

**Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 July 2023  
for  
Love, Jasmine**

Douglas Fairless Partnership  
Seymour Chambers  
92 London Road  
Liverpool  
Merseyside  
L3 5NW

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for the Year Ended 31 July 2023**

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**Report of the Trustees  
for the Year Ended 31 July 2023**

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

**OBJECTIVES AND ACTIVITIES**

**Charitable purposes and aims**

Our charitable purposes which are clearly set out in our constitution are:

1. To preserve and protect the mental and physical health of families who are suffering as a result of a bereavement of a child of any age by the provision of counselling, guidance and support.
2. To advance the education of the public and in particular professionals who assist bereaved families by raising awareness of their needs by way of information, training, guidance and support.

Love, Jasmine supports family members directly affected by the loss of a child. We provide practical, emotional and respite support and promote self-care to improve the emotional well-being of the whole family.

All families bereaved by the loss of a child should receive the support they need, when they need it, for as long as they need it.

**Report of the Trustees  
for the Year Ended 31 July 2023**

**OBJECTIVES AND ACTIVITIES**

**1. EMOTIONAL SUPPORT**

**1.1. Counselling**

Our counselling service is a major part of our emotional support and it's an area where we are seeing an increase in demand year on year. In the year ending 2022, 120 new referrals for one-to-one counselling were received. However, this year the figure increased to 142 which is an increase of over 18% on the previous year.

The increase in demand is due, in part, to an increase in the number of referrals for families who have lost adult children and many of these referrals are coming from Social Prescribers, linked to GP surgeries.

The loss of a child is a deeply distressing time, and it is very common for families that we support to need long term support and our counselling service is operated with that in mind. Bereaved parents will receive counselling support for as long as they need it and although we operate an open-ended approach for bereaved parents, the counselling is reviewed every 8 sessions using WEMWBS to see if the counselling is effective and identify any issues that may be impacting the counselling. This approach is needed so that families get adequate support. For instance, a lot of families that we support must go through the trauma of an inquest or criminal trial and this can be a lengthy, distressing process. Long term support is also needed in situations where families go on to have another child. This is a time of very mixed emotions for families, who on the one hand are looking forward to having another child, but it is also a very anxious time where families can feel isolated because of the reactions of other people. It is very common for friends and family to believe that the new baby will 'fix' things, when the reality is that what has happened can never be fixed. These added complications can mean some families access one-to-one support for multiple years.

For grandparents and older siblings, we initially offer 8 sessions of counselling. However, if the counsellor feels that they would benefit from more sessions then we would extend their support.

As well as supporting older siblings, we also provide one-to-one support to younger siblings from 4 years of age and they, like older siblings, are initially offered 8 sessions. It is important that children are given the time to explore their feelings in an environment that they feel comfortable in and that they are supported by someone who is experienced in working with children and bereavement. Our dedicated children's therapy room is equipped with activities to suit all ages and is suitable for children who have ASD as we have sensory toys and lighting. As children grow, their understanding of death, dead and dying improves and this can cause sometimes cause a regression in how they are dealing with the loss of their brother or sister. This can be because they now better understand the finality of death, or it could be because they now have different issues that may need addressing. An example of this is when children begin using the internet and discover things about their brother or sister that they never knew before. Because of this, we encourage parents to bring their children back to us if they think that they need additional support. This way we ensure that they get the support when they need it.

We have always tried to breakdown barriers to accessing support and we were able to provide bereavement counselling to a Tamil speaking Mum who wasn't able to fully engage with one of our counsellors in English. We contacted a Tamil speaking qualified counsellor in London who was able to provide counselling via Zoom meaning the Mum got the help that she desperately needed. This is an example of how we go out of our way to ensure families get the help that they need.

Whilst families are waiting to access one to one counselling, they can access other types of emotional support such as our peer groups while they wait to be allocated to a counsellor. We regularly check in with families while they wait to access counselling support and families will often just come in for a chat during this time. This peer support is important and shows the families that they aren't just a number on a waiting list.

