	
		OK	OK	OK	
<b>B2 Other monetary assets</b>	<b>Details</b>		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
<b>B3 Investment assets</b>	<b>Details</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
				-	-
				-	-
				-	-
				-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
	General Equipment		Awards for All		1,070
	General Equipment		CDCF Safety Fund		88
	Computer Equipment		CDCF Safety Fund		53
	Computer Equipment		Children in need		700
	General Equipment		Children in need		637
	General Equipment		Clothworkers Foundation		4,654
	General Equipment		Know Your Neighbourhood		344
	Computer Equipment		General		32
	General Equipment		General		16,820
	General Equipment		Welcome Spaces		673
	General Equipment		Community grant Programme		1,006
	General Equipment		Magic Little Grant		13
	Computer Equipment		Main Grant (Lottery)		9
	General Equipment		Poverty Hurts		123
	General Equipment		Rothley Trust		82
Gym Equipment		Sports England		29	

**B5 Liabilities**

Details		Fund to which liability relates	Amount due (optional)	When due (optional)
Nest		General	41	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>L S Nicholls</i>	Lyndsey Nicholls	19-05-25



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Beyond Limits

**On accounts for the year  
ended**

31 March 2025

**Charity no  
(if any)**

1168962

**Set out on pages**

1 - 20

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025.

**Responsibilities and  
basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

**Signed:**

**Date:**

20/5/2025

**Name:**

Helen Louise Barritt

**Relevant professional  
qualification(s) or body  
(if any):**

The Association of Accounting Technicians

**Address:**

Stirk Lambert & Co

Russell Chambers

61A North Street

Keighley

BD21 3DS

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

N/A

[Empty disclosure box]

**BEYOND LIMITS**

England & Wales - Charity number 1168962

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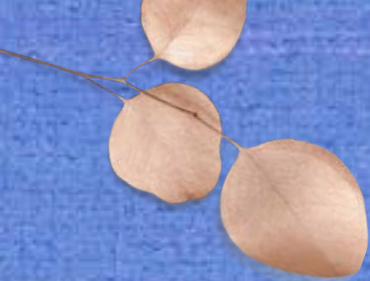
# Accounts

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# ANNUAL REPORT

**2023 - 2024**



“  
*Beyond Limits,  
Beyond Expectations*  
”

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# EXECUTIVE REPORT

## 2023-2024



**Dear Friends and Supporters,**

**As we reflect on another challenging year, I am both humbled and inspired by the resilience and growth Beyond Limits has demonstrated. I'm Susan Sadler, Founder and Chief Executive, and I'm proud to present our annual report for 2023-2024.**

**This year has been one of consolidation, counsel, and change for Beyond Limits. We embarked on this journey anticipating a potential decrease in our reach. However, I'm so happy to report that our efforts to work more efficiently have instead led to a significant increase in the number of individuals we've been able to support.**

**In the face of ongoing economic challenges and the persistent cost-of-living crisis, Beyond Limits has redoubled its efforts. Our consolidation process has allowed us to streamline our services, making them more accessible and effective. We've sought expert counsel and embraced change, adapting our programmes to meet evolving needs.**

**The results have been remarkable. This year, we've reached a total of 19,012 individuals across our various services - a significant increase from the previous year and a testament to the hard work of our team and volunteers.**

**Our emergency aid has been a lifeline for many facing dire circumstances. Through initiatives like our breakfasts, Afternoon Teas, monthly social events we've provided comfort and joy to those struggling. Social events have fostered a sense of community, combating isolation. Specialised services like physiotherapy, music therapy, and counselling have improved both physical and mental well-being.**

**We've invested in personal development through training programmes and creative initiatives, empowering individuals to build skills and confidence. Each service represents lives touched, hope kindled, and steps taken towards brighter futures.**

**I want to express my deepest gratitude to our staff, volunteers, supporters, and the individuals we serve. Your resilience and determination continue to inspire us every day.**

**As we look to the future, we remain committed to our mission of helping people move beyond their perceived limits. The challenges are great, but so is our resolve. Together, we will continue to make a difference, one life at a time.**

**Thank you for your ongoing support of Beyond Limits. As you read through this report, I hope you'll be as moved as I am by the stories of transformation and hope that lie behind these numbers.**

*BEYOND LIMITS, BEYOND TOMORROW: OUR SHARED JOURNEY CONTINUES*





## LEADERSHIP INSIGHTS: WORDS FROM OUR CHAIR

**Beyond Limits continues to hold a special place in my heart, and this year has only deepened my commitment to our mission. As we've touched the lives of over 19,000 individuals, each story reminds me of why this work is so crucial.**

**I'm reminded of a man I met years ago, who had lost everything due to unfortunate circumstances. His physical pain was matched only by his emotional anguish, and he had lost hope. Beyond Limits played a pivotal role in his recovery, and stories like his continue to drive our work today.**

**Through my ongoing involvement with Beyond Limits, I've witnessed countless examples of the genuine love, care, and compassion that guide every decision. These experiences reaffirm my personal and financial commitment to ensuring the continued success of our organisation.**

**The past year has presented its own set of challenges. The cost-of-living crisis has impacted many, and the aftereffects of the pandemic continue to reverberate through our communities. Yet, Beyond Limits has not only persevered but thrived. Our team has shown remarkable adaptability, constantly evolving our approach to meet the changing needs of those we serve. As the saying goes, "You have to fight a battle more than once to win it." The unwavering dedication demonstrated daily at Beyond Limits proves that a committed team can overcome any obstacle.**

**On behalf of the trustees, I extend our deepest gratitude to everyone who has contributed to Beyond Limits' growth and impact this year. Our staff and volunteers have shown unparalleled energy, creativity, and expertise. To our funders and supporters, your generosity has been the bedrock of our success, enabling us to reach more people than ever before.**

**As we look to the future, I am filled with excitement and pride. The coming chapter of Beyond Limits' journey promises to be our most impactful yet. Together, we will continue to push boundaries, offer hope, and change lives.**

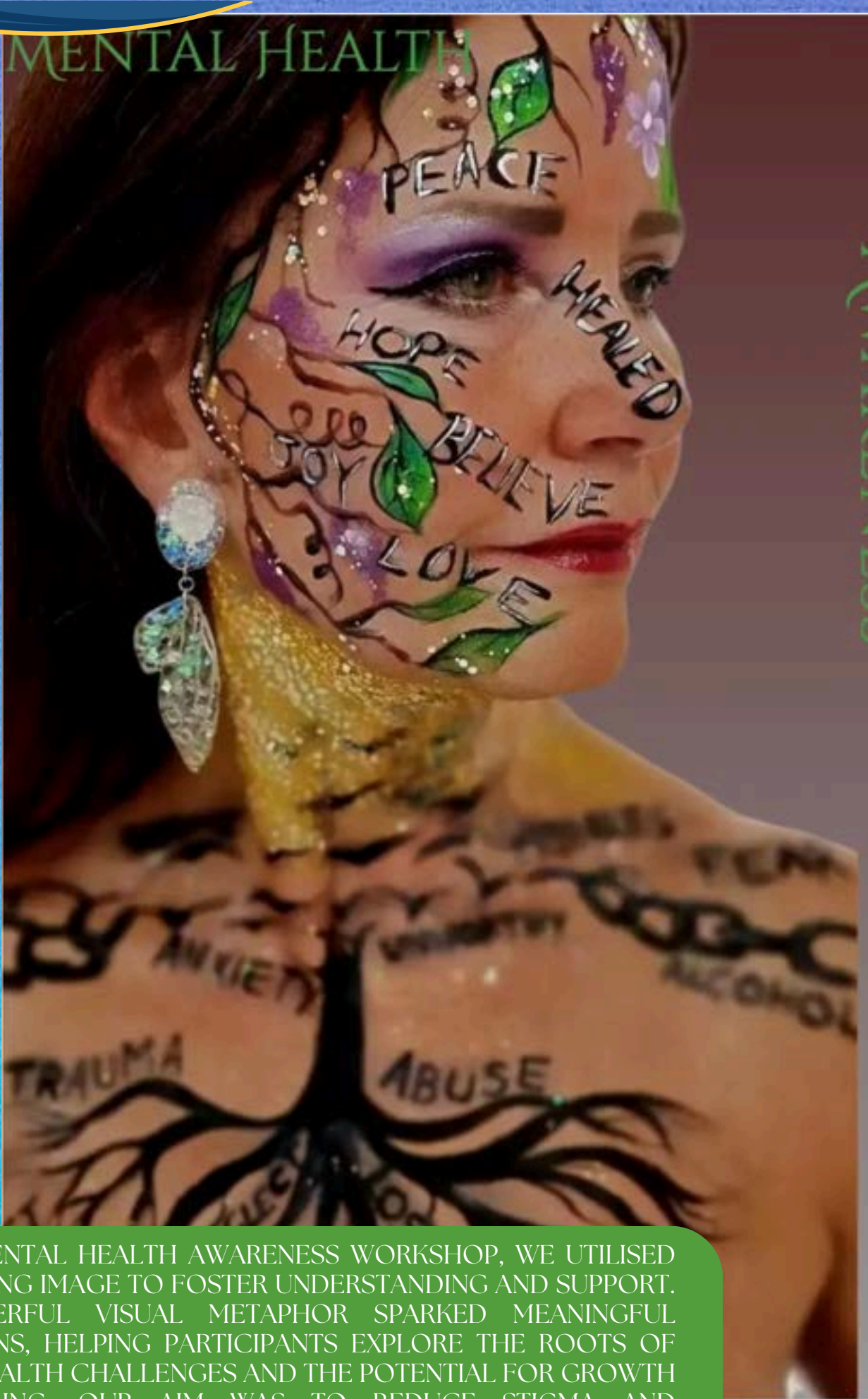
**With warmest regards and heartfelt thanks,**

**Mally Wheldon Chair of Trustees**



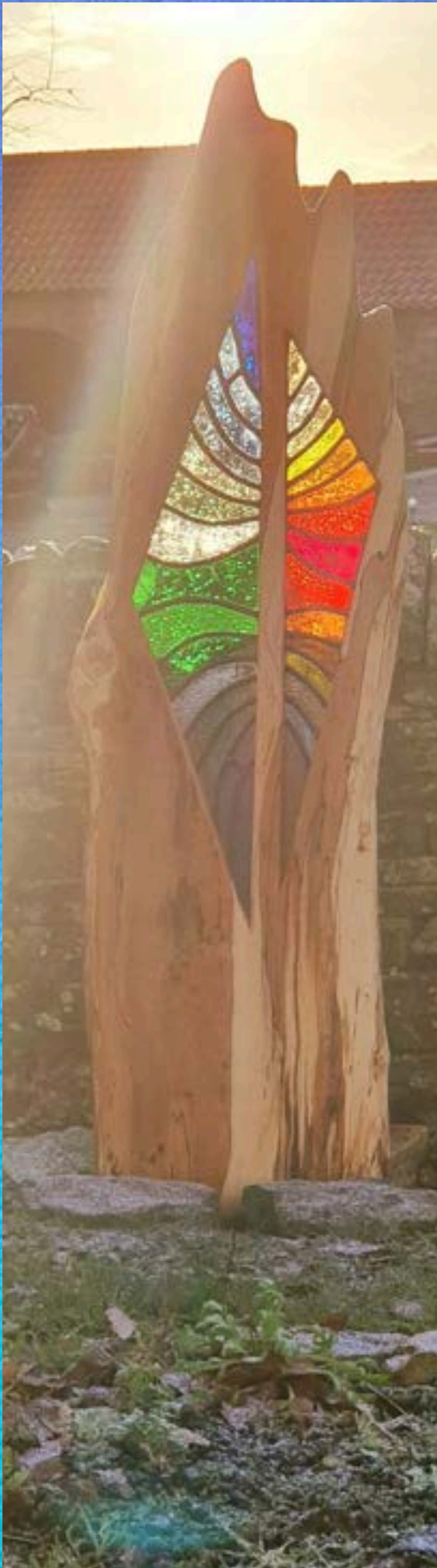
MENTAL HEALTH

AWARENESS



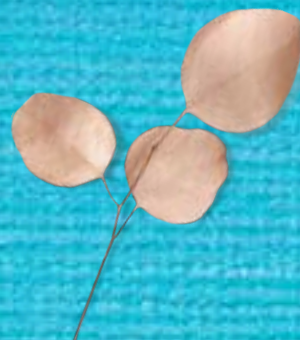
AT OUR MENTAL HEALTH AWARENESS WORKSHOP, WE UTILISED THIS STRIKING IMAGE TO FOSTER UNDERSTANDING AND SUPPORT. THE POWERFUL VISUAL METAPHOR SPARKED MEANINGFUL DISCUSSIONS, HELPING PARTICIPANTS EXPLORE THE ROOTS OF MENTAL HEALTH CHALLENGES AND THE POTENTIAL FOR GROWTH AND HEALING. OUR AIM WAS TO REDUCE STIGMA AND ENCOURAGE OPEN DIALOGUE ABOUT MENTAL WELLBEING IN OUR COMMUNITY





# ABOUT BEYOND LIMITS

- Beyond Limits aims to provide a place of peace or retreat to relieve anyone in poverty or distress by reason of youth, age, ill-health, disability, financial hardship or other disadvantages by providing the facilities to allow individuals and families to spend time away from home to reconnect with themselves, their families or with others.
- We also promote learning through the continued development of individual capabilities, competencies, skills and understanding in subjects of educational & personal value by providing training and development of skills and knowledge to those attending the retreat as a result of youth, age, ill-health, disability, financial hardship or other disadvantage allowing them to succeed beyond their limits.
- We provide relief of financial hardship by providing such persons with goods, which they could not otherwise afford through lack of means. We operate with a Christian Ethos.



