

# Frazzled Cafe Annual Report

**2020**





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# Welcome

from Chris Ruane, Frazzled Cafe Chair

It feels as though it would be impossible to start the 2020 Annual Report talking about anything other than Covid-19. This has been a year like no other, and we've all had to find ways to adapt to our new realities.

2020 has been a year of great change for Frazzled Cafe – over the past year we've gone from being a charity operating a purely face to face model, to adapting quickly and moving the entirety of our services online.



I have been so proud of and impressed by the hard work the small Frazzled team have put in to make sure that our services have been available to those that really need them. Over the course of 2020 we started out holding our fortnightly face to face meetings across the country up until the pandemic hit in March.

We've held just over 1,000 (1001) online meetings in Q2-4 2020, with over 25,000 (27,390) bookings across the 9 months, which are incredible milestones to have reached and surpassed having not being originally set up to be an online organisation. The team have worked incredibly hard to make sure we had the right number of meetings scheduled to meet demand – no small feat in such an unpredictable climate.

We continue to run meetings from 7.30am through to 8.30pm, and to cater for our ongoing weekend demand have increased our weekend across Saturday and Sunday, again from early morning to evening. These are proving popular and we imagine will continue to be even as lockdown eases

I was particularly proud of the team over the festive break; where many organisations dial back their activities over Christmas, the team collectively took the decision that given how difficult this year has been, we were not only going to run a skeleton service over the holidays, but actually deliver a full schedule of meetings, holding well over 30 meetings from the 24th December-1st Jan.

This is testament to how committed and passionate both our core team and volunteers are. We had huge demand for these meetings, and staff worked

tirelessly to try to make sure meetings were being booked and attended as fairly as possible with attendees only being allowed to book into one meeting a day to ensure as many people as possible were able to benefit from our sessions.

This has been a difficult year for charities and the nation's economy as a whole, and fundraising has been especially challenging. Over the course of 2020 the team managed to fundraise £105,346 through diversifying our income streams with events, a renewed focus on corporate partnerships and the introduction of an online shop. Expenditure amounted to £94,047 over the course of the year.

During 2020 we said goodbye and thank you to the outgoing Chair of Trustees Peter Read and the outgoing Director of Frazzled Cafe, Elizabeth Morrison. We wish Peter and Liz every success in what they do next. Frazzled Cafe welcomed two new Trustees, both myself and Kathryn Balls, as well as our new Chief Exec Alex Sanderson. We look forward to a new chapter at Frazzled Cafe under Alex's leadership.

I particularly want to pay tribute to the organisational skills, leadership and vision of the new CEO Alex Sanderson. It has been a pleasure to work with her over the last year.

I'd also like to convey my admiration and gratitude towards our Founder and Patron, Ruby Wax, who despite the pressures of lockdown and the workload of writing a two books has found the time to give her personal attention to her amazing project. She has hosted dozens of FC sessions and connected with our attendees at the level of heart and mind. She truly is an inspirational figure who generously gives up so much of her time and energy for Frazzled Cafe – it wouldn't be the same without her.

Finally, can I record my personal thanks to all our volunteers, staff, and fellow Trustees. We are living in unprecedented times and those in our communities who suffer with feeling frazzled, now also have to contend with the added burden of COVID-19.

There will undoubtedly be an increasing need for the support and services that we in Frazzled Cafe offer as our the world struggles to cope with this pandemic.

However, your commitment in continuing to develop new and innovative responses to the current crisis is both inspiring and is really making a difference to the lives of everyone who uses the services of Frazzled Cafe, so please keep up the good work.

Chris Ruane  
**Chair of Frazzled Cafe Trustee Board**

## Our Vision

A future where everyone can talk about their mental wellbeing openly, access services appropriate to their needs and develop the skills and knowledge to maintain positive mental wellbeing.

