

Company registration number: CE008067
Charity registration number: 1169577

**ART THERAPY YORKSHIRE
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2025**

ASQUITH
{ ACCOUNTANTS }

Art Therapy Yorkshire Contents

	Page
Trustees' Report	1—5
Independent Examiner's Report	6
Statement of Financial Activities	7
Comparative Statement of Financial Activities	8
Statement of Financial Position	9
Notes to the Financial Statements	10—14
The following pages do not form part of the statutory accounts:	
Detailed Statement of Financial Activities	15

Art Therapy Yorkshire

Trustees' Report For The Year Ended 31 October 2025

The trustees present their report and the financial statements for the year ended 31 October 2025.

Objectives and Activities

Aims and Objectives

The object of the CIO is the relief of sickness and the promotion of good health in Scarborough and the surrounding area by the provision of Art Therapy. The emphasis is on mental health and wellbeing.

Significant Activities

During this year we were excited to work with our new data system and are now able to confidently provide up to the minute quantitative information. This tells us that in 2025 we met with 131 people, ages ranging from 9-82. The majority of our clients are aged 25-65. Our group work at the Rainbow centre remains an important outreach, whilst here at Woodend the average length of a 1-1 intervention would be 12 sessions provided at no cost to the client. Some do go on to access a much- subsidised rate – if they so choose.

One small example of the progress made is that the response to the question 'I feel my mental wellbeing is improving', the proportion of participants who felt their mental well-being was improving increased. Those selecting often or all the time rose from 22.44% at entry to 67.2% at exit, whilst those indicating low improvement (never or rarely) decreased from 33.6% to 8.2%.

Interestingly there is a similar correlation with Physical wellbeing suggesting the improvements in mental health sits alongside an improvement in perceived physical health, a great outcome! Our intervention partnership with Rise2Thrive allowed us to work collaboratively with a raft of local organisations SWR Mind and NY Horizons to name two, where our differing resources and expertise combined to deliver an exemplary service to those disadvantaged in our town.

In a different field we have been approached by several parents, concerned about their young person's mental wellbeing, often high anxiety levels potentially attributable to Lockdown, showing school avoidance and depressive behaviours. We have also been contacted by a number of educational establishments with concerns around young people needing specialist support, both mainstream and SEND. Where it is appropriate and within our capacity we have met these needs and look forward to 2026 where there may be some funding for this work.

Public Benefit

Art Therapy Yorkshire, originally founded in 2012, has, since its registration as a Charitable Incorporated Organisation in 2016, continued with its ongoing programme of activities delivered for the public benefit, and, in most cases, free to the beneficiaries. When undertaking any decision making or reporting, the trustees have regard for the Charity Commission Guidance on Public Benefit: Rules for Charities issued on 14 February 2014. This guidance is drawn to the attention of any potential or newly appointed trustee.

The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

Trustees are directed to the guidance provided by the Charity Commission as part of the induction process before they are accepted onto the board.

Volunteers and Other

Membership and volunteers is an area that we recognise as needing development and growth.

To protect and support our clients we maintain a strictly confidential approach regarding the delivery of our services. While this policy is wholly appropriate it creates difficulties in engaging volunteers within the organisational safe practice.

This is true also for our member base; however, we are aware that we need to expand and develop both our membership and our volunteer cohort.

There is a plan to establish a specific role within the board with an appropriate trustee whose expertise and experience extend to such a brief.

Although our core business will by necessity remain within the bounds of confidentiality, we recognise that there are areas of administration, fund raising and community support that could well be boosted by an increase in membership and volunteers.

Working with support from Neighbourly a global leader in community giving we have been able to move from a solely paper-based system to create our own safe data base enabling us to present data in an accurate and totally anonymised way.

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**Art Therapy Yorkshire
Trustees' Report (continued)
For The Year Ended 31 October 2025**

Volunteers and Other - continued

This is the first whole year we can present our outcomes in such an accessible way, and we are hugely grateful to neighbourly and to our own staff who have brought forward this innovative practice.

Achievements and Performance

Main Achievements

We have supported 131 people aged 9-82, with our highest demographic being individuals aged 45-64. This year, much of our funding has been directed towards supporting adults, as reflected in our demographic data, which demonstrates that our programmes are successfully reaching the group our funding is intended to support.

