

**Company Number CE009358**  
**Charity Number 1170714**

**Ciren Self-help Project**

**Report and Financial Statements**

**01 Apr 2023 to 31 March 2024**

### **Objectives and activities**

Ciren Self-Help Project (CSHP) was set up with three primary objects as set out in our Foundation Document: -

- To promote and protect the physical and mental health of sufferers of depression and stress related illnesses resulting in self-harming behaviours, through the provision of support, education and practical advice.
- To advance the education of the general public in all areas related to depression and stress related illnesses resulting in self harming behaviours.
- The relief of negative beliefs causing sickness by providing encouragement to discover a positive self-image, ensuring courage, assertiveness and a sense of optimism and well-being, directing them away from self-harming behaviour and towards self-help.

Our definition of a small charity is any charity, registered or un-registered, that has an income of less than £1 million per year. Our target beneficiaries are the many people in the Cirencester and surrounding areas who suffer from the above-mentioned problems who need a localised and readily-accessed source of support

Our vision is articulated in our Strategy and Business plan which states the following objectives:

- 1) To build a community of support: We will encourage donors and funding charities to join our cause and build up financial resources to assure a long-term future for the Charity.
- 2) In our first year to raise £5,000 being sufficient to move forward with engagement with approximately 30 clients
- 3) To build better sustainability: We will strive to be sustainable, to safeguard the support we provide and to keep our services accessible and affordable.

### **Charitable Activities in the reporting period to 31<sup>st</sup> March 2024**

Following the meeting of Directors on 17<sup>th</sup> March 2018 when it was voted unanimously that the Charity should be wound up effective 31<sup>st</sup> March 2018 there have been no activities and no financial transactions of any kind and all funds have remained static since that date. As reported for the period ending 31<sup>st</sup> March 2023, the undistributed funds amount to £1,017. The Directors have in hand activity to unlock these moneys which continue to be frozen in a Barclays Bank account – there are many procedural restraints at present with lack of Barclays Business Managers available to set up a new account to which the frozen funds (£1,017) can be transferred for proportional redistribution back to the original donors upon eventual closure of the Charity

### **Statement of Responsibility of the Trustees**

Our Trustees (who are also directors of The Ciren Self-help Project for the purposes of company law) are responsible for preparing the report of the Trustees' and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and their application including the income and expenditure of the charitable company for that period.

In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant information of which the charity's independent examiner is unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 Mar 2022 was 2 (10 in 2018). The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

The opinion of the trustees is that the charitable company is entitled to the exemptions conferred by Section 477 of the Companies Act 2006 relating to small companies. The trustees acknowledge the following responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small Companies' regime

Signed on behalf of the trustees



Jeremy Davies, Trustee, Director & Treasurer

## Treasurer's report

### To the Trustees of The Ciren Self-Help Project

I report to the charity trustees on my examination of the accounts of the charity for the period 1<sup>st</sup> April to 31<sup>st</sup> March 2024

This report is made solely to the trustees as a body, in accordance with the Charities Act 2011. My examination has been undertaken so that I might state to the trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the trustees as a body, for my examination, for this report, or for the opinions I have formed.

#### Responsibilities and basis of report

As the charity's trustees (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 charity 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.

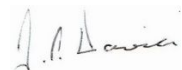
#### Independent examiner's statement

Since the charity's gross income has not exceeded £250,000 your examiner need not be a member of a body listed in section 145 of the 2011 Act. I confirm that as a Trustee I am qualified to undertake the examination on this basis.

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 charity 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.