## Our Mission

- To promote emotional health & wellbeing
- To help people build resilience & maintain positive mental health
- To ensure people who are feeling frazzled are aware of and can access appropriate support
- To increase public understanding of feeling frazzled and reduce the stigma surrounding feeling overwhelmed and unable to cope

## Our Values

Above all else, we value our service users. We will treat everyone with dignity, respect and compassion. We are transparent in all our work and accountable to our stakeholders.

### **Dignity, Respect & Empathy**

We will treat each other and our service users with dignity, respect and empathy.

### **Integrity, Professionalism & Transparency**

We are committed to the highest standards of professionalism, honesty and openness in all aspects of our work.

### **Innovation & Excellence**

We are committed to providing high quality services and to being innovative for the benefit of people using our services.

## Our Behaviours

- We will respect everyone we come into contact with
- We will listen non-judgmentally
- We will be positive, polite and professional in our dealings with people
- We will do what we say we will do
- We will foster a culture that is caring and compassionate



## Frazzled Cafe's Key Services

### The charity's services currently include:

- Online support groups
- Mindfulness classes and other events with Ruby Wax
- An interactive website offering information and resources

## Support Services

This year saw a continued increase in the delivery of our core services that reach out to people across the UK. Support Services including our Frazzled Cafe meetings, continue to be of huge importance to us in supporting people affected by feeling frazzled.

We have continued to run the pre-existing Frazzled Cafe meetings both face-to-face pre-pandemic, and a slightly modified online version once the country went into lockdown.

Frazzled Cafe meetings provide a place where people who are feeling frazzled can meet to talk and share their stories. Our meetings create a supportive, anonymous and non-judgemental environment – a place where it's ok to not be ok. Before the Coronavirus situation hit in the Spring of 2020, we held in-person meetings in Marks and Spencer and other partner venues across the UK. Once lockdown was in place, we moved all of our meetings online, offering virtual meetings over Zoom.

Frazzled Cafe meetings are not about therapy or offering solutions. They provide a safe and confidential space where people can speak openly without worrying about judgement amongst a group of peers who understand how it feels to be frazzled. What is said in the meetings stays in the meetings.

In Q1 (pre-pandemic) the majority of Frazzled Cafe meetings for members of the public were hosted fortnightly in Marks & Spencer (M&S) cafes. These meetings typically took place after hours when the cafe was closed to the public but the main store remained open. Each meeting lasted up to 90 minutes with a break for tea/coffee and was overseen by a trained Facilitator. Up to 12 people could attend a meeting and attendees were typically a diverse mix of men and women of all ages and life experiences.