LET'S DO IT!



# OUR VALUES

## COMPASSIONATE

WE AIM TO SHOW A COMPASSION THAT IS NON-JUDGEMENTAL TOWARDS THOSE WITH WHOM WE WORK.

## RESPECTFUL

WE RESPECT THE DIGNITY OF ALL

## GENEROUS

WE AIM TO BE GENEROUS WITH OUR TIME, OUR POSSESSIONS AND OURSELVES IN THE SERVICE OF OTHERS

## RESPONSIVE

WE AIM TO BE ALERT TO THE EVER-CHANGING NEEDS OF THE COMMUNITIES IN WHICH WE WORK AND TO RESPOND ACCORDINGLY IN ORDER TO ALLEVIATE POVERTY IN ALL ITS FORMS AS WELL AS WE CAN.

## ACCOUNTABLE

WE RECOGNISE OUR ACCOUNTABILITY TO THOSE WE SEEK TO HELP; WHILST ACTING WITHIN THE LIMITS OF OUR OWN KNOWLEDGE AND SKILLS

## CONFIDENTIAL

WE RESPECT THE CONFIDENTIALITY OF THOSE WE HELP, WHILST RECOGNISING THAT THE PHYSICAL AND MENTAL WELLBEING OF ANY VULNERABLE PARTY MUST ALWAYS BE PARAMOUNT.





MEET HARRIET, THE RADIANT  
PRESENCE THAT CAN BRIGHTEN  
ANY ROOM WITH HER SMILE  
SHE LOVES OUR EVENTS

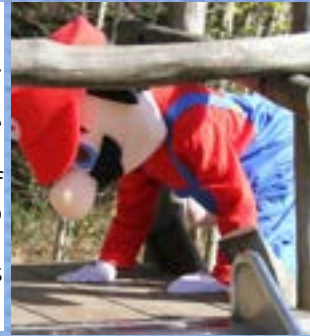
# MONTHLY

# HIGHLIGHTS

## APRIL

### Guest Review

What an amazing Easter Treasure Hunt Event at Hamsterley Forest in April. We booked to attend with our grandchildren, one of whom is currently on a restricted diet and another vegetarian. This was no problem for the organisers, my granddaughter was very happy with her little lunch bag making her feel the same as her brother. She was also very proud of herself as she was brave and had her photograph taken with Super Mario Brothers. As usual, Susan, Linzi and the team ensured they paid attention to the smallest detail. Ken was always around to snap the precious moments with his camera.



## MAY

We hosted a spectacular garden party to celebrate the King's Coronation in May 2023. Over 300 people joined us for this joyous occasion, enjoying festive decorations, delicious food and refreshments, and a warm community atmosphere. The day was filled with laughter, music, and a shared sense of national pride as we marked this historic moment together



## JUNE

We hosted an afternoon get-together that became an unforgettable celebration of life. The star was Hilda, a remarkable 103-year-old who danced for two astonishing hours with one of our young volunteers. Her energy and zest for life were contagious, inspiring guests of all ages. Hilda's performance was a powerful reminder that joy knows no age limits. It brought generations together, creating a beautiful moment of shared wonder and connection.

Inspired by Hilda's spirit, we share: "Age may wrinkle the skin, but joy keeps the heart forever young."

This showed us all the value of living life to its fullest, at any age



## JULY

Our recent workshop culminated in a stunning photo shoot, showcasing the vibrant synergy of local talents. Skilled photographers captured the essence of the workshop, while face painters transformed models into living works of art. The resulting image is a testament to our community's creativity, featuring intricate makeup, floral headdresses and stunning outfits. This collaborative effort not only produced a visually striking masterpiece but also highlighted the diverse artistic skills within our group with colour, imagination, and teamwork.



# MONTHLY

# HIGHLIGHTS

## AUGUST

Our "30 Days Food Challenge" at South Side Butterknowle was a tremendous success, uniting culinary exploration and community spirit. Five participants embraced healthy eating, discovering local produce and sharing experiences. The initiative fostered neighborhood connections, promoted well-being, and inspired lasting healthy habits. It exemplified our commitment to community and sustainable living, setting a new standard for future events

### 30 DAYS FOOD CHALLENGE

Are you interested in being one of our five participants?

Beyondlimits!

## SEPTEMBER

Our "1000 Gifts of Hope Campaign" brought joy to 95-year-old Betty, who recently celebrated 75 years of marriage. Despite facing health challenges, Betty's spirits were lifted by a thoughtful gift. The campaign aims to spread kindness and support in our community, one gift at a time. Betty's beaming smile as she receives her gift beautifully captures the campaign's impact on our elderly neighbours.



## OCTOBER

We gathered for magical day of creativity. Families enjoyed guided scrapbooking sessions, while skilled face painters added extra excitement. The highlight was a surprise visit from Mario and Luigi, delighting children and adults alike. Parents and kids bonded over crafts, laughter, and imagination, creating colourful scrapbooks filled with memories.

Local talent shone as residents shared their skills and passions. The room buzzed with energy as friendships formed and existing bonds deepened. As the afternoon ended, everyone left with cherished memories, proud creations, and a renewed sense of togetherness, embodying the spirit of our close-knit community



## NOVEMBER

On Remembrance Sunday, we gathered to honour our heroes, leading a poignant service surrounded by cherished friends. The room resonated with respect and gratitude as we paid tribute to those who sacrificed for our freedom. Isaiah 40:31 guided our reflections: "But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." This scripture embodied the resilience and hope of those we remembered, inspiring us to carry their legacy forward with unwavering strength and dedication



# MONTHLY

# HIGHLIGHTS

## DECEMBER

Durham University transforms Beyond Limits into a magical Winter Wonderland annually, creating unforgettable experiences. Students and staff volunteer to design enchanting displays and festive activities, reflecting Christmas's true spirit. Their efforts bring joy to all ages, fostering community and embodying Christmas's real meaning - love, giving, and togetherness. We're deeply grateful for Durham University's partnership, making Winter Wonderland a highlight that keeps Christ central to our celebrations.



## JANUARY

This month we launched our Breakfast Club again. They brings the community together for a hearty start to the day. Our dedicated team and volunteers work tirelessly to prepare a diverse and delicious spread. We offer a traditional full English breakfast alongside an array of healthier options, catering to all tastes and dietary needs, every dish is prepared with care and attention to detail. These breakfasts are more than just meals; they're a celebration of community spirit. The warm atmosphere encourages neighbours to connect, share stories, and build lasting friendships. We're immensely grateful to our volunteers whose dedication makes these gatherings possible.



## FEBRUARY

The Legacy of Talbot Manor' murder mystery evening. The event transformed our venue into an ominous manor, complete with howling winds and rain for atmosphere. Guests turned detectives, interrogating suspicious characters and unravelling clues. The immersive experience was a resounding success, offering thrills, intrigue, and plenty of surprises. Delicious food and drinks complemented the entertainment, while the final reveal left everyone astonished. This fun-filled evening not only provided great entertainment but also fostered new friendships and community bonds, creating lasting memories for all involved.



## MARCH

We hosted a delightful early Mother's Day pamper event, filled with joy and relaxation. Our heartfelt thanks go to the talented therapists who generously donated their time and skills, and to our dedicated volunteers whose efforts made the day truly special. We're grateful to all our guests who joined us, making this celebration of motherhood a wonderful community gathering



# OUR TEAM: THE HEART OF BEYOND LIMITS

At the core of Beyond Limits' success is our exceptional team, whose dedication and adaptability have been paramount in this year of consolidation and growth.

Our volunteer coordinator remains the linchpin of our operations, working tirelessly alongside the CEO to ensure the smooth running of every project. Her meticulous management of our volunteer force, from coordinating schedules to maintaining health and safety standards, has been crucial in our ability to reach over 19,000 individuals this year. Her role in managing our events calendar and monitoring user numbers across all projects, including our vital emergency aid, has been instrumental in our increased impact.

Our finance officer continues to be a beacon of efficiency and innovation. Her implementation of streamlined processes and cutting-edge financial software has resulted in more accurate reporting and insightful analysis. Her ability to communicate complex financial information clearly has been invaluable in guiding our strategic decisions during this period of change.

While we've moved to a more flexible model for some roles, the spirit of dedication remains. Our cleaning staff, now engaged on an as-needed basis, maintain our commitment to providing a safe and welcoming environment for all who come through our doors. Their thorough approach, going beyond simple cleaning to ensure proper sanitisation, reflects our ongoing commitment to the wellbeing of our more vulnerable clients.

Similarly, our catering needs are now met by a roster of talented chefs who bring their skills to our events and provide nourishing meals for our food support programmes. This flexible approach has allowed us to maintain the quality of our food offerings while adapting to changing demands.

At the helm of it all is our CEO, whose vision and passion continue to be the driving force behind Beyond Limits. Her innovative approach to addressing not just the symptoms but the root causes of poverty and social isolation has guided our strategy through this year of change. Her leadership inspires each of us to push beyond our perceived limits, constantly seeking new ways to make a lasting positive impact on the lives we touch.

As we've navigated the aftermath of the pandemic and faced new challenges, including the cost-of-living crisis, our team's resilience and creativity have shone through. Their unwavering commitment to our mission has not only sustained our work but enabled us to expand our reach and deepen our impact.

The success of Beyond Limits this year - reaching more individuals, launching new initiatives, and adapting our services to meet evolving needs - is a testament to the dedication, skill, and heart of our incredible team. As we look to the future, we do so with confidence, knowing that with this team, we are ready to face any challenge and seize every opportunity to make a difference.





Hello everyone,

I'm Linzi, and I'm thrilled to share with you the incredible journey our volunteer team has embarked on this year. The heart of Beyond Limits beats stronger than ever, thanks to the unwavering dedication of our volunteers.

This year, we've seen our core team of 30 devoted individuals grow in both numbers and impact. Rain or shine, they've been the driving force behind every project we've undertaken. But our volunteer family extends far beyond these familiar faces. We're blessed with a network of over 40 additional helpers who step up during our busiest times, ensuring events like our garden party and Christmas deliveries run seamlessly.

What's truly exciting is the surge of young people joining our ranks. Their enthusiasm to give back to the community is nothing short of inspiring. It's a powerful reminder that the spirit of volunteerism is alive and thriving in our youth. We've made it our mission to nurture this passion, offering not just a chance to contribute, but a pathway for personal growth and development.

At Beyond Limits, we believe in the power of reciprocal enrichment. That's why we've expanded our training programmes this year. From practical skills like manual handling and food safety to broader competencies such as digital literacy and team building, we're equipping our volunteers with tools that serve them well beyond their time with us. It's our way of investing in their future while they invest in the community.

The selflessness of our volunteers continues to humble us. They ask for nothing in return, yet give so much. It's this spirit that drives us to continually enhance our volunteer programme. I'm particularly proud to share that we've not only maintained our County Durham Volunteering Kite Mark but have also been recognized for our innovative approaches to volunteer engagement this year.

As we look to the future, I'm filled with optimism. The dedication of our volunteers, coupled with the fresh energy of our younger members, positions us to make an even greater impact in the coming year. Together, we're not just changing lives – we're building a stronger, more compassionate community.

Thank you to each and every volunteer who has contributed to our success this year. Your commitment, your energy, and your heart are the true measure of Beyond Limits' impact.

Here's to another year of growth, learning, and making a difference – together.

Linzi

I

# TESTIMONIALS

HOPE

## David's Journey to Recovery

At Beyond Limits, we witness remarkable transformations. David's story is one that truly inspires hope.

Three years ago, at 42, David found himself trapped by alcohol addiction. "I never imagined a casual pint at 18 would lead to this," he shares. "Alcohol promised good times but delivered only chaos."

The turning point came after a difficult weekend. "I looked in the mirror and saw a stranger," David recalls. "That's when I knew something had to change."

With support from Beyond Limits, David began his recovery journey. Now, three years sober, his transformation is remarkable. "I'm genuinely happy now," David beams. "I've learned to savour life's simple pleasures without needing an escape."

Inspired by the support he received, David now volunteers with us, helping others find their path. His message is clear: "Recovery is possible. It's not easy, but it's worth every step. You're stronger than you know, and there are people ready to support you."

At Beyond Limits, we're honoured to be part of these journeys, witnessing individuals reclaim their lives and discover their true potential.

## A Family Restored

In our darkest hour, when hope seemed lost, Beyond Limits became our beacon of light. Their kindness rekindled our faith in humanity and showed us that compassion still thrives in our community.

Through their support, we found not just immediate relief, but a path forward. Their genuine care changed our perspective, proving that even in the toughest times, there are people ready to lend a helping hand.

We're eternally grateful to everyone at Beyond Limits. You reached out when we needed it most, reminding us that no one is truly alone. Thank you for restoring our hope and setting us on a journey of recovery.

THANKFULNESS

At Beyond Limits, we witness incredible transformations. Sarah's story exemplifies the power of love and self-discovery.

Two years ago, at 38, Sarah was trapped in depression and anxiety. "My childhood traumas affected me deeply," she shares. "I felt like I was drowning in my own thoughts."

The turning point came after a panic attack at work. "I realised I needed help," Sarah recalls.

With Beyond Limits' support, Sarah began her healing journey. Now, her transformation is inspiring. She's rediscovered her passion for art and found inner peace. "I've learned to love myself," Sarah smiles. "That's changed everything."

Motivated by her progress, Sarah now leads support groups. Her message resonates: "Healing is possible. It takes time, but you're worth it. There's so much love and support waiting for you."