Jeremy Davies

Date 24<sup>th</sup> October 2024

Title: Trustee and Treasurer, Ciren Self Help Project

Manor Farm Cottage  
Elkstone, Cheltenham  
Gloucestershire GL53 9PD

**Statement of Financial Activities** *(incorporating an income and expenditure account)p*

**For the period 1 Apr 2023 to 31 Mar 2024**

	Note	Unrestricted £	Restricted £	to 31/03/24 Total £
<b>Income from:</b>	<b>2</b>			
Donations and Legacies: Gifts		0.00	0.00	0.00
Charitable Activities		0.00	0.00	0.00
Investments: Interest Income		<u>0.00</u>	<u>0.00</u>	<u>0.00</u>
<b>Total Income</b>		<b><u>0.00</u></b>	<b><u>0.00</u></b>	<b><u>0.00</u></b>
<b>Expenditure on:-</b>	<b>3</b>			
Admin Overhead (Insurance, Office necessities)		0.00	0.00	0.00
Publicity Incl Website		0.00	0.00	0.00
Charitable Activities (Rooms Hire)		<u>0.00</u>	<u>0.00</u>	<u>0.00</u>
<b>Total Expenditure</b>		<b><u>0.00</u></b>	<b><u>0.00</u></b>	<b><u>0.00</u></b>
<b>Net (Expenditure) / Income for the year</b>		<b><u>0.00</u></b>	<b><u>0.00</u></b>	<b><u>0.00</u></b>
<b>Reconciliation of Funds</b>				
Total funds brought forward		632.00	385.00	1,017.00
Net (expenditure) / Income for year		<u>0.00</u>	<u>0.00</u>	<u>0.00</u>
<b>Total Funds Carried Forward</b>	<b>10</b>	<b><u>632.00</u></b>	<b><u>385.00</u></b>	<b><u>1,017.00</u></b>

The above results are derived from continuing activities. There were no recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 11 to the financial statements.

The notes on pages 8 to 10 form part of these financial statements.

**Balance Sheet**

	Note	31 Mar 24 £	31 Mar 23 £
<b>Assets</b>			
Cash at Bank		<b>1,017.00</b>	1,017.00
<b>Totals Assets</b>	<b>10</b>	<b><u>1,017.00</u></b>	<u>1,017.00</u>
<b>Liabilities</b>			
Creditors (All)		<u>0.00</u>	<u>0.00</u>
<b>Net Assets</b>	<b>10</b>	<b><u>1,017.00</u></b>	<u>1,017.00</u>
<b>The Funds of the Charity</b>			
Restricted funds		385.00	385.00
Unrestricted funds		<u>632.00</u>	<u>632.00</u>
<b>Total Charity funds</b>		<b><u>1,017.00</u></b>	<b><u>1,017.00</u></b>

The Ciren Self-Help Project  
Report of the Trustees  
For the Period 01 Apr 23 to 31 Mar 2024

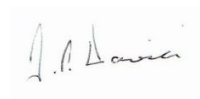
For the financial year in question the charitable company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2016.

The trustees, who are directors of the charitable company under company law, acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with provision applicable to companies subject to the small companies' regime.

The financial statements were approved by the Trustees and authorised for issue on 12<sup>th</sup> January 2023 and signed on their behalf, by:

A handwritten signature in dark ink, appearing to read 'J. A. Davies', is written on a light-colored rectangular background.

Jeremy Davies  
Trustee, Director and Treasurer

## Notes to the Financial Statements

For the period 01 Apr 2016 to 31 Mar 2024

### 1. Accounting Policies

#### a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (August 2014) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

#### b) Reconciliation with previously Generally Accepted Accounting Practice (GAAP)

The accounting policies required by FRS 102 and the Charities SORP FRS 102 have been applied with no restatement of comparative items required. The transition date was 1 June 2014.

#### i) The Charity

The charity is a company limited by guarantee, incorporated in England and Wales. The members of the company are the Trustees named on page two. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. In the opinion of the Trustees there is no ultimate controlling party. The registered office, which is the same as its principal place of business is Manor Farm Cottage, Elkstone, Cheltenham, Gloucestershire GL53 9PD

The charitable company meets the definition of a public benefit entity under FRS 102.

#### ii) Going Concern

The Trustees consider that despite there being a positive state of bank reserves, the charitable company has no sustainable ability to raise funds over the short and long term in order to achieve its Objectives. Accordingly, the view of the Trustees that the charity should be closed down in an orderly fashion. See the accompanying documents in Appendix 1.

There are no key judgements that the charitable company has made which have a significant effect on the accounts. The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period which will report on the company's closure.

#### iii) Income

Income is recognised when cleared funds appear in its bank account or are cash-in-hand with the Treasurer, and any performance conditions attached to the income have been met.