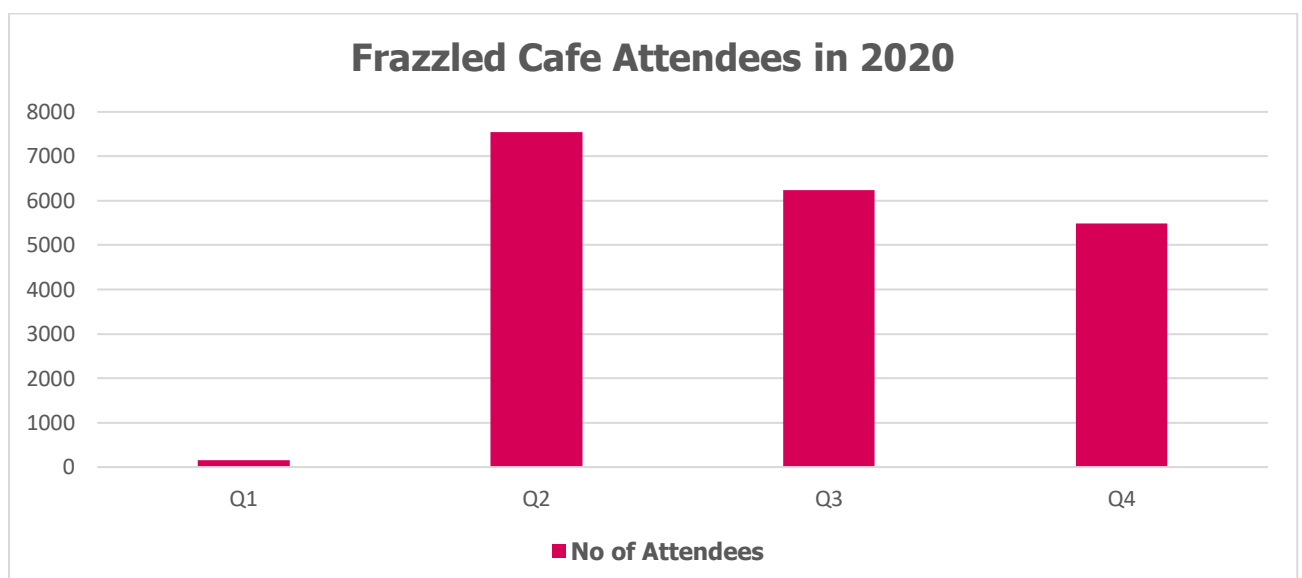
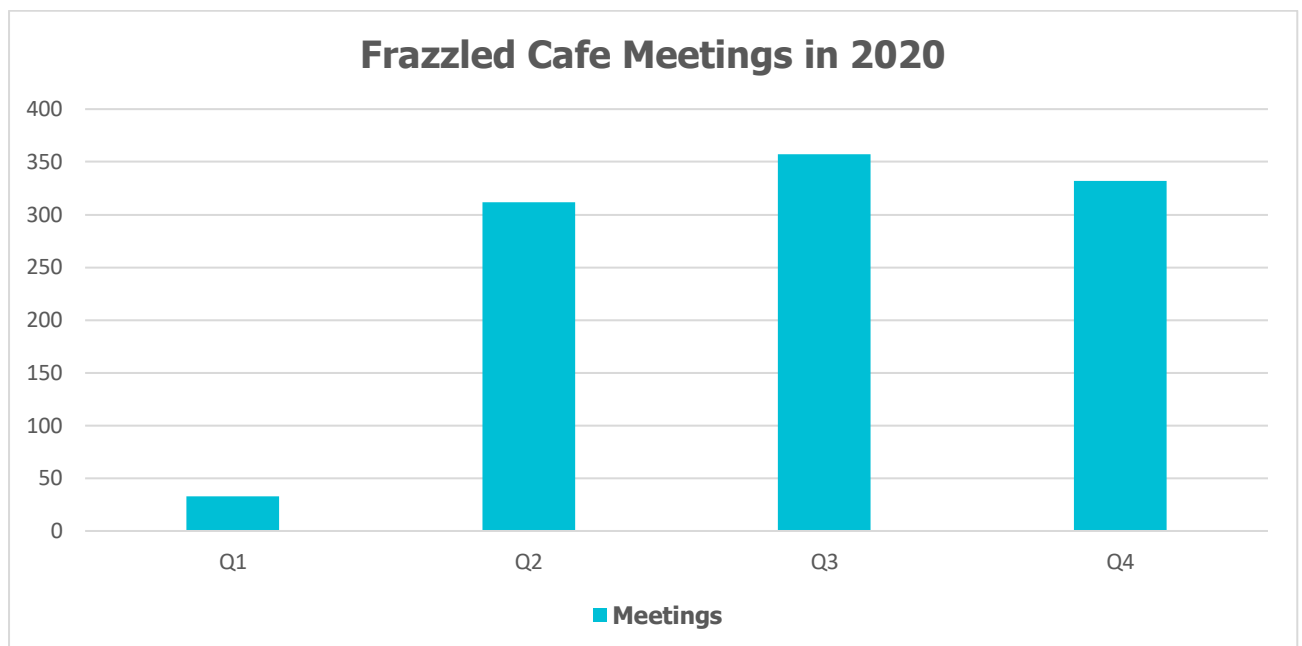
After Covid-19 meant we could no longer meet face-to-face, we moved all of our meetings online and brought on Hosts to complement the services provided by our pre-existing Facilitators. Facilitator meetings last for an hour and are for up



to 17 people, and Host meetings last for 45 minutes and are for up to 12 people. Both types of meeting start with set guidelines being read out to establish ground rules and set expectations for the meeting, and are bookended with a mindfulness exercise.