At Beyond Limits, we're honoured to witness individuals like Sarah reclaim their lives through self-love and community support.

LOVE





# IMPACT IN ACTION

Project	People Helped
Emergency aid/Household items	12,993
Art Group	169
Physiotherapy (PT)	197
Youth/Pay it forward	57
Social Events	1,423
Gift Package	2,548
Revive	149
Training	373
Team Building	15
Days Out	7
Afternoon Tea Boxes	122
Music Therapy	271
Warm Spaces	410
Winter Wonderland	187
Cooking Challenge	47
Counselling	42
Total People Helped	19,012



# FINANCIAL REVIEW

## **Going Concern:**

The trustees have reviewed the going concern status of the charity and concluded that the charity has sufficient reserves to continue operating for the foreseeable future

Governing document

The charity is a Charitable Incorporated Organisation (CIO) and is controlled by its constitution."

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Trustee Eligibility:**

Eligibility for trusteeship

(a) Every charity trustee must be a natural person.

(b) No individual may be appointed as a charity trustee of the CIO:

if he or she is under the age of 16years;or

if he or she would automatically cease to hold office under the

provisions of clause [12(1)(e)].

(c) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.

(d) At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees, or appoint a new charity trustee.]

### **Organisational Structure:**

CEO reports to trustees.

Finance Officer, Volunteer Coordinator, Staff report to CEO.

30 regular volunteers and ad hoc volunteers report to the Volunteer Coordinator

### **Financial Position:**

Total income for the year was £198,466 (2023 £215,645).

During the year there was a cash surplus of £15,799 (2023 £52,600).

Unrestricted cash reserves were £85,672 (2023 £61,595).

In the past year, supporters have generously contributed to Beyond Limits appeals. Notably, a significant portion of our funding has been received as restricted funds from The National Lottery Community Fund, specifically designated for the 'RC North East and Cumbria Region.' This multiyear support has significantly expanded our capacity to drive impactful community initiatives, enabling us to venture into new realms of service. We extend our heartfelt appreciation to The National Lottery Community Fund for their unwavering partnership and transformative support.

The National Lottery Community Fund RC North East and Cumbria Region £51,016

### **Reserves policy:**

The trustees have agreed the amount designated to be held in reserve is to be the equivalent of 3 months (25%) running costs of the current year's expected annual income plus a contingency of £5000.00

## Trustees

Mally Wheldon - Board Chair

Linzi Nicholls - Treasurer

Andrew Bowman - Secretary

Paul Finn

Ian Wilson

Karen Masai (resigned 12th December 2023)

Ernie Malt (resigned 12th December 2023)

## Finance Officer -

Janice Calvert

## C.E.O -

Susan Sadler

## REGISTERED OFFICE

Sadlers Farm South Side Butterknowle DL13  
5JN



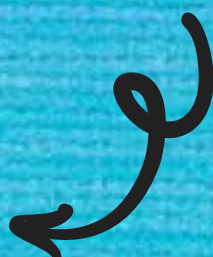
Charity Number 1168962



[beyondlimitscharity@gmail.com](mailto:beyondlimitscharity@gmail.com)

07915920579

Scan me  
Website



**YEAR ENDED 31ST MARCH 2024**

# **FINANCIAL STATEMENTS**



**INDEPENDENTLY  
EXAMINED BY  
STIRK LAMBERT & CO**

**Stirk Lambert & Co.:  
Russell Chambers,  
61A North Street, Keighley, West Yorkshire, BD21  
3DS**

**T: (01535) 662 686 F: (01535) 610 356 E:  
mail@stirklambert.co.uk**

**Receipts and payments accounts**

For the period from	01/04/2023	To	31/03/2024
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**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	37,652	575	-	38,227	35,337
Grants	10,000	144,621	-	154,621	171,232
Fundraising	197	-	-	197	5,159
Gift Aid	3,901	-	-	3,901	3,481
Misc	1,231	-	-	1,231	436
Sponsorship	289	-	-	289	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	53,270	145,196	-	198,466	215,645
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
<b>Total receipts</b>	<b>53,270</b>	<b>145,196</b>	<b>-</b>	<b>198,466</b>	<b>215,645</b>
<b>A3 Payments</b>					
Client Aid	1,143	26,824	-	27,967	27,085
Client Events	2,190	39,596	-	41,786	46,818
Equipment	247	382	-	629	4,440
Food Aid	37	1,049	-	1,086	2,317
General Expenses/ Misc	1,225	2,406	-	3,631	3,162
Insurance	214	872	-	1,086	862
IT Software & Consumables	958	201	-	1,159	832
Maintenance	1,755	658	-	2,413	3,389
Phone	633	175	-	808	160
Stationery	64	135	-	199	120
Sessional staff	375	5,450	-	5,825	2,530
Training	67	243	-	310	1,984
Travel & transport	264	5,594	-	5,858	3,673
Wages	12,788	50,906	-	63,694	58,588
Advertising	-	331	-	331	-
Bank Fees	413	-	-	413	368
Utilities	1,775	1,653	-	3,428	2,650
Accountancy	1,740	-	-	1,740	-
Client Gifts	271	4,892	-	5,163	-
	-	-	-	-	-
Sub total	26,159	141,367	-	167,526	158,978
<b>A4 Asset and investment purchases, (see table)</b>					
	3,034	12,108	-	15,141	4,067
	-	-	-	-	-
Sub total	3,034	12,108	-	15,141	4,067
<b>Total payments</b>	<b>29,193</b>	<b>153,475</b>	<b>-</b>	<b>182,667</b>	<b>163,045</b>
Net of receipts/(payments)	24,077	8,279	-	15,799	52,600
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	61,595	29,680	-	91,275	38,675
Cash funds this year end	85,672	21,401	-	107,074	91,275

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B1 Cash funds	Current Account	38,349	21,401	-	
	Reserve Account	47,323	-	-	
			-	-	
	<b>Total cash</b>	<b>85,672</b>	<b>21,401</b>	<b>-</b>	
	receipts and payments account(s)	OK	OK	OK	
B2 Other monetary assets	Details		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
B3 Investment assets	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)
				-	-
				-	-
				-	-
				-	-
B4 Assets retained for the charity's own use	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)
	General Equipment		Awards for All		770
	General Equipment		CDCF Safety Fund		178
	Computer Equipment		CDCF Safety Fund		353
	Computer Equipment		Children in need		1,300
	General Equipment		Clothworkers Foundation		7,848
	Gym Equipment		Durham Sports		77
	Computer Equipment		General		96
	General Equipment		General		3,575
	Fixtures & Fittings		Hobson Charity		811
	General Equipment		Hobson Charity		758
	General Equipment		Magic Little Grant		163
	Computer Equipment		Main Grant (Lottery)		28
	General Equipment		Poverty Hurts		201
	General Equipment		Rothley Trust		577
Gym Equipment		Sports England		1,227	
B5 Liabilities	Details		Fund to which liability relates	Amount due (optional)	When due (optional)
	HMRC		General	431	19 April 2024
	Nest		General	77	23 May 2024
				-	

--	--	--	--	--

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

Signature	Print Name	Date of approval
<i>LS Nicholls</i>	Lyndsey Nicholls	23-10-24



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Beyond Limits

**On accounts for the year  
ended**

31 March 2024

**Charity no  
(if any)**

1168962

**Set out on pages**

1 - 24

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

**Responsibilities and  
basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

**Signed:**

**Date:**

28/10/2024

**Name:**

Helen Louise Barritt

**Relevant professional  
qualification(s) or body  
(if any):**

The Association of Accounting Technicians

**Address:**

Stirk Lambert & Co

Russell Chambers

61A North Street

Keighley

BD21 3DS

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

N/A

**BEYOND LIMITS**

England & Wales - Charity number 1168962

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# Accounts

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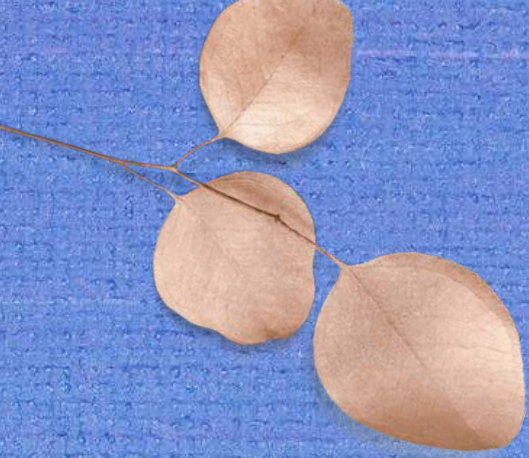
Beyondlimits!  
A World Of Opportunity



ANNUAL  
REPORT

2022 - 2023





“  
Let's  
Start  
the  
Journey!  
”

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# FOUNDER & CHIEF OFFICERS REPORT



What a challenging year it has been; the cost of living soared to levels not witnessed in a generation. Inflation reached a staggering four-decade high, causing the prices of essential items such as food, housing, and utilities to continually rise. This unfortunate situation pushed more individuals into a state of poverty, leading to overwhelming fear and anxiety, which sadly took a toll on people's mental well-being.

However, even in these trying times, Beyond Limits made a significant impact, helping to transform the lives of those affected. I want to extend my heartfelt gratitude to each supporter, volunteer, staff member, and the incredible friends of Beyond Limits who turned the belief in our ability to make a difference into tangible, positive actions.

My name is Susan Sadler, and I am the Founder and Chief Executive of this organization. I am delighted to present to you our annual report and accounts for the year 2022-2023, in which we outline the profound impact of this remarkable charity amid immense need and daunting challenges. We are profoundly thankful for the support we received throughout the year, enabling us to assist those facing the most dire circumstances. As you peruse the following pages, you will witness the individuals whose lives have been touched by Beyond Limits' services, and I take great pride in the transformative effect of our work, which instills respect and hope in people.

We have been privileged to hear many inspiring stories of individuals like Janice, whose lives have been positively transformed through our collaborative efforts. While we are acutely aware of the burdens and obstacles they confront, we are continually amazed by their unwavering determination to seek help and how their situations can change once our support networks are put into place.

*Susan Sadler*

LET'S CONTINUE DOING THIS TOGETHER





## LETTER FROM THE CHAIR

Beyond Limits holds a special place in my heart. I want to take this opportunity to share with you the reasons behind my strong commitment to our mission. A few years ago, I sat down with a kind man who had lost his life savings due to a toxic relationship. His hands were afflicted with arthritis, making it difficult for him to perform the work he had been accustomed to all his life. His heart was heavy with pain, and tears welled up in his eyes. At that moment, he felt utterly helpless and even contemplated ending his life. Thankfully, the right support came his way, with Beyond Limits playing a significant role in his recovery.

Through my association with Beyond Limits, I have personally witnessed the genuine love, care, and compassion that underlie each of their decisions. These encounters are just a few of the many reasons why I've not only pledged my personal support but also a financial commitment to ensure the continuous success of Beyond Limits.

The past couple of years have posed extraordinary challenges for charitable organizations, and Beyond Limits is no exception. As the pandemic raged on, the team had to constantly adapt plans to address the day's evolving demands. A quote comes to mind: "You have to fight a battle more than once to win it." The unwavering commitment and devotion demonstrated at Beyond Limits each day serve as evidence that a dedicated team has the power to accomplish anything.

The trustees extend their gratitude to all those who have contributed to the growth and progress of Beyond Limits over the past year. A special acknowledgment goes to the tireless staff and volunteers whose energy, creativity, dedication, and expertise have been unparalleled. We also express our heartfelt thanks to our steadfast funders and supporters, whose generosity has been instrumental.

I am eagerly anticipating my involvement in the upcoming chapter of Beyond Limits' journey. I am filled with pride to be associated with such a remarkable charity

Warm regards,

Mally Wheldon Chair of Trustees





LILLIAN SHARED HER BIRTHDAY  
WITH US, AND THE MOST  
BEAUTIFUL PART OF IT ALL WAS  
HER SMILE





# ABOUT BEYOND LIMITS

- Beyond Limits aims to provide a place of peace or retreat to relieve anyone in poverty or distress by reason of youth, age, ill-health, disability, financial hardship or other disadvantages by providing the facilities to allow individuals and families to spend time away from home to reconnect with themselves, their families or with others.
- We also promote learning through the continued development of individual capabilities, competencies, skills and understanding in subjects of educational & personal value by providing training and development of skills and knowledge to those attending the retreat as a result of youth, age, ill-health, disability, financial hardship or other disadvantage allowing them to succeed beyond their limits.
- We provide relief of financial hardship by providing such persons with goods, which they could not otherwise afford through lack of means. We operate with a Christian Ethos.



LET'S DO IT!



# OUR VALUES

## COMPASSIONATE

WE AIM TO SHOW A COMPASSION THAT IS NON-JUDGEMENTAL TOWARDS THOSE WITH WHOM WE WORK.

## RESPECTFUL

WE RESPECT THE DIGNITY OF ALL

## GENEROUS

WE AIM TO BE GENEROUS WITH OUR TIME, OUR POSSESSIONS AND OURSELVES IN THE SERVICE OF OTHERS

## RESPONSIVE

WE AIM TO BE ALERT TO THE EVER-CHANGING NEEDS OF THE COMMUNITIES IN WHICH WE WORK AND TO RESPOND ACCORDINGLY IN ORDER TO ALLEVIATE POVERTY IN ALL ITS FORMS AS WELL AS WE CAN.