Our engagement with Better Connect has enabled us to work with adults who are economically inactive and/or facing barriers to employment, or those in employment facing significant barriers to career progression. This has been incredibly successful, reaching 42 individuals and creating opportunities and relationships with services alike in our local community. Our feedback is positive - comments routinely speak of a safe place to talk, express thoughts. Some examples from 2025 include... "Rediscovering that it's ok to do things simply because you'll enjoy - or might enjoy - them. I felt very comfortable during the sessions and would recommend this to others in my situation." "Time to just stop and think, reflect, feel safe, and to be listened to, life often feels like a race, but it is an opportunity to step back and think. no judgement" "A safe place to talk about issues that I cannot discuss with others being listened to rather than judged."

This was not all hard work, part of the farewell and welcome processes saw us dancing the night away at the Rainbow Centre's 'Silver ball' at the Scarborough Spa, a fun evening but a great opportunity for the whole team to be together and to network with other organisations and individuals who are as passionate as we are to support the community. We were honoured to accept an invitation to a garden party in the Deanery Gardens at York Minster, on possibly the hottest day of the year. Thank you to His Majesty's Lord-Lieutenant of North Yorkshire and The Archbishop of York for hosting this great event on the 28th June. A quite different event was our team building away day at Fangfoss pottery, an opportunity to thank our two retiring senior Art Therapists while welcoming two new young therapists to the team, while experiencing the drama of Raku firing and enjoying a picnic under the apple trees. Although sadly infrequent due to work pressures we believe these events are so important to the morale of the team who for most of the year independently work steadily away in a very stressful and challenging environment, providing support and hope for those that come to us for help.

Financial Review

Financial Position

At the end of the period the charities financial position was undoubtedly challenging, but within a few days the situation changed drastically, we were once again on an even keel, with reserves in place and funding secured.

Art Therapy Yorkshire believes that it is essential, wherever possible, to build reserves. This enables unplanned financial circumstances to be dealt with, and to be able to draw on such reserves in the event of cash flow problems

Fundraising and Funds Received

We wish to acknowledge the core support received from Garfield Weston Foundation through the 2nd tranche of their grant - the £10,000 received in Nov 24 was vital.

The sum of £1000 in received in Dec allowed us to extend the work we were doing with 3 named individuals thanks to Yorkshire Young Achievers Foundation.

AgeUK's project Seechange allocated £1500 towards our work at the Rainbow Centre, effectively seed funding the group, this work is continuing through our own efforts, and through donations.

The Calmcott Trust, a local small trust sent us £1000 on 30th Dec. a great start to the New Year.

We delivered a talk on Art Therapy to the members of the Whitby Fine Art Group in February which was very well received and a pleasure to deliver.

The Truemark Trust granted us £4000 in March towards core funds, again most welcome, and vital to keep groups and delivery going.

Later in March the Charles and Elsie Sykes Trust granted another £1500 towards our costs; the Liz and Terry Bramall Foundation contributed a welcome £5000. We are happy to see return donations from the trusts named we really appreciate your ongoing support .

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**Art Therapy Yorkshire
Trustees' Report (continued)
For The Year Ended 31 October 2025**

Fundraising and Funds Received - continued

The Better Connect programme Rise2Thrive drew to close to be replaced by 'Rise2Thrive trailblazer'. This is a county-wide programme funded by the Combined Mayoral Authority – we are very happy to continue to be intervention partners in this programme – marking 10 years of delivery on these ground breaking, inclusive, programmes; 10 years since the inception of the Building Better Opportunities 'Action Towards Inclusion' programme, and its journey towards Rise2Thrive, and close working with the newly formed CMA.

We were involved in a small local project Street of Life which saw our therapists working with elderly registered blind participants to explore a particular street in Scarborough. This particularly rewarding project stretched the ingenuity of all involved and was great fun.

Towards the end of this financial year, we received £2,600 from the Allen Lane Foundation which is being put to good use in 2026 by the provision of an eco-art therapy group in the lovely environs of Woodend.

Principal Risks Facing the Charity

This year has been a year of change and regeneration. Our long-standing board – some founding members, has changed with a spate of resignations and fond farewells midyear.

This has also been mirrored with the retirement of two of our longstanding therapists who whilst retiring from client work have returned as Trustees, their client facing expertise will be much appreciated amongst the new board.

Again, whilst a challenging process this has refreshed our leadership team giving us renewed vitality going into 2026.

Structure, Governance and Management

Governing Document

The charity was incorporated as a Charitable Incorporated Organisation on 10 October 2016 and is governed by a constitution.