Our number of both the meetings and people signing up to attend have increased significantly over 2020. In Q1 2020 whilst meeting face to face, we held 33 meetings with approximately 154 attendees.

By comparison, in Q2, we had 312 meetings with 7,545 attendees, Q3 357 meetings with 6,231 attendees, and Q4 332 meetings with 5,494 attendees.



We also have regular meetings hosted by Ruby Wax. These are far larger than our day to day Frazzled Cafe Facilitator or Hosted meetings, and We do not charge people to attend meetings and they are open to anyone over 18 years of age, though we do specify that meetings may not be suitable for individuals currently experiencing severe mental health issues as they are specifically designed to provide peer support, not therapy.

As part of our safeguarding measures we have established a robust Volunteer Facilitator recruitment process and training program and identified the Two Day Mental Health First Aid England (MHFA) course as a core component that our volunteer Facilitators are expected to undertake if they do not already have equivalent experience.

We complement our Frazzled Cafe meetings with additional events focusing on Mindfulness, and our newly revamped website for 2020 which contains information and signposting to further services for those feeling frazzled.

## Fundraising

In 2020, £105,346 was raised by Frazzled Cafe through fundraising activities and donations which equates to approximately a 102% growth in fundraising income from 2019.

Fundraising is and remains to be a major priority for Frazzled Cafe. In 2020 we began to diversify our fundraising approach by working hard to boost online fundraising, hosting ticketed events, and introducing corporate partnerships.

The main areas of growth were seen in corporate partnerships and running events.

Frazzled Cafe's events portfolio grew this year, and we were delighted to hold three new Frazzled Cafe events this year with Ruby Wax - a Frazzled Theatre show called 'Frazzled in the time of Corona', a Frazzled Book Club event to discuss Ruby's new book 'And Now for the Good News', and a Mindfulness event led by Ruby.

Corporate Partnerships were revamped in 2020, and Frazzled Cafe was delighted to have been successful in securing some fantastic new partnerships and donors in 2020 including ITV, McDonalds, Luckybean, and the NHS.

Our corporate partners give fantastic and encouraging feedback on the services offered by Frazzled Cafe and the benefits felt by their workforce that our services provide.

Fundraising remains a strategic priority for Frazzled Cafe. We can't thank our partners, supporters, event participants and donors enough. Their passion, commitment and dedication is both inspiring and humbling – we simply couldn't do what we do without them.

## Financial Review

Total Income  
£105,346

Total Expenditure  
£ 94,047

Free Reserves  
£104,666

Free reserves as at 31st December 2020 are £104,666. The Trustees continue to strive to build a general level of reserves so that they will be able to continue the current activities of the charity.

The total income for the year was £105,346 of which £12,761 was generated from trading activities such as ticket sales and merchandise, and £92,585 from donations, and fundraising activities. Total expenditure was £94,047 of which £94,047 was expended on direct charitable activities.

The balance on total funds at the year-end was £104,666, of which £104,666 were general unrestricted funds.

The Trustees consider it prudent to hold monies in reserve in the event that unforeseen circumstances should lead to financial difficulties which might put the future of its employment capacity, users' well-being and general charitable work in jeopardy. This has never been more needed than this year when with the impact of COVID-19 many charities found themselves in dire situations. In this unforeseen context, Frazzled Cafe was able to continue to offer our range of services albeit in an altered format and remain financially secure.

## Plans for the Future

After a year like no other, we are looking forward to the future. 2021 will be the 4th year of Frazzled, and we will be looking to build on the lessons learned over the course of 2021 to shape our future. We will be looking to conduct a strategic review of the charity to set a forward and strategic direction for the next three years, and to equip and prepare us for the future.

We expect to continue to focus on our successful model of Frazzled Cafe meetings and will be seeking to grow our reach, alongside looking at ways to diversify our offering to make sure we continue to provide the best possible service for those who need us most.