## ACCOUNTABLE

WE RECOGNISE OUR ACCOUNTABILITY TO THOSE WE SEEK TO HELP; WHILST ACTING WITHIN THE LIMITS OF OUR OWN KNOWLEDGE AND SKILLS

## CONFIDENTIAL

WE RESPECT THE CONFIDENTIALITY OF THOSE WE HELP, WHILST RECOGNISING THAT THE PHYSICAL AND MENTAL WELLBEING OF ANY VULNERABLE PARTY MUST ALWAYS BE PARAMOUNT.





CREATING  
MAGIC MOMENTS  
FOR THE CHILDREN



# MONTHLY

# HIGHLIGHTS

## APRIL

The prolonged periods of lockdown had left us yearning for outdoor adventures, so with the resurgence of open venues and warm welcomes, a bus trip seemed to be just the remedy we needed. In collaboration with the Randolph Centre in Evenwood, we embarked on a delightful excursion to Preston Park, where we immersed ourselves in the splendor of the grounds. Our day was brimming with exploration, including a visit to the local history museum where we delved into the past and even had the chance to don historical attire. It's safe to say that some of us looked quite dapper in those petticoats!



## MAY

Our classes resumed in full swing, and the pleasant weather allowed us to shift some outdoors. Photography sessions showcased the brilliance of late spring and early summer hues in the garden, guided by our skilled tutors. Moreover, our arts and crafts reached new heights with furniture upcycling. Numerous pieces of seemingly discarded furniture found renewed purpose through the remarkable talents of our team. Sanding, painting, decoupage, and resin work revitalized tables, chairs, dressers, and wardrobes, which were then gifted to individuals who could cherish them anew.



## JUNE

The Queen's Platinum Jubilee, and the magnitude of our festivities truly showed our love and appreciation for her. It was our most extravagant garden party to date. We had bouncy castles, garden games, petting zoo, children's entertainers, talented visiting artists, live singing performances, face painting, bagpipers, limo rides, Cinderella Carriage, photo-booth, disco domes, assault courses, and mascots. However, the grandeur extended even further. Prior to the garden party, a heartfelt jubilee brunch was arranged, ensuring that those who might face difficulties navigating the farm's grounds could partake in the celebration. Our unwavering commitment has always been to ensure that everyone, regardless of their circumstances, can revel in the joy of the occasion.



## JULY

The summer season arrived with its warmer and drier weather, providing the ideal setting to launch our outdoor activities in full swing. This included our weekly walking group, a venture we embarked on with a particular goal in mind to engage and encourage gentlemen to actively participate in our exercise groups. The outcome surpassed our expectations, from tranquil strolls in Hamsterley Forest and leisurely walks around local reservoirs to more casual jaunts around Butterknowle and its surrounding villages. Each individual embraced their own pace, taking in the fresh air, admiring picturesque landscapes, and enjoying the camaraderie that came with shared experiences.



# MONTHLY

# HIGHLIGHTS

## AUGUST

August was a month filled with enjoyment as we embraced a variety of activities, including afternoon teas, photoshoots, and a medley of engaging events. With school holidays in full swing, we sought to provide children with opportunities for amusement. The older "kids" the chance to come up and volunteer, which they jump at the chance to do at the afternoon teas, and the parents, grandparents, and whoever else is doing the babysitting whilst they aren't at school, the chance to have some time out with a special revive day, which is what the photo shoot days are all about. Hair and make-up done, feeling all pampered and then a beautiful image to have a lasting memory of a fun day.



## SEPTEMBER

Our Cooking challenges, which gained immense popularity during the lockdown, resurfaced as the holiday season drew to a close. While the constraints of lockdown had eased, the desire to discover innovative and enticing ways of utilizing everyday ingredients remained. Additionally, as September marked the anticipation of a new season of The Great British Bake-Off, the kitchen became a canvas for creativity once more. However, this time around, we added a unique twist to the challenges. Each week, participants were presented with a thematic framework. Our MasterChefs were entrusted with adhering to a specific and focused guideline.



## OCTOBER

Our photoshoot focus was on capturing the essence of "water babies," a theme that seamlessly complemented the seasonal transition as the rain showers became more frequent. In addition, our commitment to knowledge-sharing continued to shine through an assortment of engaging workshops. In a bid to enhance the skill sets of our community, we invited skilled professionals to share their expertise. This led to captivating sessions with talented hairdressers and beauticians who imparted invaluable training. Each workshop was designed to empower individuals with practical skills, fostering a sense of accomplishment and creativity.



## NOVEMBER

As usual, in November, we have our Remembrance Day event. Many people attend this event because they have a strong connection to the military. Some are veterans or have family members who have served. It's important to remember that not everyone can or wants to go to a service at a war memorial in the community, especially when it's cold outside. So, our event offers a nice option for honouring and remembering in a more comfortable place. We have the privilege of hearing firsthand accounts of the challenges and experiences endured during the tumultuous years of the world wars. Moreover, it sheds light on the ongoing struggles faced by military families, especially those enduring lengthy separations from their loved ones.



# MONTHLY

# HIGHLIGHTS

## DECEMBER

In December, our enchanting Winter Wonderland unfolded, and it managed to surpass itself in terms of size and magnificence. It's astonishing how we continue to elevate its excellence. Countless gifts were distributed, not only to the families who explored our grotto and had encounters with Santa and Mrs. Claus, but also throughout the wider community. These presents found their way to care homes, women's refuges, solitary individuals within the community, those facing health challenges, schools, hospices, and numerous other locations. Simultaneously, our Christmas events held at Beyond Limits were as vibrant as ever, drawing an enthusiastic audience. These gatherings featured food, music, dancing, and an abundance of affection.



## JANUARY

While January might give the impression of tranquility, behind the scenes, it's far from quiet. We hosted an afternoon tea to lift spirits from the post-Christmas lull, and a cozy film night welcoming attendees to snuggle up with blankets, eating popcorn and drinking hot chocolate, and enjoy a film on the big screen. Alongside these events, our efforts remain dedicated to dispatching emergency aid and addressing numerous appeals for assistance from individuals in dire straits. In many ways, January becomes one of our most bustling months, particularly as the strains of Christmas often weigh heavily, especially for those whose finances are stretched thin due to the "early December pay," making January's end seem distant. Simultaneously, we're actively devising our plans for the upcoming year.



## FEBRUARY

In an unusually warm and dry February, we seized the opportunity to venture outdoors and relish some fresh air. Outings are consistently enjoyable, yet the fun is taken up a notch when you find yourself darting around, engaging in friendly archery tag with your companions. It was an activity that captured everyone's hearts. Beyond being an excellent workout amidst the open air, it proved to be a source of immense delight, evoking numerous laughter-filled moments and fostering remarkable team cohesion. Undoubtedly, it's an experience we're eager to repeat in the future.



## MARCH

As March ushered in the renewal of spring, we found ourselves amidst our array of afternoon teas and diverse events, a standout moment was undoubtedly our flower arranging class. Within this delightful gathering, attendees had the chance to channel their creativity and assemble a stunning array of spring blossoms. Each participant crafted a unique arrangement, imbuing it with their personal touch. Beyond personal enjoyment, some chose to share their meticulously crafted arrangements as heartwarming gifts with friends and neighbours, spreading the beauty and joy of spring even further.



# OUR WORK FORCE

Our staff team continue to work incredibly hard behind the scenes. Our Charity Improvement Officer has been with us since June 2020 and the difference she has made to the day to day running of the charity is amazing. A large part of her role is securing funding for the charity, something she has been extremely successful at. She also reports back to funders so they know exactly how we have spent our grants and how our clients have benefitted from their funding, she works closely with the CEO and volunteer coordinator in planning and executing projects, and is ready to complete any other admin tasks that need to be completed.

Our volunteer coordinator keeps every project running smoothly alongside the CEO. She ensures all of the volunteers know exactly what they are doing, when and where, and she also makes sure that all elements of health and safety are adhered to by keeping their training up to date, and monitoring their performance whilst on site. She also manages the diary with visiting tutors, artists, etc and coordinates people's attendance at various sessions and events. As well as this she monitors the user numbers for all projects including emergency aid and liaises with the charity improvement officer when it comes to writing reports to ensure that feedback sent to funders is accurate and relevant.

Our finance officer consistently demonstrates exceptional skills and dedication in managing our financial operations. One of her notable strengths is her ability to streamline processes and improve financial efficiency. She has introduced xero accounting software that resulted in more effective financial tracking, quicker data analysis, and enhanced accuracy in our financial reporting. Moreover, she demonstrate effective communication skills, simplifying complex financial information for non-financial team members and presenting clear insights to management.

Our Groundsman maintains the entire charity areas are in excellent condition, guaranteeing that every corner not only boasts an impressive appearance but also adheres to all health and safety regulations. This effort contributes to a sense of security for everyone present on the site

Likewise, our cleaner goes beyond mere cleaning and focuses on thorough disinfection and adherence to COVID-19 guidelines. Even though restrictions have been eased, we remain mindful of the vulnerability of some of our clients. Our utmost priority is to ensure their safety and comfort during their time with us, and we take every possible measure to provide them with a sense of security.

Our chefs craft delightful meals and buffets for our events, as well as for our hardworking volunteers during their time on site. Additionally, they prepare nourishing and wholesome dishes to include in the packs for individuals who are too unwell to prepare their own meals.

Our CEO, oversees all of these aspects. Beyond Limits is the embodiment of her vision and passion, and she motivates us daily, inspiring each of us to share in her dedication to aiding those in need. With her innovative ideas, she envisions ways we can create a significant impact in people's lives – not solely by alleviating the surface effects of poverty and social isolation, but by tackling the root causes. She is committed to facilitating change, assisting individuals in regaining their stability, and leaving a lasting positive imprint on their lives.



None of what we do would be possible without our amazing staff and volunteer teams.

# VOLUNTEERING

Hello,  
I'm Linzi, and I'm delighted to share the remarkable dedication and contribution of our volunteer team with you. Week after week, rain or shine, approximately 30 dedicated volunteers gather to ensure the smooth execution of all our projects. These devoted individuals are the backbone of our charity. But the extent of our volunteer community's strength goes beyond these regular faces. We have an additional pool of about 35-40 individuals we can call upon when the need arises, particularly busy periods or for major events like the garden party or Christmas when numerous special deliveries need to be done.

While we have always welcomed younger members, over the past year or so, a growing number of young community members have expressed an interest in giving back through volunteering. We see this as a testament to the spirit of generosity and community-mindedness that thrives among the youth. Our commitment is to encourage this enthusiasm. We aim to support them in every possible way, offering not just gratitude but tangible investment in their personal growth.

We are strong believers in reciprocal enrichment. For the assistance they offer us, we reciprocate with training, skill development, mentorship, and hands-on work experience. Recognising that our volunteers are fundamental to our success, we strive to provide them with the tools they need to thrive. From essential skills like manual handling and food safety and hygiene to broader proficiencies like computer literacy, first aid, waiter skills, and team building, we are invested in their comprehensive growth.

It's essential to underscore that our volunteers ask for nothing in return for their tireless efforts. Their selflessness drives us to invest in them even more, as a means of demonstrating our profound appreciation. We take immense pride in the recent recognition we've received – the County Durham Volunteering Kite Mark – a testament to our ongoing commitment to fostering a thriving volunteer community.



# TESTIMONIALS

When I couldn't buy food I'd sit up all night, scared to go to sleep as I didn't know what tomorrow would bring. I sometimes thought about taking my own life as I couldn't see how things could improve. I reached out to Beyond Limits and now I feel my mental health is improving because I don't need to constantly worry about how to put food on my table. I'm sleeping better at night as well. It's helping me to open up and socialise more. I've loved the art packs that have been sent to my home in the lockdown and also meeting new people when the restrictions were lifted. My hope is if anyone is in the same situations as I found myself in that you don't bottle it up as I know there is help out there and like me you just need to ask."



HOPE

Children like Jade, Paul and John deserve to have a Christmas filled with happiness instead of worry!

Life was very difficult last winter for Jade aged 10 and her brothers, Paul aged 16 and John aged 17. Janice says, "My husband Len was furloughed and like most, we really struggled." On top of their financial anxieties, Len has been very ill due to breathing problems after having covid. "We felt so alone and arguments were a daily occurrence. We were going under as we were anxious about money, about unpaid bills, it got us down." Thankfully, Janice's we got support through Beyond Limits.

Janice says, "Beyond Limits had a positive impact on all our mental health. We got involved in things going on there. The children settled down, they didn't feel so anxious. Mentally, it stopped me from stressing so much. I went through a stage where I just couldn't sleep from worry."

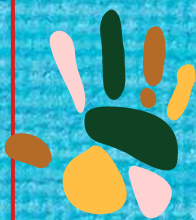
Unfortunately, this winter is also set to be filled with challenges for the family. "This year my husband's having treatment so he's off work again. We don't know what money will be coming in, it's going to be a struggle. Due to the Universal Credit uplift ending, we receive over £80 less each month. Thankfully, we now receive regular care packs from Beyond Limits to help us through this tough time and we are looking forward to events like the Winter Wonderland. Thank you to all of you who help families like ours."

THANKFULNESS

02



From myself and my family, I would like to say thank you all for the kindness and generosity shown to us at a time when I truly had lost hope in life and people. Sadly, I had no strength left for me or my family. I could never put into words how you've changed my perspective and belief that things can get better through the genuine acts of everyday people. We will also be receiving assistance from the relevant agencies to make sure that we have the professional help to stop things getting so low again. Thanks to all each and everyone involved, you have reached me and my family when we truly needed it most.