Trustee Selection Methods

Appointed by the existing Trustees In line with the Charities Commission Guidance.

At each AGM the longest serving trustee will stand down but may choose to stand again and may be re-elected.

Following acceptance to the board all trustees will be given access to all existing policies and procedures - this access will allow any updates or reviews to be highlighted and incorporated appropriately by the trustee responsible for policies and procedures.

The board will be structured to represent all primary requirements of governance with trustees selected where possible to maximise experience.

All trustees will be encouraged to undertake relevant training in both task specific and general governance areas. Trustees will be supported with any training requirements. To support the trustees in the service provision of the organisation, small internal teams comprising of 1 trustee and 1 employee liaison as appropriate.

Organisational Structure

The Charity is a small local independent Charity but has worked as a delivery partner for at least 10 years with the Knaresborough based Better Connect, the most recent iteration has been the Rise2Thrive programme, funded by the North Yorkshire Combined Local Authority

Related Parties

No related parties on the board or therapy team.

Some family members may be within the membership.

Reference and Administrative Details

Trustees

**Art Therapy Yorkshire
Trustees' Report (continued)
For The Year Ended 31 October 2025**

Mrs M W Bentley (resigned 13/05/2025)
Mrs K C Torkington (resigned 20/10/2025)
Ms M E Davies (resigned 19/08/2025)
Ms G Edey (resigned 23/09/2025)
Ms H Sim (appointed 14/02/2025)
Ms S Stride (appointed 08/02/2025)
Mr P Tissington (resigned 05/11/2024)
Ms L Stones (resigned 19/11/2024)
Mr P Brown (appointed 26/06/2025)
Ms I Fawcett (appointed 21/10/2025)
Mr J Wilson (appointed 12/11/2025)
Ms D Wilson (appointed 12/11/2025)

Charity Number

1169577

Independent Examiner

Miss Jennifer Springham FCCA
Asquith Accountants Ltd
Rowan House
7 West Bank
Scarborough
North Yorkshire
YO12 4DX

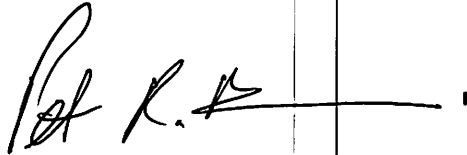
**Art Therapy Yorkshire
Trustees' Report (continued)
For The Year Ended 31 October 2025**

The trustees' report was approved by the board of trustees and signed on its behalf by:

Mr P Brown

Trustee

17 March 2026

A handwritten signature in black ink, appearing to be 'P. Brown', followed by a horizontal line and a small vertical tick mark.

**Art Therapy Yorkshire
Independent Examiner's Report to the Trustees of Art Therapy Yorkshire
For The Year Ended 31 October 2025**

I report to the trustees on my examination of the accounts of Art Therapy Yorkshire (the Trust) for the year ended 31 October 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and contents 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.

Miss Jennifer Springham FCCA
17 March 2026
Rowan House
7 West Bank
Scarborough
North Yorkshire
YO12 4DX

**Art Therapy Yorkshire
Statement of Financial Activities
For The Year Ended 31 October 2025**

		Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	3	8,290	705	8,995	12,589
Charitable activities:					
Art therapy		11,565	45,762	57,327	88,585
Investments	4	18	-	18	25
		<u>19,873</u>	<u>46,467</u>	<u>66,340</u>	<u>101,199</u>
EXPENDITURE ON:					
Charitable activities:					
Art therapy	6	(28,538)	(47,493)	(76,031)	(93,930)
NET (EXPENDITURE)/INCOME		<u>(8,663)</u>	<u>(1,028)</u>	<u>(9,691)</u>	<u>7,269</u>
Transfers between funds	15	(1,582)	1,582	-	-
NET MOVEMENT IN FUNDS		<u>(10,245)</u>	<u>554</u>	<u>(9,691)</u>	<u>7,269</u>
RECONCILIATION OF FUNDS:					
Total funds brought forward		7,899	2,777	10,676	3,407
TOTAL FUNDS CARRIED FORWARD	15	<u><u>(2,346)</u></u>	<u><u>3,331</u></u>	<u><u>985</u></u>	<u><u>10,676</u></u>

The notes on pages 10 to 14 form part of these financial statements.