## Impact of COVID-19

The impact of COVID-19 for Frazzled Cafe has been significant. Not only has the demand for our services increased due to the pressure on the mental health of the population, but our mode of delivery of services has had to adapt quickly.

Being unable to deliver our support groups and training programmes face to face, Frazzled Cafe has offered a range of online facilities to provide support. These have included the extension of our website services, promotion of online resources, online mindfulness sessions and moving our meetings online to be held on Zoom. These are evaluated and feedback to date has been positive. During this time, we have focused on enabling our staff and volunteers to work remotely and limit their contact with service users and other team members to mitigate the risk of COVID-19 transmission. We have not needed to make use of the furlough scheme.

In the longer term, COVID-19 has afforded the time to diversify our services. Conversations about the continued provision of online/ virtual services have been prioritised as a necessity and we have seen the benefit of these with a new client demographic using Frazzled Cafe's services. Going forward, this will impact our business plans as these newly developed online services will become a key part of our offering, alongside the possibility of face-to-face services when these can fully resume

## Structure, Governance & Management

Frazzled Cafe is a Charitable Incorporated Organisation (CIO) under reference 1173064. The charity was registered on the 17<sup>th</sup> May 2017 and is governed by a constitution.

The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

The Trustees who served during the year and up to the date of signature of the financial statements were:

**Mr Chris Ruane** (Chairperson, appointed 05 June 2020)

**Ms Margo Miller**

**Mr John Brown**

**Baroness Helena Kennedy QC**

**Ms Kathryn Balls** (Appointed 05 June 2020)

**Mr Peter Read** (Chairperson until 05 June 2020, Resigned 05 June 2020)

### Organisational Structure

The Board of Trustees are responsible for the administration of the charity and meet on a quarterly basis. The Board has appointed a Chief Executive to manage the day-to-day operations of the charity. The Chief Executive has delegated authority, within the terms of delegated approval, for operational matters including employment, project delivery and budgetary management.

### Risk Management

In accordance with good practice, the charity has developed a Risk Management Policy and completed a risk assessment. A corporate risk register has been drawn up to prioritise the risks requiring action. The risk register is reviewed and updated on a quarterly basis or as soon as a potential risk is identified. Analysis for each risk is detailed in the risk register together with the controls currently in place to mitigate the risk and the further actions required to minimise the risk.

### Auditor

The charitable accounts have been independently examined by Martin Toms ATT (Fellow), FFA, 12 Churchill Way, Kettering, NN15 5BZ

### Disclosure of Information to Auditor

The Trustees' Report was approved by the Board of Trustees.

**REGISTERED CHARITY NUMBER: 1173064**

**FRAZZLED CAFE  
REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED  
31 DECEMBER 2020**



## **FRAZZLED CAFE**

### **CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020**

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## **FRAZZLED CAFE**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2020**

The trustees present their report with the financial statements of the charity for the year ended 31 December 2020. 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 2015).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

The primary objective of the CIO is the promotion and protection of good health by providing support for persons affected by anxiety, stress and overwhelm. This is done through the provision of a national network of private, safe and confidential meetings designed to help attendees support their mental wellbeing by connecting and speaking openly with other people who may have shared experiences.

Frazzled Cafe meetings provide a place where people who are feeling frazzled can meet to talk and share their stories. Our meetings create a supportive, anonymous and non-judgemental environment – a place where it's ok to not be ok. Before the Coronavirus situation hit in the Spring of 2020, we held in-person meetings in Marks and Spencer and other partner venues across the UK. Once lockdown was in place, we moved all of our meetings online seven days a week.

##### **Public benefit**

A key factor in helping to overcome feelings of stress and anxiety is knowing that we are not alone and this is most powerfully felt when meeting with others and connecting. Contact with others has been proven to stimulate production of Oxytocin; believed to underpin the link between social contact and healthy hearts. Research has also shown that peer-support groups yield improvements in psychiatric symptoms resulting in enhanced self-esteem and social functioning.<sup>1</sup>

National research findings also indicate that the best way to beat stress is to share our feelings, and sharing with someone in the same situation typically yields the best results.<sup>2</sup> The opportunity to do this is often lacking in our society where the pressure to live a life crammed to the hilt is considered a success story and yet many people struggle with the pressures and are afraid to admit it.