As well as one to one person centred counselling, we also provide families with trauma therapy, in particular Eye Movement Desensitization and Reprocessing (EMDR) therapy. For some families that we support the effects of the trauma that they have suffered can get worse over time meaning they go on to develop Post Traumatic Stress Disorder and EMDR can help reduce the effects of these traumatic memories.

**1.2. Peer Support**

One of the reasons that the charity was established was to provide families with the opportunity to meet others living with the same loss and our groups are a major part of what we do.

Our coffee morning which takes place between 10am and 12pm on the first Wednesday morning of each month is held in Café In the Park, Stanley Park in Liverpool. The venue is ideal for the session as there is parking available and it also doesn't impact on our counselling service at the office. The Trustees would like to send our sincere gratitude to Café In The Park for their continued support by providing us with the space at their fantastic venue.

The coffee morning is led by two bereaved parents and is ran in a very informal manner. Family members can bring other people with them for support, and they can stay for the duration or pop in for a shorter period, whatever works for them. The number of family members that attend the coffee morning varies month to month, but we are consistently seeing on average 16-18 people per month.

**Report of the Trustees  
for the Year Ended 31 July 2023**

**OBJECTIVES AND ACTIVITIES**

Our parents support group which is held monthly on a Monday between 6pm and 7:30pm at our Wavertree office is another group that is well attended and has regular attendees. From the outset, we have always believed that there is strength in numbers and that bereaved parents can comfort and gain strength from each other. The group is facilitated by two counsellors. We use two counsellors for the group in case there is any safeguarding concerns or in case there is a need for anyone to step out of the group for whatever reason. The discussion can be very difficult to manage at times and the counsellors ensure that everyone can speak freely if they wish.

Our Pregnancy After Loss Coffee Morning is held monthly on a Sunday between 10am and 12pm. This group was started after a number of our counsellors were feeding back that parents that they were supporting felt uncomfortable attending our other groups as they didn't want to upset families who for whatever reason couldn't go on to have another child. Parents who are expecting another child can talk about their anxieties and what concerns them, and they can also meet other parents who have since had another child. This can give reassurance to the families who are expecting as it shows that they have got through the pregnancy without any issues, and it can help to calm nerves. Families are also able to bring their children with them to the group and we hold the group on a Sunday, so that families who have returned to work can also attend.

In October 2022, we began a men's bereavement group in partnership with a men's mental health charity, Sean's Place, who are based in Bootle. The group is open to men who have suffered a loss of any kind and is limited to no more than 8 people at a time, so each man has a chance to contribute. The group is also a closed group meaning no one else can join the group after the first session. The group runs weekly for a period of 6 weeks.

**2. PRACTICAL HELP**

**2.1. Help with Transport**

This is an important part of our support for bereaved families as it enables families, who would otherwise struggle, to get to and from our appointments.

We are in a central location situated to very good road links with a train station just a couple of minutes' walk away. However, some of our families don't drive as they may be elderly or have a medical condition that stops them driving. Some also live in some of the most deprived areas of Merseyside and don't have access to a car or the local rail network, so they would be reliant on using the local bus service. For some this would mean taking two buses and potentially travelling for an hour each side of their appointment and for many this isn't an option. There is also a financial consideration for some families as the travel would impact on their limited budget. In some cases, this is resolved by using Zoom or telephone for remote sessions but for others this isn't possible, due anxiety about using technology or not having access to adequate Wi-fi or simply because they need to see someone face to face. For the families who would otherwise struggle to get here, the help with transport is really important.

**2.2. Signposting and Advocacy**

When a child dies it has a huge impact on every part of a family's life and many need help accessing services which can help them with benefit advice, funeral costs and headstones, wills and probate, housing and accessing medical records. They also may need help in getting the expert legal advice for inquests or civil cases. Having to search for the right help can be difficult at the best of times, but when your world has been turned upside down, this can be an even more difficult and stressful experience. We will help families in any way we can, and we try to find out what they are struggling with when we first meet with them and help them with whatever issue that they may have.

**3. SELF-CARE**

The third pillar of our support is self-care and it's about teaching families how to manage their grief, trauma, and anxiety in a way that's right for them. Lack of sleep is a problem for so many families that we support and it's an issue that comes up all the time during one-to-one sessions and group support. Relaxation techniques such as mindfulness and meditation can help with sleep issues if practiced on a regular basis and we provide families with information about different apps that they can download free of charge to help with this. We also provide families with information on sleep routines.