**Art Therapy Yorkshire
Comparative Statement of Financial Activities
For The Year Ended 31 October 2025**

		Unrestricted funds	Restricted funds	2024 Total funds
	Notes	£	£	£
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	3	12,589	-	12,589
Charitable activities:				
Art therapy		350	88,235	88,585
Investments	4	25	-	25
		<u>12,964</u>	<u>88,235</u>	<u>101,199</u>
EXPENDITURE ON:				
Charitable activities:	6			
Art therapy		(8,561)	(85,369)	(93,930)
		<u>4,400</u>	<u>2,869</u>	<u>7,269</u>
NET INCOME				
		<u>4,400</u>	<u>2,869</u>	<u>7,269</u>
Transfers between funds	15	92	(92)	-
		<u>4,492</u>	<u>2,777</u>	<u>7,269</u>
NET MOVEMENT IN FUNDS				
RECONCILIATION OF FUNDS:				
Total funds brought forward		3,407	-	3,407
TOTAL FUNDS CARRIED FORWARD	15	<u>7,899</u>	<u>2,777</u>	<u>10,676</u>

The notes on pages 10 to 14 form part of these financial statements.

**Art Therapy Yorkshire
Statement of Financial Position
As At 31 October 2025**

		Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	11	2,145	-	2,145	4,134
		2,145	-	2,145	4,134
CURRENT ASSETS					
Debtors	12	33	3,691	3,724	3,579
Cash at bank and in hand		1,165	(92)	489	8,508
		1,198	3,599	4,213	12,087
Creditors: Amounts Falling Due Within One Year	13	(5,689)	(268)	(5,373)	(5,545)
NET CURRENT ASSETS (LIABILITIES)		(4,491)	3,331	(1,160)	6,542
TOTAL ASSETS LESS CURRENT LIABILITIES		(2,346)	3,331	985	10,676
NET ASSETS		(2,346)	3,331	985	10,676
FUNDS OF THE CHARITY					
Restricted Funds				3,331	2,777
Unrestricted Funds				(2,346)	7,899
TOTAL FUNDS	15			985	10,676

On behalf of the board

Mr P Brown

Trustee

17 March 2026

The notes on pages 10 to 14 form part of these financial statements.

**Art Therapy Yorkshire
Notes to the Financial Statements
For The Year Ended 31 October 2025**

1. General Information

Art Therapy Yorkshire is a charitable incorporated organisation registered with the Charity Commission, registered charity number 1169577. The principal address is .

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)", Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities Act 2011.

The charity is a Public Benefit Entity as defined by FRS 102.

2.2. Incoming Resources

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.

2.3. Resources Expended

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.

2.4. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures & Fittings	15% reducing balance
Computer Equipment	33% straight line

2.5. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

3. Income from Donations and Legacies

	Unrestricted funds	Restricted funds	2025 Total funds
	£	£	£
Donations and gifts	8,290	705	8,995
			2024
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Donations and gifts	12,589	-	12,589

4. Investment Income

Art Therapy Yorkshire
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2025

	2025	2024
	Unrestricted funds	Unrestricted funds
	£	£
Bank interest receivable	18	25
	<u>18</u>	<u>25</u>
5. Net Income/(Expenditure)		
The net (expenditure)/income is stated after charging/(crediting):		
	2025	2024
	£	£
Depreciation of tangible fixed assets - owned	82	477
	<u>82</u>	<u>477</u>
6. Analysis of Expenditure		
		2025
	Activities undertaken directly	Support costs (see note 7)
	£	£
Art therapy	1,431	74,600
	<u>1,431</u>	<u>74,600</u>
		2024
	Activities undertaken directly	Support costs (see note 7)
	£	£
Art therapy	1,988	91,942
	<u>1,988</u>	<u>91,942</u>
7. Support Costs		
		2025
		Art therapy
		£
Employee costs		57,658
Premises expenses		10,811
General administration		4,611
Depreciation		82
Interest payable		60
Governance costs		1,378
		<u>74,600</u>
		<u>74,600</u>
		2024
		Art therapy
		£
Employee costs		73,672
Premises expenses		11,362
General administration		4,950

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Art Therapy Yorkshire
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2025

Depreciation	477
Interest payable	66
Governance costs	1,415
	<u>91,942</u>

8. Independent Examiner's Remuneration

	2025	2024
	£	£
Independent examination of the financial statements	882	840
Other assurance services	-	-
Tax advisory services	-	-
Other financial services	-	-
	<u>882</u>	<u>840</u>

9. Staff Costs

Staff costs were as follows:

	2025	2024
	£	£
Wages and salaries	55,149	71,057
Other pension costs	229	-
	<u>55,378</u>	<u>71,057</u>