Frazzled Cafe meetings provide a platform to address this by giving people the opportunity to connect and share their personal stories in a safe and non-judgmental environment, with people experiencing similar challenges. By providing a relaxed and welcoming forum for people to be open about their mental wellbeing we also hope to help reduce the stigma that many people still feel exists around discussing their mental health.

The Trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding the activities undertaken during the year.

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<sup>1</sup> Mental Health Foundation; Light, K. C., Grewen, K. M. and Amico, J. A. (2005)

<sup>2</sup> Mental Health Foundation; Cacioppo, J. T. and Patrick, W. (2008) Loneliness: Human Nature and the Need for Social Connection New York: W. W. Norton and Company

**FRAZZLED CAFE**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

This year saw a continued increase in the delivery of our core services that reach out to people across the UK. Support Services including our Frazzled Cafe meetings, continue to be of huge importance to us in supporting people affected by feeling frazzled. We have continued to run the pre-existing Frazzled Cafe meetings both face-to-face pre-pandemic, and a slightly modified online version once the country went into lockdown.

Frazzled Cafe meetings provide a place where people who are feeling frazzled can meet to talk and share their stories. Our meetings create a supportive, anonymous and non-judgemental environment – a place where it's ok to not be ok. Before the Coronavirus situation hit in the Spring of 2020, we held in-person meetings in Marks and Spencer and other partner venues across the UK. Once lockdown was in place, we moved all of our meetings online, offering virtual meetings over Zoom.

Frazzled Cafe meetings are not about therapy or offering solutions. They provide a safe and confidential space where people can speak openly without worrying about judgement amongst a group of peers who understand how it feels to be frazzled. What is said in the meetings stays in the meetings.

In Q1 (pre-pandemic) the majority of Frazzled Cafe meetings for members of the public were hosted fortnightly in Marks & Spencer (M&S) cafes. These meetings typically took place after hours when the cafe was closed to the public but the main store remained open. Each meeting lasted up to 90 minutes with a break for tea/coffee and was overseen by a trained Facilitator. Up to 12 people could attend a meeting and attendees were typically a diverse mix of men and women of all ages and life experiences.

After Covid-19 meant we could no longer meet face-to-face, we moved all of our meetings online and brought on Hosts to complement the services provided by our pre-existing Facilitators. Facilitator meetings last for an hour and are for up to 9 to 17 people, and Host meetings last for 45 minutes and are for up to 12 people. Both types of meeting start with set guidelines being read out to establish ground rules and set expectations for the meeting, and are bookended with a mindfulness exercise.

**FINANCIAL REVIEW**

**Financial position**

The financial position of the charity at the year end is set out on page 7.

Various organisations and individuals have supported Frazzled Café and 2020, £50,000 was committed in December 2020. As a result, Frazzled Cafe is considered financially viable through to at least October 2021.

Total reserves at the year end amounted to £104,666 (2019 £93,367). All reserves are unrestricted. Total free reserves (unrestricted reserves less functional fixed assets) at the year-end amounted to £104,666 (2019 £93,367).

**Reserves policy**

Frazzled Cafe aims to hold a minimum of 6 months budgeted operating costs in reserve.

## **FRAZZLED CAFE**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2020**

#### **FUTURE PLANS**

After a year like no other, we are looking forward to the future. 2021 will be the 4<sup>th</sup> year of Frazzled, and we will be looking to build on the lessons learned over the course of 2021 to shape our future. We will be looking to conduct a strategic review of the charity to set a forward and strategic direction for the next three years, and to equip and prepare us for the future.

We expect to continue to focus on our successful model of Frazzled Cafe meetings and will be seeking to grow our reach, alongside looking at ways to diversify our offering to make sure we continue to provide the best possible service for those who need us most.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

##### **Charity constitution**

Frazzled Cafe is a Charitable Incorporated Organisation (CIO) governed by a constitution.