Dealing with intense grief and trauma can have a detrimental impact on people and we encourage families to utilise the complimentary therapies that we provide alongside a company called Shea Therapies, which was founded by a bereaved parent. Being able to relax and switch off even for a short time can really help, particularly as it's in an environment that is safe and understanding.

**4. COMMUNITY FUNDRAISING**

As a charity we believe that it is important to raise our own funds and not be wholly reliant on grant funders and other organisations to support our work. Throughout the year we host numerous fundraising activities to help raise money to support our work including a fundraising evening which raised over £7,000. We also gave people the opportunity to take part in challenges such as a sky dive and zip wire challenges which combined raised over £10,000 to support our work with bereaved families.

Love, Jasmine

**Report of the Trustees  
for the Year Ended 31 July 2023**

**OBJECTIVES AND ACTIVITIES**

**5. CORPORATE SUPPORT**

We are very grateful for the continued support of Mikkeller Running Club Liverpool who host two fundraising events on our behalf each raising £4,000 combined. They have been a continuous source of support since our inception. We were also delighted to be named as charity of the year for Morecrofts Solicitors after the staff chose us to be a beneficiary of the fundraising efforts for the year.

**6. GRANT FUNDING**

The trustees would like to place on record our sincere thanks and gratitude to the following organisations who provided grant funding throughout the year.

- 6.1. Steve Morgan Foundation / DMS Match Funding Challenge - £10,333.36 to support our counselling service.
- 6.2. St James Place Foundation - £2,400.00 to support our work with bereaved siblings.
- 6.3. LCVS Community Impact Fund - £2,500.00 to help with our practical support for bereaved families, in particular beneficiary transport.
- 6.4. PH Holt Foundation - £5,000.00 to support our counselling service.
- 6.5. Albert Hunt Trust - £4,000.00 to support our counselling service.

**FINANCIAL REVIEW**

During the year the charity raised £104,566 (2022 - £104,371) and spent on £128,928 (2022 - £145,889) on various activities and running costs. The remaining funds of £33,678 (2022 - £58,040) are contained within a general fund and will be used against future projects.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

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

**REFERENCE AND ADMINISTRATIVE DETAILS**

Registered Company number  
CE007956 (Not specified/Other)

Registered Charity number  
1168397

Registered office  
10 TAPTON WAY  
WAVERTREE BUSINESS VILLAGE  
Liverpool  
Merseyside  
L13 1DA

Trustees  
Miss L Dyson Trustee  
I Stringer Trustee  
Mrs K Lapsley Trustee  
Mrs E E Furlong Trustee  
Miss L Devine

Company Secretary

Independent Examiner  
Douglas Fairless Partnership  
Seymour Chambers  
92 London Road  
Liverpool  
Merseyside  
L3 5NW

Approved by order of the board of trustees on 30/05/24 and signed on its behalf by:

  
Mrs E E Furlong - Trustee

**Independent Examiner's Report to the Trustees of  
Love, Jasmine**

**Independent examiner's report to the trustees of Love, Jasmine ('the Company')**

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

**Responsibilities and basis of report**

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

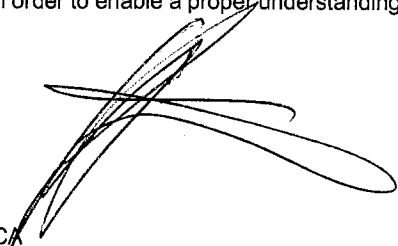
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act').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

**Independent examiner's statement**

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

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

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



Mr Gregory Newton FCCA

Douglas Fairless Partnership  
Seymour Chambers  
92 London Road  
Liverpool  
Merseyside  
L3 5NW

Date: .....