03

LOVE



# CRUNCH

the NUMBERS



RESULTS

Project	People Helped
Emergency Food and Household Aid	5675
Arts Group	153
PT/Fitness	743
Pay It Forward	54
Dance and Dine	94
Social Events	786
Gift Packages	2894
Revive Days	48
Training	233
Team Building	40
Laughter Yoga	22
Community Food	181
Days Out	116
Afternoon Treat Box	402
Music Therapy	34
Warm Spaces	130
Winter Wonderland	168
Cooking Challenge	309
<b>Total People Helped</b>	<b>12082</b>



## Trustees

Mally Wheldon - Board Chair

Linzi Nicholls - Treasurer

Karen Kahindi - Secretary

Ernie Malt

Ian Wilson

Louise Barrow (resigned 23 Aug 2022)

## Finance Officer –

Janice Calvert

## C.E.O –

Susan Sadler

## REGISTERED OFFICE

Sadlers Farm South Side Butterknowle

DL13 5JN



Charity Number 1168962

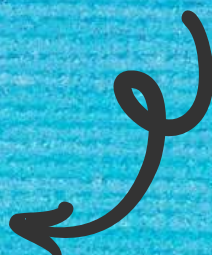


[beyondlimitscharity@gmail.com](mailto:beyondlimitscharity@gmail.com)

07915920579

## Website

*Scan me*



# FINANCIAL REVIEW

## **Going Concern:**

The trustees have reviewed the going concern status of the charity and concluded that the charity has sufficient reserves to continue operating for the foreseeable future

Governing document

The charity is a Charitable Incorporated Organisation (CIO) and is controlled by its constitution.”

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Trustee Eligibility:**

Eligibility for trusteeship

(a) Every charity trustee must be a natural person.

(b) No individual may be appointed as a charity trustee of the CIO:

- if he or she is under the age of 16 years; or
- if he or she would automatically cease to hold office under the

provisions of clause [12(1)(e)].

(c) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.

(d) At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees, or appoint a new charity trustee.]

### **Organisational Structure:**

CEO reports to trustees.

Finance Officer, Volunteer Coordinator, Charity Improvement Officer, Groundsman, Cleaners, and Kitchen Staff report to CEO.

30 regular volunteers and ad hoc volunteers report to the Volunteer Coordinator

### **Financial Position**

Total income for the year was £215,645 (2022 £143,450).

During the year there was a cash surplus of £52,600 (2022 £14,035 deficit).

Unrestricted cash reserves were £61,595 (2022 £27,493)

### **Reserves policy**

The trustees have agreed and consider that it is reasonable that the unrestricted reserves are equivalent to 3 months expenditure from the previous financial year plus £5000.00 extra contingency

**YEAR ENDED 31ST MARCH 2023**

# **FINANCIAL STATEMENTS**



**INDEPENDENTLY  
EXAMINED BY  
STIRK LAMBERT & CO**

**Stirk Lambert & Co.:  
Russell Chambers,  
61A North Street, Keighley, West Yorkshire, BD21  
3DS**

**T: (01535) 662 686 F: (01535) 610 356 E:  
mail@stirklambert.co.uk**



## Receipts and payments accounts

CC16a

For the period from	01/04/2022	To	31/03/2023
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	34,947	390	-	35,337	29,687
Grants	25,328	145,904	-	171,232	107,153
Gift Aid	3,481	-	-	3,481	6,598
Fundraising	5,159	-	-	5,159	-
Misc	436	-	-	436	12
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>69,351</b>	<b>146,294</b>	<b>-</b>	<b>215,645</b>	<b>143,450</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>69,351</b>	<b>146,294</b>	<b>-</b>	<b>215,645</b>	<b>143,450</b>
<b>A3 Payments</b>					
Buildings	-	-	-	-	13,256
Client Aid	57	27,142	-	27,085	12,962
Client Events	9,475	37,343	-	46,818	30,352
Equipment	449	4,889	-	4,440	6,580
Food Aid	23	2,294	-	2,317	436
General Expenses/ Misc	160	3,322	-	3,162	1,868
Insurance	862	-	-	862	682
Computer Equipment	-	-	-	-	25
IT Software & Consumables	507	325	-	832	1,512
Materials	-	-	-	-	-
Maintenance	2,838	551	-	3,389	4,030
Phone	160	-	-	160	121
Stationery	31	89	-	120	-
Sessional staff	-	2,530	-	2,530	1,932
Training	816	1,167	-	1,984	3,262
Travel & transport	323	3,350	-	3,673	3,252
Wages	15,737	42,851	-	58,588	53,916
Advertising	-	-	-	-	426
Bank Fees	368	-	-	368	290
Utilities	1,450	1,200	-	2,650	1,425
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>31,925</b>	<b>127,053</b>	<b>-</b>	<b>158,978</b>	<b>136,327</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	1,042	3,025	-	4,067	21,158
	-	-	-	-	-
<b>Sub total</b>	<b>1,042</b>	<b>3,025</b>	<b>-</b>	<b>4,067</b>	<b>21,158</b>
<b>Total payments</b>	<b>32,967</b>	<b>130,078</b>	<b>-</b>	<b>163,045</b>	<b>157,485</b>
<b>Net of receipts/(payments)</b>	<b>36,384</b>	<b>16,216</b>	<b>-</b>	<b>52,600</b>	<b>- 14,035</b>
<b>A5 Transfers between funds</b>	<b>- 2,282</b>	<b>2,282</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>27,493</b>	<b>11,182</b>	<b>-</b>	<b>38,675</b>	<b>52,710</b>
<b>Cash funds this year end</b>	<b>61,595</b>	<b>29,680</b>	<b>-</b>	<b>91,275</b>	<b>38,675</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Current Account	17,431	29,680	-
	Reserve Account	44,164	-	-
			-	-
	<b>Total cash funds</b>	<b>61,595</b>	<b>29,680</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Computer Equipment	CDCF		522
	Computer Equipment	Main Grant (Lottery)		47
	Computer Equipment	MG21		366
	Computer Equipment	General		160
	Fixtures & Fittings	Hobson Charity		1,784
	General Equipment	AA21		1,453
	General Equipment	CD14		618
	General Equipment	Hobson Charity		1,668
	General Equipment	MLG22		313
	General Equipment	Rothley Trust		1,072
	General Equipment	General		2,321
	Gym Equipment	DS		539
	Gym Equipment	DS2		577
	Gym Equipment	SEJF		2,524
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	HMRC	General	212	19 April 2023
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
L Nicholls	Lyndsey Nicholls	4-12-23

**BEYOND LIMITS**

England & Wales - Charity number 1168962

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# Accounts

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CHANGE IT.

HEAL IT.

FILL IT.

SEE IT.

HELP IT.

SOLVE IT.

LOVE IT.

**Make it Happen.**

Volunteers are the heart and soul of the nonprofit sector. This year's Beyond Limits annual report is dedicated to the devoted and hardworking volunteers who serve our local community. We thank these committed volunteers for helping make it happen.

# ABOUT US

Beyond Limits are a registered charity based in rural County Durham. Our aim is to meet the short term need for emergency aid and the longer term need for social inclusion of the most disadvantaged people from local communities across County Durham, but primarily Wear Valley. This includes those living in poverty, young people disengaged from their families, those rehabilitating from drug and alcohol misuse, and those with disabilities, in need of some respite.

Although the backgrounds and situations of these people can be very different, many of the challenges they face are similar. These can include low self esteem, self confidence, and resilience, low level education, lack of support mechanisms and social networks, lack of motivation, poor communication skills, and lack of career advice.

We work with people with long term mental and physical health conditions by providing activities that encourage exercise and healthy eating. We also offer less orthodox activities, such as singing lessons, which are proven to not only improve mental health, but also improve breathing and relaxation. This can be especially important for those suffering from respiratory conditions.

We operate with a Christian ethos, however we welcome those of all or no religions.

# GREETINGS FROM OUR C.E.O



Dear friends,

It is my privilege to introduce to you this year's annual report, bursting with life and stories of hope. This year's theme reflects the devoted and hardworking volunteers who serve our local community. During the national lockdown the whole team went above and beyond to ensure all services remained open safely and added new layers of support including increased mobile digital access, emergency food, cleaning, toiletry and family activity packs, and innovative outreach to help support people in isolation. We are deeply grateful for your incredible support. We have been overwhelmed by generosity for the work this year and this has enabled us to sustain all our services and branch into new and exciting developments with confidence and sustainability. We thank our supporters sincerely for giving people a hope and a future.

I want to say thank every individual and organisation who supported us throughout 2021. Because of them, lives were still changed, people were still released from poverty, and our much-needed message of hope continued to be shared.

# A Year In Two Halves

It's safe to say that this year started out as complicated as last, with lockdowns and restrictions still in place. But we wouldn't let that deter us, and we continued helping people in every possible way. Then as restrictions eased, lockdowns lifted, and life began to return to normal, we were able to start to reintroduce all of things everyone had missed, always being mindful of course, that Covid is still with us.



Our emergency aid continued, and in fact was needed more than ever, our pay it forward initiative meant over 500 gifts were sent out to local care home residents and elderly people within the community, to let them know they were not forgotten during these strange and worrying times, some limited groups were able to take place, with distancing and other restrictions observed, and we were able to continue online challenges such as the cooking challenges and various competitions to keep everyone's spirits up. We were also able to send out art parks to those continuing to isolate, especially those with children at home, to keep them busy and help them take their minds off the worries of the world going on around them.



“ It has been so true in my life that the time I have spent helping others has been the most rewarding. ”

A few examples of the art work created at home during lockdown and some of the delicious dishes created from the cooking challenge.



Some beautiful pebble art using paints and natural decorations.



A resin pyramid, created at home



Curried Sardine cakes.  
Sound strange, taste  
delicious!

A beautiful quiche whipped up with  
ingredients  
in the cooking challenge box



And not forgetting dessert.  
Chocolate Cheesecake pots.



" IT'S BEEN SAID BEFORE – AND IN  
MANY WAYS – THAT THE SECRET TO  
HAPPINESS IS TO

FIND A NEED  
AND **FILL IT,**  
TO FIND A HURT  
AND **HEAL IT,**  
TO FIND SOMEONE  
WITH A PROBLEM  
AND OFFER TO  
HELP **SOLVE IT."**

ROBERT H. SCHULLER

# What We Do

WE ARE TAKING A CHARITY PERSPECTIVE TO HELPING THE VULNERABLE POPULATION OF OUR AREA, WORKING TO CHANGE BOTH THE WAY PEOPLE VIEW THOSE IN NEED AND HOW BEYOND LIMITS APPROACHES ISSUES IN THE AREA.

Here at Beyond Limits we don't just want to address the symptoms of living in poverty, isolation, or living with health issues, we want to try to help with the cause. Whilst our Emergency Aid is incredibly important and something we will continue with, it is just a small part of what we do to help. Our mission is to make everyone feel part of something bigger, to be part of the community, part of a family, creating a support network that is always there. All supported, and in many cases led, by our amazing volunteers.

**Exercise  
Classes**

**Social  
Evenings**

**Arts and  
Craft  
Sessions**

**Flower  
arranging**

**Summer  
Picnics**

**Singing  
Classes**

**Photography  
Shoots**

**Afternoon  
Teas**

**Massage  
Classes**

**Day  
Trips**

**Live  
Entertainment**

**Hair and  
Make Up  
Tutorials**

**Change  
it.**

## Our Exercise Groups

Healing comes in many forms. Healing the physical, healing the psyche, healing the soul. That is why we offer so much at Beyond Limits. For the physical and mental well being we have exercise classes in various forms. From PT sessions, to seated yoga, from dancing, to meditation, from a walking group, laughter therapy. We try to heal every part of the body and mind.



Our walking group meeting to get started for a walk in the sunshine, and our outdoor pursuits group learning to build shelters and create fires using basic items. Our walking group has been growing in popularity, particularly since Spring, and particularly with the gents, which is something we are very pleased to see.



Our Dance and Dine group have tried their hand at various forms of dance, from salsa to cheerleading, from Greek dancing to Jive. And in every class they give their all. And those who are even more adventurous go for it with our PT sessions.



# Our Events

Heal it.



If you want to make a difference you have to be the difference. This is what our volunteers make sure they keep in mind with every single project. To help those in our community who are isolated and lonely, they go out of their way to make them feel special at every event, every class, every session. Every social event we have is done to the highest standard and our amazing staff and volunteers wont rest until every detail is exactly right.



Our afternoon teas and picnics were a lovely way to ease back into socialising together, whilst still being mindful of peoples worries around the pandemic. When people felt ready an evening event full of laughter and dancing was a much needed tonic as well. Over 600 people attended our social events between April and December, and everyone was safe in the knowledge every precaution had been taken and that their welfare was our prime concern.



# Remembrance Day

Whilst we love our celebration events, we don't forget some of the more sombre events on the calendar, such as Remembrance Day. Many of the members of our community are Veterans of our Armed Forces and it is important to us that they get the chance to mark such an important occasion with people they are comfortable being around and in an appropriate and honourable way. We were able to have a beautiful ceremony in the grounds of the farm, for those volunteers and service users who wanted to attend something, but did not have the ability to go to a local service at a church or town square.



One of the brave veterans who lives in our community, laying his wreath at our soldier silhouettes.



**We Will Remember Them**  
**2021**

Remembrance Day  
Never forget,  
Always remember.

# Christmas At Beyond Limits

There is no greater time than Christmas to fill everyone's hearts with love and happiness. This is what our volunteers do every year. You can see from the comments from our beneficiaries what a difference they make in people's lives.



Our fabulous Christmas Panto team, who created the magic for all the families visiting Santa's Grotto, and right, some of our little ones meeting Santa.