**iv) Expenditure**

Expenditure is accounted for on a commitment basis. Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

The charity is not registered for VAT. In common with many other charities, the Ciren Self-Help Project's expenses are inflated by VAT which cannot be recovered.

**iv) Tangible Fixed Assets**

The Charity has none, and depreciation charges do not apply in the accounts.

**v) Debtors**

There are no debtors, we operate on a cleared funds basis for all donations, as a policy we provide no goods services on a paid-for basis

**vi) Cash at bank and in hand**

Cash is the only funding we have, at the bank or in hand – we do transact with any other monetary instruments

**vii) Creditors and Provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has cash and uses no other financial instruments.

**viii) Pensions**

The charity has no employees, and therefore does not operate any form of Pension scheme.



## 2. Income from charitable activities

	<u>Unrestricted</u>	<u>Restricted</u>	01/04/23 to 31/03/24 <u>Total</u>
	£	£	£
<b>Income from Key Funders:</b>			
<b>Totals</b>	<b><u>0</u></b>	<b><u>0</u></b>	<b><u>0</u></b>

## 3. Expenditure

	Governance		Publicity		Operations		Gen. Admin		01/04/22 to 31/03/23 <u>Totals</u>
U = Unrestr. R = Restr.	U	R	U	R	U	R	U	R	
<b>Total expenditure</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

## 4. Net Income for the year

Net income for the reporting period is stated after accounting fees of £ Nil

## 5. Staff costs and numbers

No salaried staff were employed in the reporting period; no employment costs of any sort were incurred.

## 6. Taxation

The Charitable Company is exempt from corporation tax as all of its income is charitable and is applied for charitable purposes

## 7. Tangible fixed assets

No significant assets have ever been acquired or disposed of.

## 8. Debtors

There are no outstanding payments of any kind due to the charity.

## 9. Creditors

There are no outstanding debts of any kind due for payment by the charity

## 10. Analysis of net assets between funds

	General Unrestricted £	Restricted £	Total Funds £
<b>Net Current Assets</b>	632	385	1,017

## 11. Movements in Funds

	At start of period £	Incoming resources £	Outgoing resources £	At end of period £
<b>Restricted funds</b>				
Barnwood Trust	385	0	0	385
<b>Total Restricted Funds</b>	<b><u>385</u></b>	<b><u>0</u></b>	<b><u>0</u></b>	<b><u>385</u></b>
<b>Unrestricted Funds</b>				
General Funds	<u>632</u>	<u>0</u>	<u>0</u>	<u>632</u>
Total Unrestricted funds	<b><u>632</u></b>	<b><u>0</u></b>	<b><u>0</u></b>	<b><u>632</u></b>
<b>Total Funds</b>	<b><u>1,017</u></b>	<b><u>0</u></b>	<b><u>0</u></b>	<b><u>1,017</u></b>

### Purposes of Restricted Funds

**Barnwood Trust:** To provide Insurance and room hire facilities

## 12. Related Party Transactions

There were no transactions in this period.

## 13. Appendix 1

Minutes of 17<sup>th</sup> March 2018 meeting of Trustees – Resolution to close the Charity  
 (Separate Document)



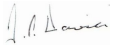
## Receipts and payments accounts

For the period from	Period start date 01/04/2023	To	Period end date 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>					
December '16 Donation -Barnwood Trust			-		-
March '16 Donation - Unknown Benefactor via MyDonate website					-
Gift Aid Receipt on above					-
Gift Aid Receipt re prior year donation					-
Grant Phoenix Trust					-
Grant - Cirencester Masons					-
Donation Waitrose					-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	-	-	-	-	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	-
<b>A3 Payments</b>					
Insurance Year 1					-
Printing costs					-
Setup equipment:					-
Efax Subscription					-
Expenses - lead volunteer					-
2 Year Website Hosting					-
Insurance Year 2					-
Hall Hires					-
Expenses - Lead Volunteer					-
<b>Sub total</b>	-	-	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-
<b>Net of receipts/(payments)</b>	-	-	-	-	-
<b>A5 Transfers between funds</b>			-	-	-
<b>A6 Cash funds last year end</b>	632	385	-	1,017	1,017
<b>Cash funds this year end</b>	632	385	-	1,017	1,017

## 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>	Cash at Bank incl 0.57p cash in hand	632	385	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>632</b>	<b>385</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
		Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Jeremy Patrick Davies	10 Jan 2024	

**CIREN Self Help Project**

**Minutes of the Board meeting held on March 17<sup>th</sup> 2018**

**Opening**

The meeting opened at 10.00am at the Toro Lounge, Cirencester.