30/05/24

**Douglas Fairless Partnership**  
**Accountants & Registered Auditors**  
Seymour Chambers  
92 London Road  
Liverpool L3 5NW  
Tel: 0151 709 1931  
Fax: 0151 709 9412

Love, Jasmine

Statement of Financial Activities  
for the Year Ended 31 July 2023

	Notes	Unrestricted fund £	Restricted fund £	31.7.23 Total funds £	31.7.22 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		76,297	-	76,297	65,021
Other trading activities	2	28,269	-	28,269	39,350
<b>Total</b>		<u>104,566</u>	<u>-</u>	<u>104,566</u>	<u>104,371</u>
<b>EXPENDITURE ON</b>					
Raising funds		5,989	-	5,989	5,861
Other		101,966	20,973	122,939	140,028
<b>Total</b>		<u>107,955</u>	<u>20,973</u>	<u>128,928</u>	<u>145,889</u>
<b>NET INCOME/(EXPENDITURE)</b>		(3,389)	(20,973)	(24,362)	(41,518)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		34,367	23,673	58,040	99,558
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>30,978</u></u>	<u><u>2,700</u></u>	<u><u>33,678</u></u>	<u><u>58,040</u></u>

The notes form part of these financial statements

Love, Jasmine

Balance Sheet  
31 July 2023

	Notes	Unrestricted fund £	Restricted fund £	31.7.23 Total funds £	31.7.22 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	7	389	-	389	1,647
<b>CURRENT ASSETS</b>					
Cash at bank		32,311	2,700	35,011	64,248
<b>CREDITORS</b>					
Amounts falling due within one year	8	(1,722)	-	(1,722)	(7,853)
<b>NET CURRENT ASSETS</b>		<u>30,589</u>	<u>2,700</u>	<u>33,289</u>	<u>56,395</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>30,978</u>	<u>2,700</u>	<u>33,678</u>	<u>58,040</u>
<b>NET ASSETS</b>		<u>30,978</u>	<u>2,700</u>	<u>33,678</u>	<u>58,040</u>
<b>FUNDS</b>	9				
Unrestricted funds				30,978	34,367
Restricted funds				<u>2,700</u>	<u>23,673</u>
<b>TOTAL FUNDS</b>				<u>33,678</u>	<u>58,040</u>

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

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

The trustees acknowledge their responsibilities for

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on 30/05/24 and were signed on its behalf by:



E E Furlong - Trustee

The notes form part of these financial statements

**Notes to the Financial Statements  
for the Year Ended 31 July 2023**

**1. ACCOUNTING POLICIES****Basis of preparing the financial statements**

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

**Income**

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

**Expenditure**

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

**Tangible fixed assets**

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

Fixtures and fittings	- at varying rates on cost
Computer equipment	- at varying rates on cost

**Taxation**

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

**Fund accounting**

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

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

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

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**2. OTHER TRADING ACTIVITIES**

	31.7.23	31.7.22
	£	£
Other income	28,269	39,350
	<u>          </u>	<u>          </u>

**3. NET INCOME/(EXPENDITURE)**

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

	31.7.23	31.7.22
	£	£
Depreciation - owned assets	1,258	1,411
	<u>          </u>	<u>          </u>

**Notes to the Financial Statements - continued  
for the Year Ended 31 July 2023**

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 July 2023 nor for the year ended 31 July 2022.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 July 2023 nor for the year ended 31 July 2022.

**5. STAFF COSTS**

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

	31.7.23	31.7.22
Manager	1	1
Admin	3	3
	<u>4</u>	<u>4</u>

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

**6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	41,348	23,673	65,021
Other trading activities	39,350	-	39,350
<b>Total</b>	<u>80,698</u>	<u>23,673</u>	<u>104,371</u>
<b>EXPENDITURE ON</b>			
Raising funds	5,861	-	5,861
Other	140,028	-	140,028
<b>Total</b>	<u>145,889</u>	<u>-</u>	<u>145,889</u>
<b>NET INCOME/(EXPENDITURE)</b>	(65,191)	23,673	(41,518)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	99,558	-	99,558
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>34,367</u>	<u>23,673</u>	<u>58,040</u>

**Notes to the Financial Statements - continued  
for the Year Ended 31 July 2023**

**7. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £	Computer equipment £	Totals £
<b>COST</b>			
At 1 August 2022 and 31 July 2023	2,348	2,752	5,100
<b>DEPRECIATION</b>			
At 1 August 2022	1,470	1,983	3,453
Charge for year	667	591	1,258
At 31 July 2023	2,137	2,574	4,711
<b>NET BOOK VALUE</b>			
At 31 July 2023	211	178	389
At 31 July 2022	878	769	1,647