Just a few examples of the beautiful lights around the grounds that were switched on at the carol service, led by our wonderful choir. (Right)



Fill it.

## Not Forgetting The Wider Community

We also made sure those in need in the wider community received something to lift their hearts and their smiles this festive season. Gifts were sent out to the local care homes, local children's hospitals, a women refuge, and to those families who were struggling to give their children a full and magical Christmas experience. We also invited several of the local community for a Christmas afternoon tea that was catered by a local tea rooms. Good food, good company and fun and games was just what everyone needed.



Siobhan delivering the gifts to the children's ward ready for Christmas



Some of our volunteer team ready with the gifts to be sent out to families in need



Our Christmas Afternoon Tea guests, full of scones and ready for Santa!

Fill it.

## A Volunteers Perspective



Our lead volunteer for catering, Linda, looking beautiful before one of our events.

"When my husband Neville died I felt lost and looked for something to fill my lonely days. I came across the Beyond Limits Facebook page where I read about a music course they were hosting and asked to join in. I now support the charity with their emergency food parcel distribution and haven't looked back since.

I'm always on hand to help at the charity events in Ken & Susan's beautiful home. Events happen all year around, but I especially love their garden parties and Winter Wonderland at Christmas, including a special visit from Father Christmas who brings presents for all the children."

### Stephanie's story.

I first heard about Beyond Limits during the first lockdown of Covid when they wanted volunteers to help deliver care packs I first started delivering a few packs on a Friday when I could, however I now consider myself part of the team as I volunteer every Friday now.

Beyond limits has helped me in many ways mainly it gives me great pleasure in helping people and socialising with volunteers and the service users who collect the packs on a Friday.

I have become more confident since I started volunteering at Beyond limits before this I would walk into a room and not look up but now, I walk in and make myself known.

I did the PT sessions on a Saturday whether it be morning or afternoon (rain or shine) Before volunteering this is definitely not something I would have done as I would have been too ashamed / embarrassed to do this sort of thing in front of people, but the team at Beyond Limits and the instructor make you feel great about yourself from start to finish.

I am definitely a better person now and volunteering in general makes you feel really good and the number of friends I've made on a Friday is amazing and I feel part of the Beyond Limits family



My life was ok and normal before I started volunteering but when covid came along I was put on Furlough at the drop of the hat I decided that work wasn't the be all and end all and requested to reduce my hours down to a 4-day week which has help with me being able to volunteer every Friday The main improvement since starting is my confidence has grown immensely and I am a happier person in general now. The help and support I get from Sue, Linzi and all the volunteers is great I would just like to thank everyone involved as we are all doing a great job and look after each other

See it.

# Our Youth Volunteers

We are incredibly proud of our youth volunteers here at Beyond Limits. So often young people are thought of as lazy, cheeky, undisciplined etc but our youth volunteers prove that that is most definitely not the case. No matter what the event they rise to the challenge and are hard working, diligent, and enthusiastic in every task that comes their way.

Jamie, one of our many young volunteers doing an excellent job sorting through donations. Jamie came to us to do some work experience for his Duke of Edinburgh Award, and decided to continue volunteering. He is a valuable member of the team and we are so pleased he decided to stay with us.



Tom has been a regular face at Beyond Limits for some time, and particularly likes helping out in the grounds with the maintenance and gardening. This has actually given him some ideas as to where he wants to go with his future employment.

Several of our young people attending a training event in their school holidays. We think this goes to show how dedicated they are.



Just to show its not all work work work, Ben joined in with some of our games at the Christmas Afternoon Tea between serving sandwiches and scones. Apparently he has a talent for moving biscuits around his face using only his facial muscles! Who knew?

# Friendship Is At The Heart of What We Do

Whether at an event, sorting through aid, or preparing and planning the next project, friendship is at the heart of everything we do, and this shows when we are together. The smiles from staff, beneficiaries and volunteers alike, speak volumes.



“It's all smiles and laughter when we're together.”



“THERE'S MUCH MORE THAN MEETS THE EYE WITH THE VOLUNTEERS AT BEYOND LIMITS. 85 PASSIONATE PEOPLE VOLUNTEER COUNTLESS HOURS SERVING VULNERABLE PEOPLE IN OUR COMMUNITY”



## How you can help

There is so much you can do to help out at Beyond Limits. With such a varied activity programme we have lots of jobs and something going on just about every day. Below is just a snap shot of the jobs we have that you can get involved in.

***Preparing Meals***

***Maintaining Grounds***

***Uniting Communities***

***Leading Activities***

***Setting up for  
Group Sessions***

***Building Friendships***

***Mentoring Others***

Help it.



“

Since its start in 2015 Beyond Limits has gone from strength to strength, and that is in no small part down to the volunteers. We have 85 amazing members of the volunteer team who just want to make a difference in people's lives, and you can be part of it too.

”

# What Can Volunteering Do For You?

Volunteering with Beyond Limits means that, not only will you change lives in the local and wider community, but your life will change for the better too. Our volunteers are valuable members of the team and we offer support, training and mentoring every step of the way. This year we have had more help than ever, stepping up to help out in such strange times, proving that people really are amazing.

If you volunteer with us we make the following commitments to you:

- 1 - Receive continuous training and support.
- 2 - Be part of a small but vibrant team.
- 3 - Receive travel expanses, free meals, refreshments, and uniforms. One day a month we also treat our volunteers to a revive day, such as a pamper day, a photo session, accompanied by delicious food and refreshments.
- 4 - You will feel great for contributing to your local community.
- 5 - Rewarding work experience and a reference provided.



## People We've Helped

Nothing explains how important our work is better than the people we help. These are just a few of our service users comments.

***"You have helped me build some confidence and be able to attend groups, giving quiet reassurance when needed. You have been a lifeline at the most important times."***

***"The days out are excellent because it's hard when you live in a small village and you can't get out and about, because you have to rely on public transport, which isn't always reliable, and can be expensive for a family."***

***"I couldn't recommend more. My girls absolutely loved it, even my older ones! It certainly added more magic to their Christmas. They were on cloud nine, and I still am, seeing their little faces, thank you!"***

***"I just had to message to say a very big "Thankyou" for including me in your 'afternoon tea' on Monday. From the moment I walked into the barn I was overwhelmed. It looked so beautiful re the decor and lights, I could see lots of love and effort had gone into it. I actually felt like a princess going to a ball (my inner child emerging again) lol. Tommy emphasised how much he'd enjoyed it because he wasn't just sitting, and was able enjoy the music and sing along with it (music being his forte)."***



We're in this together, now and forever.



# Why Do We Do It?

It's a very simple answer. Love. Our volunteers wouldn't do what they do if they didn't love it. Yes it is hard work, and yes it can be tiring, but there is no greater feeling than helping those who need it. And that love shows on the faces and in the actions of our amazing volunteers every single day.

You have to love  
what you do to dress  
up like this  
willingly!



Love it.



How can you not have  
an amazing time when  
this is what you create  
for people?

Count it.

**The National Lottery**  
**North Star Housing**  
**DCC Heather Smith**  
**The Martin Lewis**  
**Fund**  
**CDCF**  
**Groundworks UK**  
**The Archer Trust**  
**The William Leech**  
**Charity**  
**Bernard Sunley**  
**Foundation**  
**Garfield Weston**  
**Foundation**  
**The Rothley Trust**  
**Livin**  
**The Barbour**  
**Foundation**  
**The Souter Trust**  
**The Albert Hunt Trust**  
**County Durham Sport**  
**Partnership**  
**The Catherine**  
**Cookson Trust**  
**Asda Community Fund**

None of what we do is possible without the generosity of our donors. Without the kindness, we would not be able to help people in the varied and regular ways that we do.

We want to thank you all for continuing to support us and our community.

As well as the foundations, trusts and varied organisations that continue to support us, we are blessed to receive donations from members of our community on a regular basis. We are so grateful for everyone who supports us. We could not do this without you.

# **LEGAL ADMINISTRATIVE**

## **TRUSTEES**

**Mally Wheldon - Board Chair**

**Linzi Nicholls - Treasurer**

**Ernie Malt**

**Ian Wilson**

**Louise Barrow**

**Karen Kahindi - Secretary**

## **CHIEF EXECUTIVE**

**Susan Sadler**

## **INDEPENDENT EXAMINER**

**Kirsten Baggaley**

**The Stables Glebe Lane**

**Manfield DL2 2RS**

**CHARITY NUMBER 1168962**

## **REGISTERED OFFICE**

**Sadlers Farm South Side**

**Butterknowle DL13 5JN**

**email**

**[beyondlimitscharity@gmail.c](mailto:beyondlimitscharity@gmail.com)**

**om**

**Tel: 07861714779**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Beyond Limits			1168962	CC16a
<b>Receipts and payments accounts</b>				
For the period from	1/4/21	To	31/3/22	

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	29,687	-	-	29,687	23,141
Grants	858	106,295	-	107,153	93,121
Gift Aid	6,598	-	-	6,598	-
Refunds	-	-	-	-	-
Misc	12	-	-	12	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	<b>37,155</b>	<b>106,295</b>	<b>-</b>	<b>143,450</b>	<b>116,262</b>
<b>A2 Asset and Investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>37,155</b>	<b>106,295</b>	<b>-</b>	<b>143,450</b>	<b>116,262</b>

### A3 Payments

Buildings	10,756	2,500	-	13,256	
Client Aid	2,776	10,186	-	12,962	10,367
Client Events	3,728	26,624	-	30,352	17,876
Equipment		6,580	-	6,580	1,430
			-		
Food Aid	-	436	-	436	7,940
General Expenses/Misc	983	885	-	1,868	808
Insurance	682	-	-	682	661
Computer Equipment	25		-	25	5,870
IT Software & Consumables	1512	-	-	1,512	1,345
Materials				-	
Maintenance	4,030			4,030	3,911
				-	
Phone	121			121	110
Stationery				-	303

Sessional Staff	192	1,740		1,932	2,820
Training	142	3,120		3,262	518
Travel & Transport	187	3,065		3,252	2,831
Wages	7,396	46,520		53,916	30,608
Advertising	426			426	
Bank Fees	290			290	
Utilities	178	1,247		1,425	
				-	
<b>Sub total</b>	<b>33,424</b>	<b>102,903</b>	<b>-</b>	<b>136,327</b>	<b>87,398</b>

A4 Asset and investment purchases, (see table)		21,158	-	21,158	
	-	-	-	-	
<b>Sub total</b>	<b>-</b>	<b>21,158</b>	<b>-</b>	<b>21,158</b>	<b>-</b>

<b>Total payments</b>	<b>33,424</b>	<b>124,061</b>		<b>157,485</b>	<b>87,398</b>
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<b>Net of receipts/(payments)</b>	<b>3,731</b>	<b>- 17,766</b>		<b>- 14,035</b>	<b>28,864</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	23,762	28,948	-	52,710	23,846
<b>Cash funds this year end</b>	<b>27,493</b>	<b>11,182</b>	<b>-</b>	<b>38,675</b>	<b>52,710</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Current Account	9,972	11,182	
	Reserves Account	20,012		-
	Lloyds Debit Card	- 2,491	-	-
	<b>Total cash funds</b>	<b>27,493</b>	<b>11,182</b>	
	(agree balances with receipts and payments account(s))	OK	OK	Agreement Error
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
Computer Equip	Lottery	1,098	-
Gym Equip	Durham Sports	3,114	-
Gym Equip	u/r	3,544	-
Air Purifyer	Lottery	1,623	-
Hot Cupboard	Hobson	2,730	-
Furniture	Hobson	2,920	-
Furniture	Lottery	1,235	-
Furniture	u/r	513	-
General Equip	Lottery	717	-
General Equip	CDCF	714	-
General Equip	u/r	2,951	-
		-	-
		-	-
		-	-
		-	-

**B5 Liabilities**

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Credit Card	General	2,491	4/15/2022
HMRC	General	337	4/19/2022
		-	
		-	
		-	

Signed by one or two

Signature	Print Name	Date of approval
<i>LS Nicholls</i>	Lyndsey S Nicholls	23-12-22



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name BEYOND LIMITS

On accounts for the year ended

31/03/2022 Charity no (if any) 1168962

Set out on pages

1 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [ ] if not applicable. INSTITUTE OF CHARTERED ACCOUNTANTS OF SCOTLAND

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below\*) which gives me cause to believe that in, any material respect:

- the accounting records 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) 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.

\* Please delete the words in the brackets if they do not apply.

Signed:

[Signature]

Date:

22/12/2022

Name:

KIRSTEN BAGGLEY

Relevant professional qualification(s) or body

INSTITUTE OF CHARTERED ACCOUNTANTS OF SCOTLAND

(if any):

Address:

THE STABLES, SLEBE LANE, MANFIELD  
DL2 2RS

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

[Empty disclosure area]

**BEYOND LIMITS**

England & Wales - Charity number 1168962

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# Accounts

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# Beyondlimits!

A World Of Opportunity

ANNUAL REPORT  
FOR 2020/21



# FOUNDER AND CHIEF OFFICER'S REPORT



## A year like no other!

This has been an extraordinary year – we were all faced with challenges unlike any we have faced for more than a generation. The impact of the Covid-19 pandemic caused disruption to Beyond Limits work in every part of our charity, but it was also incredibly heartening to see how everyone connected with the charity – our wonderful staff, volunteers, and clients – rose to the challenges we faced and overcame them in ways that will have a lasting impact on our work

I am sure that the wonderful response we saw throughout the year came from the sheer passion everyone has for our work and a collective will to ensure we succeed. On a personal level, it is humbling and a great privilege to work with such an amazing group of people

So what will 2021 bring?