Trustee appointments are proposed and seconded by the Board. All Trustees are advised to make themselves familiar with the Charity Commission guidance on Trustee responsibilities.

Board meetings are held quarterly with the CEO who has day-to-day responsibility for running the charity.

Day-to-day decisions are delegated to the CEO. The Trustees receive no remuneration for their work with Frazzled Cafe.

##### **Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

**FRAZZLED CAFE  
REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2020**

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1173064

**Principal address**

International House  
24 Holborn Viaduct  
City of London  
London  
EC1A 2BN

**Trustees**

Baroness Helena Kennedy  
Mr John Brown  
Ms Margo Miller  
Mr Chris Ruane  
Miss Kathryn Balls  
Mr Peter Read

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Independent examiner**

Martin Toms ATT (Fellow), FFA  
12 Churchill Way  
Kettering  
NN15 5BZ

Approved by order of the board of trustees on ..... 21 September 2021 ..... and signed on its behalf by:

C.S.Ruane  
.....  
Mr Chris Ruane - Trustee

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FRAZZLED CAFE

### Independent examiner's report to the trustees of Frazzled Cafe

I report to the charity trustees on my examination of the accounts of the Frazzled Cafe (the Trust) for the year ended 31 December 2020.

### 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 Act and in carrying out my examination I have followed all 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 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.



Martin Toms ATT (Fellow), FFA

Date: 23 September 2021 .....

# FRAZZLED CAFE

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

		2020 Unrestricted	2019 Total funds
	Notes	£	£
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	2	92,585	49,916
Other trading activity		<u>12,761</u>	<u>2,150</u>
<b>Total</b>		105,346	52,066
 <b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Frazzled Cafe meetings		<u>94,047</u>	<u>96,613</u>
<b>NET INCOME</b>		11,299	(44,547)
 <b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>		93,367	137,914
		<u>          </u>	<u>          </u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>104,666</u></u>	<u><u>93,367</u></u>



# FRAZZLED CAFE

## STATEMENT OF FINANCIAL POSITION AT 31 DECEMBER 2020

		2020 Unrestricted fund £	2019 Total funds £
	Notes		
<b>CURRENT ASSETS</b>			
Debtors	7	50,615	597
Cash at bank		<u>56,582</u>	<u>119,093</u>
		107,197	119,690
<b>CREDITORS</b>			
Amounts falling due within one year	8	(2,531)	(26,323)
		<u>104,666</u>	<u>93,367</u>
<b>NET CURRENT ASSETS</b>			
		104,666	93,367
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			
		<u>104,666</u>	<u>93,367</u>
<b>NET ASSETS</b>			
		<u>104,666</u>	<u>93,367</u>
<b>FUNDS</b>	9		
Unrestricted funds		<u>104,666</u>	<u>93,367</u>
<b>TOTAL FUNDS</b>		<u>104,666</u>	<u>93,367</u>

The financial statements were approved by the Board of Trustees on .....21 September 2021..... and were signed on its behalf by:

C.S.Ruane  
.....  
Mr Chris Ruane -Trustee

## **FRAZZLED CAFE**

### **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charity, 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared in sterling, which is the functional currency of the entity and rounded to the nearest £.

##### **Going concern**

There are no material uncertainties about the charity's ability to continue.

##### **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.

##### **Taxation**

The charity is exempt from 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.

# FRAZZLED CAFE

## NOTES TO THE FINANCIAL STATEMENTS - CONTINUED FOR THE YEAR ENDED 31 DECEMBER 2020

### 1. ACCOUNTING POLICIES - continued

#### Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

#### Creditors

Creditors 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 are recognised at their settlement amount.