**Present**

Anne Davies (AD), Jeremy Davies (JD), Sue Ozolin (SO), Denise Wren (DW), Lynne Curtis-King (LCK).

**Apologies**

None.

**Minutes of the previous meeting.**

The minutes of the meeting of October 14<sup>th</sup> were approved unanimously.

**Matters arising.**

None other than the proposed next meeting date, which it had been hoped would be W/C January 22<sup>nd</sup> had been delayed due to unavailability at the time of sufficient trustees to be quorate.

**CEO's report.**

When it was set up the charity was to help an unpopular cause; we were very new on the block and it was acknowledged that we would be a slow starter. Despite this however the training programme as used over the last year had been very successful. Unfortunately, however lower than expected referrals, despite much advertising and introductions to referral agencies; difficulties in coordinating meetings and reduced time available to the trainer (CEO) due to a change in employment demands resulting in a lack of time available to invest in the charity its continued running was not feasible.

**Treasurer's report.**

JD as Treasurer presented the audited Annual Accounts to 31<sup>st</sup> March 2017. The profit and loss accounts to 4<sup>th</sup> March 2018 (provisional) containing the analysis of restricted / unrestricted funds remaining were also made available for inspection and discussion.

It was noted that SO had returned up to date expenses / receipts and residue of £100.00 cash float; the accounts to 31<sup>st</sup> March 2018 to reflect this.

**Motion:**

- a) Acceptance of Accounts to 31<sup>st</sup> March, and for their submission to the Charities Commission
- b) Cessation of activities, fund raising, and expenditure with immediate effect.
- c) Provisional accounts to 4<sup>th</sup> March to be updated on 31<sup>st</sup> March for circulation and approval by email circulation and then sign-off by AD

Proposed: LCK; Seconded: DW: Carried Unanimously

**Discussion and vote: Closure of the Charity.**

The possibility of conversion from a charity to a community Interest Company was considered as a possible way forward but regulations in respect of transfer of funds etc. made this impossible. It was therefore decided unanimously that, with regret the charity would have to close. This was a unanimous decision and the date for closure would be 31<sup>st</sup> March 2018 being the end of the

financial year. All present expressed their sincere thanks to SO for all the effort that she had put into the charity, and their regret that this decision had become necessary.

It was agreed that as the website hosting etc had been pre-paid for two years, it should continue to make self-help materials available for download, but that from April 1<sup>st</sup> all references to the Charity Registration must be removed

**Motion:** Closure of the Charity effective midnight 31<sup>st</sup> March 2018

Proposed: **JD**; Seconded: **LCK**; carried Unanimously

**Motion:** Maintain ongoing presence of the website in modified form until current pre-payment period expires.

Proposed: **JD** Seconded **LCK**; Carried unanimously

**Motion:** With cessation of all income and expenditure already approved, JD to complete accounts to 31<sup>st</sup> March 2018 immediately, and upon receipt of Bank statement to that date to proceed to audit and submission to the Charities Commission along with closure documentation including these Minutes.

Proposed: **JD**; Seconded: **DW**; carried unanimously

**Discussion and vote: Disposition of remaining funds.**

It was agreed that JD would notify the Charity Commission and would return restricted funds to the donors. Non-restricted funds would be offered to Cirencester Housing for Young People (CHYP) being a local charity; a second charity Gloucestershire Self -Harm was suggested as an alternative charity should any problem arise in transference of funds to CHYP.

**Motion:** Authorise JD to:-

- a) Conduct closure procedures with the Charities Commission
- b) Return remaining restricted funds to their donors, being the Barnwood Trust.
- c) Arrange to make a donation of the residue of the unrestricted funds to CHYP

Proposed: **JD**; Seconded **DW**; carried unanimously.

**The meeting closed at 10.45am.**

Signed as a true record of Proceedings:-



.....  
Anne Davies – Chair Ciren Self-Help Project

17/03/18  
.....

Date