The next few months are undoubtedly going to be really tough, but I think we're all hopeful that there is now a light at the end of the tunnel with a vaccine programme now being rolled out, and we all hope that there will be a return to some kind of new 'normal' during the year.

There are still many challenges facing us as a result of the ongoing pandemic and the national lockdowns, not least the difficulties of working face-to-face with our clients. This is a vital part of our assistance there are limitations to what we can achieve in terms of having group work here with clients across those services. We have managed some face-to-face work and will continue to do this when it can be done safely, but the important restrictions make the process very time-consuming and a very limited option.

We achieved a lot in 2020...

The experience of the past year has taught us that we are a resilient charity and will continue to rise to all the challenges that come our way. The charity is stronger now than ever thanks to the outstanding work and support of our staff, volunteers, and our incredible supporters.

Susan Sadler

CEO and Founder of Beyond Limits

# About Beyond Limits

Beyond Limits are a registered charity based in rural County Durham. Our aim is to meet the short term need for emergency aid and the longer term need for social inclusion of the most disadvantaged people from local communities across County Durham, but primarily Wear Valley. This includes those living in poverty, young people disengaged from their families, those rehabilitating from drug and alcohol misuse, and those with disabilities, in need of some respite.

Although the backgrounds and situations of these people can be very different, many of the challenges they face are similar. These can include low self esteem, self confidence, and resilience, low level education, lack of support mechanisms and social networks, lack of motivation, poor communication skills, and lack of career advice.

We work with people with long term mental and physical health conditions by providing activities that encourage exercise and healthy eating. We also offer less orthodox activities, such as singing lessons, which are proven to not only improve mental health, but also improve breathing and relaxation. This can be especially important for those suffering from respiratory conditions.

We operate with a Christian ethos, however we welcome those of all or no religions.

## Our Values

**Compassion** - We always aim to show compassion and be non-judgemental towards those with whom we work.

**Respectful** - We respect the dignity of all.

**Generous** - We aim to be generous with our time, our possessions, and ourselves, in the service of others.

**Responsive** - We aim to be alert to the ever-changing needs of the communities we work with, and respond accordingly.

**Accountable** - We recognise our accountability to those we seek to help.



## Why We Are Needed

The evidence of need for our projects come from a combination of the demand for services already delivered by Beyond Limits and also the background statistics which reflect the continuing and current economic downturn which has an impact on the potential need for organisations such as ours to work in this field. The impact of Covid will also be long term and far reaching and we need to make sure we are able to address this need.

County Durham remains in the top 30% most deprived authorities across England ranking at 48th out of 151 (1 being the most deprived area.) Although this ranking improved marginally from 2015 to 2019, it is expected that the impact of Covid will have caused, not only a return to the 2015 levels, but an increase in deprivation and its knock on effects.

## Demographic and Social Context

Overall, deprivation, as measured by the ID2019 shows that County Durham just remains in the top 30% most deprived authorities across England. (Although the impact of Covid in 2020/21, will likely have moved them further into deprivation.) This means that large numbers of County Durham residents live in areas that have significant issues. Furthermore, it should be noted that the overall index is a composite measure of seven underlying domains with the county having relatively high levels of deprivation in the Income, Employment, and Health domains which was counter-balanced by low levels of deprivation in the Crime, Barriers to Housing and the Living Environment domains in 2015. (However, whilst other indicators remained similar, or improved slightly in 2019, Crime in the area increased quite drastically, the highest crime types being anti-social behaviour and violent offences.) Deprivation levels in the Education domain are around the national average. Again, although these numbers have altered slightly between 2015-2019, the averages are still amongst the highest in the country, and will have worsened due to the pandemic.

Whilst employment showed an increase in late 2018 and early 2019, this began to slow down, and fall again, to become steady to similar levels as 2017. County Durham is now ranked as 26th out of 151 of the upper tier local authorities in the country, with 1 being the most deprived. This is one of the main factors influencing those living in poverty and increasing the need for our services.

The most recent statistics show that in some areas of County Durham (areas our charity regularly serves) up to 35% of children are living in absolute poverty, with the lowest number in other areas still being 21%. In one area that is not covered by us on a regular basis, but close enough to still be within reach, that number is at 51%. This is a figure we want to see reduced drastically (and in an ideal world, disappear all together.)



## Health and Well-Being Statistics

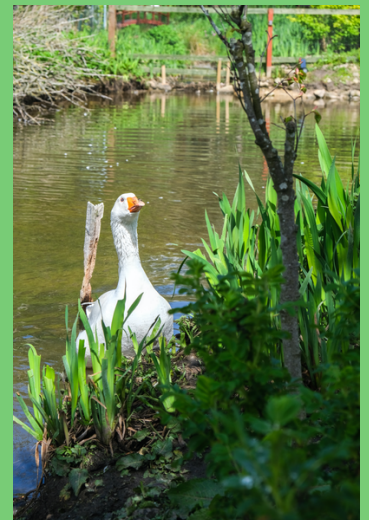
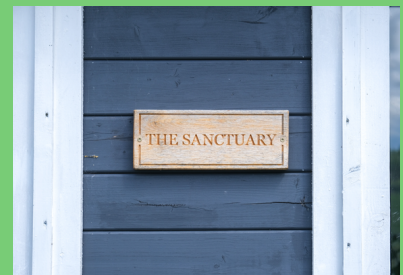
Health and well-being in County Durham is around the national average. However, there is a large proportion of those people that do have health problems reporting issues related to mental well-being, in particular anxiety and depression. Again this is something that we are determined to work to improve, and the referral system we now have in place has seen positive feedback in this area.

Another issue facing the health of the area is obesity in young people. Although it is close to the national average, it is slightly higher. In adults almost 65% of adults (18+) are considered overweight or obese and around 30% of adults consider themselves inactive. This is why we are now working on various funding sources to provide exercise classes, and outdoor pursuits that are suitable for the adult and younger service users and those who may have health conditions that impact their ability to exercise in a normal venue.

Whilst County Durham remains in the ranking it is in, the need for our intervention is ever present, and in many cases increasing. We want to keep up with these demands, not fall behind, and, despite there being few statistics available yet, we know Covid will increase this need.

## Levelling Up

The government are planning many changes in the area and are constantly referring to their “levelling up” of the North East regions. The biggest change that is imminent is the opening of the Treasury Department in Darlington, an area where some of our service users live. As a charity we need to keep on top of these changes and be aware of the advantages and changes that are taking place in our communities. So many of our service users want to improve their lives with changes to employment status, educational opportunities etc, and we need to be aware of what is on offer so that we can help point them in the right direction.



# WHAT HAVE WE BEEN UP TO IN THE LAST 12 MONTHS?

What can we say about 2020? What can anyone say about 2020? In a year when so many people were told to stay at home if they could, Beyond Limits were busier than ever before. So many people needed our help, from food aid to mental health support, from ensuring people were not lonely to keeping their spirits up whilst in lockdown. When people reached out we did our utmost to get them the help they needed.



# Covid-19 Support

## Emergency Aid

Obviously, the one thing that this year has centered around is the Covid-19 pandemic. The onset of the pandemic saw an immediate increase in the need for emergency aid for people within our community and the surrounding areas.

Although the furlough scheme helped lots of people, many found it very difficult as it meant a 20% lower income when they were already struggling to make ends meet, children that would have been receiving free school meals being at home rather than at school, and an increase in household bills, such as electricity and heating due to everyone being at home all day. It was also the case for many people that they did not qualify for furlough due to zero-hours contracts etc so they found themselves suddenly with no income. Because of this, we had an increase of approximately 50% in the need for emergency aid parcels.

We also found that the need for household parcels, containing basic things like cleaning products, washing powder, toiletries, etc, also increased. Again this was due to people suddenly losing income and finding themselves, in many cases, in unknown circumstances.



## Fighting Isolation

Another problem we saw increase dramatically because of the pandemic was the social isolation and loneliness of some members of our community. It is a sad truth that many people find themselves isolated and without company under normal circumstances, something we here at Beyond Limits work hard to combat. However, the need to shield and isolate because of age or physical ailments, meant people, who usually had fairly active social lives, were suddenly finding themselves without company or social interaction for days on end. To try to counter the loneliness felt by so many we sent out care packages. These were made up of confectionary gifts, smellies, cards, and handmade items.

Although they would not make up for being able to be with friends and family, they made sure that people knew we were thinking of them and would always be on hand to help. With the same goal in mind, we also sent out “music-grams”

to some people who were shielding. We are so blessed at Beyond Limits to have so many talented friends, and they recorded favourite songs for people and sent their greetings in the form of a musical video. This brought smiles to so many people.



# How We Adapted

## Volunteer, Staff and Client Safety

Obviously, the onset of the pandemic didn't just mean there was a greater need for help, it meant we also had to alter our approach to what we do.

People safety is our primary concern and we wanted to make sure we were meeting everyone's needs without endangering their health. So we met those challenges head on.

Firstly we ensured that all of our volunteers were given the correct PPE for preparing and delivering the food parcels. We also made sure they were given training and full knowledge of how to deliver the parcels safely and posing no risk to themselves or our service users. This included making sure they knew who the more vulnerable members needing to shield were. We were also lucky enough to more than double our volunteer numbers during lockdown, so we could ensure as many people as possible were helped with emergency aid. Although those numbers dropped again after people went back to work, we have still managed to keep up with demand. This is a testament to the hard work of all of our team.

## Going Online

As our classes had to stop during the main part of lockdown, lots of people who rely on our support and friendship were lonelier than ever.

We knew we could not just leave things as they were so we immediately started to think of ways the activities could still take place without anyone being endangered. The first thing we realised was that, if we couldn't be together in reality, we would have to be together virtually. Thanks to the National Lottery we had funding to buy iPads and laptops, meaning that classes like the singing group were able to start up again via video chat.

This also enabled everyone to stay in touch generally, as so many friendships have been made through the activity groups.

## At Home Learning

One of our most popular groups, and the one many people have commented on having such a positive effect on their mental health, is our arts and crafts group. Obviously doing arts and crafts can't just happen over a video chat the way the singing group could, so we had to think outside the box a little. We decided to send out at home art packs.

These were small packs that contained basic arts and crafts supplies for small projects that would be easy to do at home without our specialist staff. They contained instructions and ideas for inspiration so that people could continue with a hobby that, in so many cases, had brought them relief from stresses and worries. The feedback we got was fantastic and we received lots of wonderful images of the works of art being created.



## We Even Adapted The Exercise

Although the pandemic stopped and altered a lot of things once lockdown started in March, we still managed to get several events off the ground in the early part of the year, then adapt to keep them going in different formats. For example, our dance and dine days. When we started we wanted a fun event that would encourage physical exercise in a fun and different way, accompanied with healthy eating. So we hired a dance teacher to come in and deliver sessions on various dance styles, encouraging people of all ages and abilities to join in. The sessions were followed by a meal, prepared with healthy ingredients.

Everyone loved the sessions and they were building in popularity week on week. But, as with many things this year, the pandemic put a stop to them. However, we were not to be defeated. As soon as the easing of restrictions allowed, we were able to adapt and keep the basic aims with a twist. We held a treasure hunt in the grounds of the farm. Families were able to stick together, allowing social distancing between non family groups, and afterwards, we were able to enjoy picnics. Obviously, as the weather changed these events have not been able to continue, and new lockdown restrictions meant we could not go back to the original dance and dine. But we have big plans for restarting this event as soon as we are allowed.

In the meantime, one of our volunteers started the happy walking group. As the name would suggest, a small group, who walk together, socially distanced, to continue to get exercise, and fresh air. Lockdown 3.0 has meant this has had to pause for now, but again, we hope to start it again as soon as possible. We are also encouraging those service users who still can, to get out and about for fresh air, whilst following the lockdown rules.

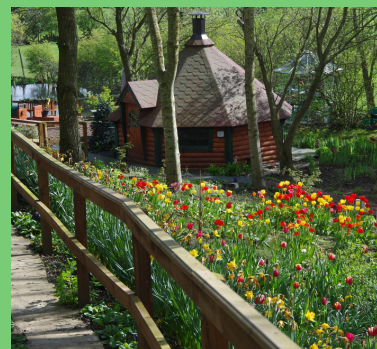
## What Else Have We Been Up To?

With everything that has been going on this year, we knew it was more important than ever that we try and keep things as familiar and normal as possible, with so many restrictions and limitations. So we have tried to keep many of our regular events in place, such as the Remembrance day displays, and Winter Wonderland, even if they needed to be a little different. We have also continued to expand the kind of services we offer, because it is more important than ever that people know they have a safe and supportive place to go when they are feeling overwhelmed.

### Winter Wonderland

Here at Beyond Limits we know that Christmas can be a really difficult time for people, especially those with little income, those that have no friends or family close by, and those with health problems. With that in mind we always try to make Christmas as special as possible for those that need a little more support.

This year that was even more important with Covid affecting everyone's Christmas plans. We were determined that the pandemic would not cancel our Winter Wonderland and our team worked hard to make sure families could come and visit, see the lights, meet Santa, and get some presents, without any risk to themselves or us. Thanks to an amazing team of staff and volunteers we were able to create a Winter Wonderland that was not only Covid secure, but fit for any elf or fairy!