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

10. Average Number of Employees

Average number of employees during the year was: 3 (2024: 3)

11. Tangible Assets

	Fixtures & Fittings	Computer Equipment	Total
	£	£	£
Cost			
As at 1 November 2024	289	5,933	6,222
As at 31 October 2025	<u>289</u>	<u>5,933</u>	<u>6,222</u>
Depreciation			
As at 1 November 2024	80	2,008	2,088
Provided during the period	31	1,958	1,989
As at 31 October 2025	<u>111</u>	<u>3,966</u>	<u>4,077</u>
Net Book Value			
As at 31 October 2025	<u>178</u>	<u>1,967</u>	<u>2,145</u>
As at 1 November 2024	<u>209</u>	<u>3,925</u>	<u>4,134</u>

Art Therapy Yorkshire
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2025

12. Debtors

	2025	2024
	£	£
Due within one year		
Other debtors	3,724	3,579

13. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Other creditors	3,467	3,875
Accruals and deferred income	1,906	1,670
	<u>5,373</u>	<u>5,545</u>

14. Pension Commitments

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £229 (2024: £0).

At the statement of financial position date contributions of £NIL were due to the fund and are included in creditors.

15. Movement in Funds

	As at 1 November 2024	Income	Expenditure	Transfers	As at 31 October 2025
	£	£	£	£	£
Unrestricted funds					
General:					
General unrestricted fund	7,899	19,873	(28,536)	(1,582)	(2,346)
Restricted funds					
General restricted fund	2,777	46,467	(47,495)	1,582	3,331
Total funds	<u>10,676</u>	<u>66,340</u>	<u>(76,031)</u>	<u>-</u>	<u>985</u>

	As at 1 November 2023	Income	Expenditure	Transfers	As at 31 October 2024
	£	£	£	£	£
Unrestricted funds					
General:					
General unrestricted fund	3,407	12,964	(8,564)	92	7,899
Restricted funds					
General restricted fund	-	88,235	(85,366)	(92)	2,777
Total funds	<u>3,407</u>	<u>101,199</u>	<u>(93,930)</u>	<u>-</u>	<u>10,676</u>

16. Transactions with Trustees

None of the trustees received any remuneration or any other benefits from an employment with the charity or a related entity during the current or previous year.

Art Therapy Yorkshire
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2025

No trustee expenses have been incurred.

17. Related Party Disclosures

There have been no related party transactions in the reporting period that require disclosure.

19. Restricted Funds

Restricted funds at the year end comprise:

	2025
	£
Allen Lane	56
R2T Trailblazer	2,275
Inspire	1,000
	<hr/>
Total	<u>3,331</u>

**Art Therapy Yorkshire
Detailed Statement of Financial Activities
For The Year Ended 31 October 2025**

	2025	2024
	Total funds	Total funds
	£	£
INCOME AND ENDOWMENTS FROM:		
Donations and legacies		
Donations and gifts	8,995	12,589
	<u>8,995</u>	<u>12,589</u>
Charitable Activities:		
Art therapy		
Grants	13,000	27,500
Funding	44,327	61,085
	<u>57,327</u>	<u>88,585</u>
Investments		
Bank interest received	18	25
	<u>18</u>	<u>25</u>
	<u>66,340</u>	<u>101,199</u>
EXPENDITURE ON:		
Charitable Activities:		
Art therapy		
Art materials	(21)	(1,148)
Fundraising costs	(1,410)	(840)
Wages and salaries	(55,149)	(71,057)
Pension contributions	(229)	-
Supervision	(2,280)	(2,615)
Rent	(10,811)	(11,362)
Travelling and subsistence	(101)	(848)
Computer and IT consumables	(853)	(580)
Insurance	(1,190)	(664)
Advertising and marketing	(600)	-
Training and courses	(136)	(288)
Licences and subscriptions	(47)	(35)
Office expenses	(1,554)	(2,352)
Refreshments	(130)	(183)
Depreciation of fixtures and fittings	(31)	(37)
Depreciation of computer equipment	(51)	(440)
Bank charges	(60)	(66)
Independent examiner's fees	(882)	(840)
Accountancy fees	(496)	(575)
	<u>(76,031)</u>	<u>(93,930)</u>
	<u>(76,031)</u>	<u>(93,930)</u>
NET (EXPENDITURE)/INCOME	<u>(9,691)</u>	<u>7,269</u>