**8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.7.23 £	31.7.22 £
Trade creditors	-	6,340
Social security and other taxes	1,338	1,193
Accrued expenses	384	320
	1,722	7,853

**9. MOVEMENT IN FUNDS**

	At 1.8.22 £	Net movement in funds £	At 31.7.23 £
<b>Unrestricted funds</b>			
General fund	34,367	(3,389)	30,978
<b>Restricted funds</b>			
Restricted	23,673	(20,973)	2,700
<b>TOTAL FUNDS</b>	58,040	(24,362)	33,678

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	104,566	(107,955)	(3,389)
<b>Restricted funds</b>			
Restricted	-	(20,973)	(20,973)
<b>TOTAL FUNDS</b>	104,566	(128,928)	(24,362)

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 July 2023**

**9. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.8.21 £	Net movement in funds £	At 31.7.22 £
<b>Unrestricted funds</b>			
General fund	99,558	(65,191)	34,367
<b>Restricted funds</b>			
Restricted	-	23,673	23,673
<b>TOTAL FUNDS</b>	<u>99,558</u>	<u>(41,518)</u>	<u>58,040</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	80,698	(145,889)	(65,191)
<b>Restricted funds</b>			
Restricted	23,673	-	23,673
<b>TOTAL FUNDS</b>	<u>104,371</u>	<u>(145,889)</u>	<u>(41,518)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.8.21 £	Net movement in funds £	At 31.7.23 £
<b>Unrestricted funds</b>			
General fund	99,558	(68,580)	30,978
<b>Restricted funds</b>			
Restricted	-	2,700	2,700
<b>TOTAL FUNDS</b>	<u>99,558</u>	<u>(65,880)</u>	<u>33,678</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	185,264	(253,844)	(68,580)
<b>Restricted funds</b>			
Restricted	23,673	(20,973)	2,700
<b>TOTAL FUNDS</b>	<u>208,937</u>	<u>(274,817)</u>	<u>(65,880)</u>

**Notes to the Financial Statements - continued  
for the Year Ended 31 July 2023**

**10. RELATED PARTY DISCLOSURES**

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

Love, Jasmine

Detailed Statement of Financial Activities  
for the Year Ended 31 July 2023

	31.7.23 £	31.7.22 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Gifts	2	-
Donations	76,295	65,021
	<u>76,297</u>	<u>65,021</u>
<b>Other trading activities</b>		
Other income	28,269	39,350
	<u>28,269</u>	<u>39,350</u>
<b>Total incoming resources</b>	<u>104,566</u>	<u>104,371</u>
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Events	5,427	5,284
Direct costs	562	577
	<u>5,989</u>	<u>5,861</u>
<b>Support costs</b>		
<b>Human resources</b>		
Wages	56,689	65,864
Pensions	2,124	2,474
Subscriptions	135	250
Training	-	160
	<u>58,948</u>	<u>68,748</u>
<b>Office costs</b>		
Computer costs	6,154	6,520
Insurance	1,057	1,040
Telephone	1,109	2,366
Postage and stationery	241	348
Sundries	439	1,087
Meeting, Office & Storage Rent	15,680	20,798
Light and heat	3,785	587
Repairs and new office costs	1,817	4,780
	<u>30,282</u>	<u>37,526</u>
<b>Support costs</b>		
Professional fees	250	-
Travel	2,568	1,162
Counselling/Yoga	22,390	17,261
Marketing	1,600	752
Other Support costs	5,258	12,808
Fixtures and fittings	667	494
Computer equipment	592	917
	<u>33,325</u>	<u>33,394</u>
<b>Governance costs</b>		
Accountancy fees	384	360
	<u>384</u>	<u>360</u>
<b>Total resources expended</b>	<u>128,928</u>	<u>145,889</u>
<b>Net expenditure</b>	<u>(24,362)</u>	<u>(41,518)</u>

This page does not form part of the statutory financial statements