### 2. INCOME AND ENDOWMENTS

#### Other trading activity

	2020	2019
	£	£
Leicester Square event		2,150
Merchandise sales	2,935	
Ticket sales	7,604	
Sponsorships	<u>1,872</u>	
	<u>12,761</u>	<u>2,150</u>

#### Donations and grants

	2020	2019
	£	£
Marks and Spencer - donation		25,000
Other – donations	58,585	24,916
ITV	5,000	
NGB Ltd	5,000	
McDonalds	9,000	
Unmind Limited	<u>15,000</u>	
	<u>92,585</u>	<u>49,916</u>

### **3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 nor for the year ended 31 December 2019.

#### **Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 December 2020 nor for the year ended 31 December 2019.

**FRAZZLED CAFE**

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 DECEMBER 2020**

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

	Unrestricted fund £
<b>INCOME AND ENDOWMENTS FROM</b>	
Donations and legacies	52,066
	<hr/>
<b>Total</b>	52,066
 <b>EXPENDITURE ON</b>	
<b>Charitable activities</b>	
Frazzled Cafe meetings	<u>96,613</u>
<b>Total</b>	96,613
	<hr/>
<b>NET INCOME</b>	(44,457)
	<hr/>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>93,367</u></u>

**5. STAFF COSTS**

An average of 1 member of staff was directly employed by the charity during the year.

**6. INDEPENDENT EXAMINATION**

Fees for the Independent Examination of the financial statements were £990.

**7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2020 £	2019 £
Other debtors	<u>50,615</u>	<u>597</u>
	<u>50,615</u>	<u>597</u>

**FRAZZLED CAFE**

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 DECEMBER 2020**

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

	2020 £	2019 £
Other creditors	<u>2,531</u>	<u>26,323</u>
	<u><u>2,531</u></u>	<u><u>26,323</u></u>

**9. MOVEMENT IN FUNDS**

	At 1/1/20 £	Net movement in funds £	At 31/12/20 £
<b>Unrestricted funds</b>			
General fund	93,367	11,299	105,666
	_____	_____	_____
<b>TOTAL FUNDS</b>	<u><u>93,367</u></u>	<u><u>11,299</u></u>	<u><u>105,666</u></u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	105,346	(94,047)	11,299
	_____	_____	_____
<b>TOTAL FUNDS</b>	<u><u>105,346</u></u>	<u><u>(94,047)</u></u>	<u><u>11,299</u></u>



# FRAZZLED CAFE

## NOTES TO THE FINANCIAL STATEMENTS - CONTINUED FOR THE YEAR ENDED 31 DECEMBER 2020

### 9. MOVEMENT IN FUNDS - continued

#### Comparatives for movement in funds

	Net movement in funds £	At 31/12/19 £
<b>Unrestricted Funds</b>		
General fund	(44,547)	(44,547)
	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>(44,547)</u>	<u>(44,547)</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	52,066	(96,613)	(44,547)
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>52,066</u>	<u>(96,613)</u>	<u>(44,547)</u>

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

	Net movement in funds £	At 31/12/19 £
<b>Unrestricted funds</b>		
General fund	<u>(33,248)</u>	<u>(33,248)</u>
<b>TOTAL FUNDS</b>	<u>(33,248)</u>	<u>(33,248)</u>

## FRAZZLED CAFE

### NOTES TO THE FINANCIAL STATEMENTS - CONTINUED FOR THE YEAR ENDED 31 DECEMBER 2020

#### 9. MOVEMENT IN FUNDS - continued

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	<u>157,412</u>	<u>(190,660)</u>	<u>(33,248)</u>
<b>TOTAL FUNDS</b>	<u><u>157,412</u></u>	<u><u>(190,660)</u></u>	<u><u>(33,248)</u></u>

#### 10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2020.

Signature:  C:\Fs\Ruane\Sep 23, 2021 16:29 GMT+1

Email: ruanec@hotmail.com


# Frazzled Cafe Accounts and TAR 2020


Final Audit Report


2021-09-23


Created:	2021-09-23
By:	Martin Toms (martin@broadwingaccountancy.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAA95OvP3mPTe_k7I0iBEkmpu_7ogKRKXIP


## "Frazzled Cafe Accounts and TAR 2020" History

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