**These are just some of the messages of thanks from families who were able to come and see Santa.**

*"I thought our Christmas was cancelled as I have just come out of an abusive relationship and had to flee for safety with my children. Due to safety reasons, I could only go with the clothes we had on. Because of your support it has made our Christmas so much brighter."*

*"I just wanted to send a message of gratitude for tonight. The whole decoration of the place was amazing, your storytelling, and involving the girls was lovely. The presents and food were so appreciated. We all had a great time, thank You."*

*"I couldn't recommend more. My girls absolutely loved it, even my older ones! It certainly added more magic to their Christmas. They were on cloud nine, and I still am, seeing their little faces, thank you!"*

### **PT Sessions**

We have started doing Personal Trainer sessions with those people who really want to focus on getting fitter, whether that is physically or mentally. It is known that one type of well being influences and effects the other, and we want to do everything we can to help people, especially in these uncertain times. Obviously, restrictions mean we cannot meet as a group, however we are able to have limited 1 to 1 sessions. We have been lucky enough to find a fully qualified Personal Trainer, who has lots of experience working with people who want to improve their mental health through exercise, as well as get fitter. Gaz and his fantastic sessions have been a welcome addition to what we have happening here at Beyond Limits.

### **Arts and Crafts Group**

Our Arts and Crafts group has been growing in popularity for some time, and it has never been more important than during the Covid pandemic. The main purpose of the group is to be a support network for those who struggle with isolation, loneliness or mental health issues, and these are things the pandemic exacerbated on a huge scale. As we have said, meeting in person was not an option during the initial months of lockdown, so to ensure people still had a focus, and a distraction, we sent out "at home" art packs. This meant that people could continue with a hobby that had given them a boost, and that lifted their spirits. Even though they were only small things, like decorating crockery etc, they provided a distraction from the worries and stresses that were going on all around.

Once we were able to meet again (albeit at a distance,) we were able to begin creating more ambitious projects that people have thoroughly enjoyed. This has included creating art with plant pots, by making pot people and lighthouses, and decorating bird boxes, ready to welcome the spring. Although new restrictions have lead to people needing to stay at home again, we are still able to carry on with these projects, now that we are ready and organised for constantly changing rules.



## Cooking Challenge - Think Inside The Box!

The cooking challenge is probably the most recent addition to Beyond Limits activity list, and it has proven exceptionally popular. So much so we have a waiting list of people wanting to get involved. Essentially, we wanted to give people something else to do in lockdown, especially things they can do together as a family. But we also wanted to continue to encourage healthy lifestyles. It is so easy when you're stuck at home, feeling low, to just eat comfort food, or get stuck in the routine of the same meals over and over. The cooking challenge has changed this.

Each week people collect a box of basic ingredients from Beyond Limits and we challenge them to make as many new and interesting dishes as possible from what is in there. They can add things from their own cupboards if they really need to (herbs, flour, things like that,) but the rules of the challenge mean these additions need to be an absolute minimum. They have to make something using mostly what is in the packs. And boy oh boy have people risen to the occasion! We have had everything from Cornflake tarts, to cheesecake cups. Spaghetti carbonara to Cowboy tea. The creativity it has brought out in people is fantastic.

When recipes are created they photograph the meals (and the steps to making it in some cases) and add the images and methods to our facebook page, meaning everyone who wants to can try out these new things. Even people not getting the challenge packs are joining in via the facebook group and sharing their versions of some of our clients creations.

We placed inspirational boards outside the property to cheer people up as they either came in or passed by. Many people have expressed their sincere gratitude for displaying these boards.



# A Growing Staff Team

The growth of Beyond Limits over the last few years has been amazing. It has gone way beyond even our expectations, and its still getting bigger. With this in mind we have had to extend the staff team to start managing the many tasks that are involved in running the charity and meeting everyone's needs to the best of our ability.

## Our New Chef

Daveraj Babooram joined the team in June to meet the demand for fresh and healthy food, not just for our service users but for the volunteers as well. It is important to us that people are encouraged to eat healthily. It is so easy when you are busy to just grab a quick snack on the go, or when you are on a tight budget to eat the same easy and cheap meals every day. So Davey has started to use lots of healthy ingredients to create different meals to add to the food packs, particularly for those people with conditions that mean cooking is a challenge for them. He also cooks up some lovely healthy meals and snacks for the volunteers, so we can ensure they are looked after when they are here working so hard.

As well as this Davey started doing cooking demonstrations for people on site. A fun and interactive way of teaching people how cooking is not something to be afraid of or seen as a chore, but something that can be enjoyed and involve the whole family. Obviously Covid restrictions have put a stop to these sessions for now, but Davey has lots of ideas ready for when we are all able to be together again.

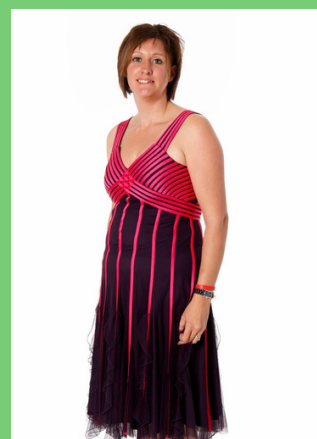
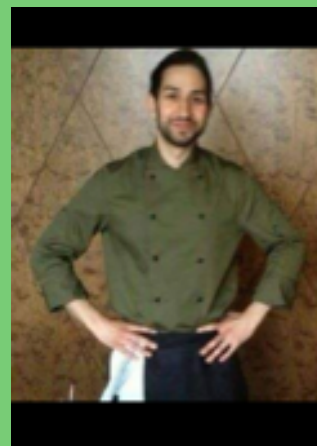
## Charity Improvement Officer

With all of the extra paperwork and monitoring that comes along with expanding what we do, we needed some extra hands to help organise and handle all of this, as well as apply for funding to keep the new projects up and running. This is where Siobhan Viggars comes in.

Siobhan was already a friend of the charity, working with some of our service users in the singing group and she agreed to come on board as the Charity Improvement Officer in July last year. Siobhan's background as a teacher means she is no stranger to paperwork or deadlines, which comes in very handy at times. Amongst other things she has ensured the funding streams did not dry up this year, even with the extra challenge of Covid.

## Volunteer Coordinator

Our final staff addition is our own amazing Linzi. After volunteering with us for a long time and going way above and beyond everything we have asked of her, we have employed Linzi as the volunteer Coordinator. The growth of the charity means Susan has to wear many hats, and the amount of work she needed to do just to keep the day to day running of the charity going was getting too much for her. So Linzi agreed to come on board early in 2021 to take some of the weight of that responsibility. We really do have a dream team at the helm of Beyond Limits.



# Our Trustees

We are so blessed at Beyond Limits to have a team of trustees with a wealth of experience, not just in the charity and volunteer sector, but with experience in varied industries and with different backgrounds. This knowledge means we have a board that understands what our service users are going through, what they need, and what we want to do to help them. As charity trustees, our Non-Executive Directors receive no remuneration for their services. The Board, which meets quarterly, is responsible for strategic decisions.

## **Mally Wheldon - Board Chair**



## **Linzi Nicholls - Treasurer**



## **Ernie Malt**



## **Ian Wilson**



## **Louise Barrow**



## **Karen Kahindi - Secretary**



# Volunteering With Beyond Limits

Volunteering with Beyond Limits means that, not only will you change lives in the local and wider community, but your life will change for the better too. Our volunteers are valuable members of the team and we offer support, training and mentoring every step of the way. This year we have had more help than ever, stepping up to help out in such strange times, proving that people really are amazing.

If you volunteer with us we make the following commitments to you:

- 1 - Receive continuous training and support.
- 2 - Be part of a small but vibrant team.
- 3 - Receive travel expanses, free meals, refreshments, and uniforms. One day a month we also treat our volunteers to a revive day, such as a pamper day, a photo session, accompanied by delicious food and refreshments.
- 4 - You will feel great for contributing to your local community.
- 5 - Rewarding work experience and a reference provided.

**We want to take this opportunity to thank our amazing volunteers, without whom we would not have helped so many people in need.**



# Future Plans

There is so much we still want to achieve here at Beyond Limits. Covid may have slowed us down, and switched some of our priorities, but it certainly has not stopped us. Whilst helping as many people as we could through one of the toughest years we have ever seen, we have been busy making plans.

Our social events are going to come back better than ever. We have plans for this years garden party, lots of social evenings with food and music, extending the PT sessions, and other exercise classes we offer, more from our singing group, and some of the most ambitious arts and crafts projects we have ever tried. We also plan to train our volunteers and any service users who want to be involved, so that they gain functional skills, and certificates, enabling those that have been long term unemployed to ease back into the world of work.

Obviously everything we do will be in line with any restrictions and will be 100% covid secure, something else we have spent a lot of the last few months planning and organising, as we want everything to be exactly as it should be.

We cannot wait to get our teeth into all of the plans we have for the coming year, and we cannot wait to share it all with you. Just watch this space!

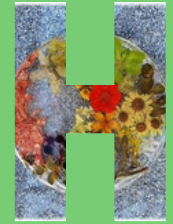
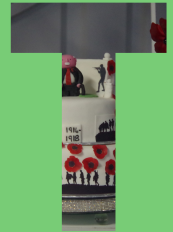


# Our Funders

None of what we do is possible without the generosity of our donors. Without your kindness, we would not be able to help people in the varied and regular ways that we do. We want to thank you all for continuing to support us and our community.

**The National Lottery**  
**North Star Housing**  
**DCC Heather Smith**  
**The Martin Lewis Fund**  
**CDCF**  
**Groundworks UK**  
**The Archer Trust**  
**The William Leech Charity**  
**Bernard Sunley Foundation**  
**Garfield Weston Foundation**  
**The Rothley Trust**  
**Livin**  
**The Barbour Foundation**  
**The Souter Trust**  
**The Albert Hunt Trust**  
**County Durham Sport Partnership**  
**The Catherine Cookson Trust**  
**Asda Community Fund**

As well as the foundations, trusts and varied organisations that continue to support us, we are lucky enough to receive donations from members of our community on a regular basis. We are so grateful for everyone who supports us. We could not do this without you.





Receipts and payments accounts

CC16a

For the period from	04/01/20	To	03/01/21
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	23,141	-	-	23,141	21,153
Grants	20,970	72,151	-	93,121	39,768
Gift Aid	-	-	-	-	-
Refunds	-	-	-	-	17,185
Misc	-	-	-	-	446
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>44,111</b>	<b>72,151</b>	<b>-</b>	<b>116,262</b>	<b>78,552</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>44,111</b>	<b>72,151</b>	<b>-</b>	<b>116,262</b>	<b>78,552</b>
<b>A3 Payments</b>					
Buildings	-	-	-	-	-
Client Aid	2,589	7,778	-	10,367	11,451
Client Events	7,107	10,769	-	17,876	12,931
Equipment	684	746	-	1,430	5,844
Flowers	-	-	-	-	1,468
Food	-	7,940	-	7,940	5,800
Internet	-	-	-	-	-
Insurance	661	-	-	661	637
Computer Equipment	952	4,918	-	5,870	-
IT Software & Consumables	209	1,136	-	1,345	-
Materials	-	-	-	-	8,888
Maintenance	2,124	1,787	-	3,911	2,797
Misc	728	80	-	808	2,938
Phone	110	-	-	110	-
Stationery	119	184	-	303	134
Sessional Staff	2,420	400	-	2,820	2,030
Training	199	319	-	518	1,370
Travel & Transport	479	2,352	-	2,831	2,106
Wages	10,663	19,945	-	30,608	12,672
	-	-	-	-	-
<b>Sub total</b>	<b>29,044</b>	<b>58,354</b>	<b>-</b>	<b>87,398</b>	<b>71,066</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>29,044</b>	<b>58,354</b>	<b>-</b>	<b>87,398</b>	<b>71,066</b>
<b>Net of receipts/(payments)</b>	<b>15,067</b>	<b>13,797</b>	<b>-</b>	<b>28,864</b>	<b>7,486</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>8,695</b>	<b>15,151</b>	<b>-</b>	<b>23,846</b>	<b>16,360</b>
<b>Cash funds this year end</b>	<b>23,762</b>	<b>28,948</b>	<b>-</b>	<b>52,710</b>	<b>23,846</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Unity Bank Current A/c	25,911	28,864	-
	Lloyds Debit Card	-	2,065	-
		-	-	-
	<b>Total cash funds</b>	<b>25,911</b>	<b>26,799</b>	<b>-</b>

(agree balances with receipts and payments account(s))

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

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

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

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

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

Signature	Print Name	Date of approval
<i>S Michalls</i>	Lundseys Nicholls	26.10.21
<i>RM Wheldon</i>	RAYMOND MALCOLM WHELDON	26-10-21



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
Beyond Limits

**On accounts for the year  
ended**

31/03/21

**Charity no  
(if any)** 1168962

**Set out on pages**

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/21.

**Responsibilities and  
basis of report**

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

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

**Independent  
examiner's statement**

I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants of Scotland.

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

- the accounting records 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) 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.

\* Please delete the words in the brackets if they do not apply.

**Signed:**

**Date:** 13/10/22

**Name:**

Kirsten Baggaley

**Relevant professional  
qualification(s) or body  
(if any):**

ICAS

**Address:** The Stables, Glebe Lane, Manfield, DL2 2RS

The Stables, Glebe Lane, Manfield, DL2 2RS

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

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# LEGAL ADMINISTRATIVE

## TRUSTEES

Mally Wheldon - Board Chair

Linzi Nicholls - Treasurer

Ernie Malt

Ian Wilson

Louise Barrow

Karen Kahindi - Secretary

## CHIEF EXECUTIVE

Susan Sadler

## INDEPENDENT EXAMINER

Kirsten Baggaley

The Stables Glebe Lane

Manfield DL2 2RS

CHARITY NUMBER 1168962

## REGISTERED OFFICE

Sadlers Farm South Side

Butterknowle DL13 5JN

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