

Frazzled Cafe Annual Report

2021



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Welcome

from Chris Ruane, Frazzled Cafe Chair

Thank you for taking the time to read Frazzled Cafe's 2021 Annual Report.

Where 2020 was largely a year of frantic adaptation for us and many other charities, 2021 was a year where despite our lives continuing to be dominated by the pandemic, we could begin to both become accustomed to and even thrive in our new normal.



More widely, across the UK where many degrees of normality began to return thanks to the rollout of vaccines and the gradual lifting of Covid-19 restrictions, these encouraging steps had to be tempered by the ongoing sobering reminders of how heavily the pandemic had affected people's mental health and wellbeing.

The stresses of the pandemic, against a backdrop of fear around climate change and the sense of escalating tensions across Europe shone a light onto how frazzled we are as a nation. These problems were then further exacerbated as the year went on by significant surging increases in the cost of living in many respects.

Never has the work of Frazzled Cafe been more needed, and our small team rose to the challenge, running Frazzled Cafe meetings every single day of the year, starting from 7.30 in the morning until late in the evening. I have been so proud of and impressed by the hard work the small Frazzled Cafe team have put in to make sure that our services have been available to those that really need them.

We've held just over 1,000 (1,032) online meetings in 2021, with over 4,000 (4,110) attendees making over 20,000 (21,078) bookings across the year, which are incredible milestones to have reached and surpassed. 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.

Under the excellent leadership of the Frazzled Cafe CEO Alex, the team have continued to focus on making Frazzled Cafe a truly data led organisation – every

attendee is asked to feedback on the meetings they attend in real time to give us up-to-the-minute data, helping us shape our service to best fit their needs.

As a result of this, we know that across 2021, 77% of our attendees reported feeling better after just one session, a truly remarkable statistic, and a testament to the efficacy of the Frazzled Cafe model. 98% of our attendees said that they got so much out of our sessions they would come again, with 99% saying that they would recommend Frazzled Cafe to their loved ones.

We know that by far and away the biggest motivator for anyone attending our meetings is through a sense of loneliness and isolation (over 80% of attendees), no doubt exacerbated by the events of the past few years. As we continue to come out of the pandemic, the UK will need a focus on mental health and well-being perhaps like never before.

This has been another difficult year for charities and the nation's economy as a whole, and fundraising has been especially challenging. Over the course of 2021 the team managed to fundraise £89,506 through corporate partnerships and donations. Expenditure amounted to £105,158 over the course of the year.

Finally, can I record my personal thanks to all our frazzled Cafe staff, volunteers, and fellow Trustees. We are living in uncertain times and 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 these unprecedented events.

However, your commitment in continuing to work hard to improve the lives of everyone who uses the services of Frazzled Cafe in inspiring and really is making a difference, 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

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.

Prior to the 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.

The arrival of Covid-19 in the spring of 2020 meant we could no longer meet face-to-face, so 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 hugely since moving our model online. In Q1 2020 whilst meeting face

to face, we held 33 meetings with approximately 154 attendees. By comparison, in Q1 in 2021 with a fully online model, we held 353 meetings with 2,341 attendees.

Across 2021, we held 1,032 meetings for 4,110 attendees, who made 21,078 bookings across the year.

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 which contains information and signposting to further services for those feeling frazzled.

Face-to-face Meetings

With some of the Covid-19 measures lifting, we have resumed some face-to-face meetings as part of our partnership with the Harpenden Trust, a charitable trust operating for the greater good of the residents of Harpenden. In conjunction with them, we have designed a pilot programme where we will train people locally to become Facilitators and deliver the meetings face-to-face for people in the immediate area.

This is an exciting piece of work that we hope we can then replicate in other parts of the country, as well as continuing to offer our meetings online for anyone to attend.

Fundraising

In 2021, £89,506 was raised by Frazzled Cafe through fundraising activities and donations.

Fundraising is and remains to be a major priority for Frazzled Cafe. We have worked 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.

Corporate Partnerships have continued to be successful, and Frazzled Cafe was delighted to have been successful in securing some fantastic new partnerships and donors in 2020 including QVC, Shoosmiths Law Firm, Luckybean, and the Harpenden Trust.

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
£89,506

Total Expenditure
£ 105,158

Free Reserves
£89,014

Free reserves as at 31st December 2021 are £89,014. 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 £89,506 of which £3,668 was generated from trading activities such as ticket sales and merchandise, and £85,838 from donations, and fundraising activities. Total expenditure was £105,158 of which £105,158 was expended on direct charitable activities.

The balance on total funds at the year-end was £89,014, of which £89,014 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 when with the impact of COVID-19 meant that 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. 2022 will be the 5th year of Frazzled, and we will be looking to build on the lessons learned over the course of 2021 to shape our future.

We expect to continue to focus on our successful model of Frazzled Cafe meetings and will be seeking to grow our reach, exploring returning to a partially face-to-face model, as well as 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 face-to-face services when these can safely be carried out.

Structure, Governance & Management

Frazzled Cafe is a Charitable Incorporated Organisation (CIO) under reference 1173064. The charity was registered on the 17th 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)
Ms Margo Miller
Mr John Brown
Baroness Helena Kennedy QC
Ms Kathryn Balls

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 2021**

FRAZZLED CAFE

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FRAZZLED CAFE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees present their report with the financial statements of the charity for the year ended 31 December 2021. 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.

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.[2] 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.

FRAZZLED CAFE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

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 Frazzled Cafe meetings online in line Covid-19 guidance.

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.

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 2021. Frazzled Cafe is considered financially viable through to at least October 2022.

Total reserves at the year end amounted to £89,014 (2020 £104,666). All reserves are unrestricted. Total free reserves (unrestricted reserves less functional fixed assets) at the year-end amounted to £89,014 (2020 £104,666).

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 2021

FUTURE PLANS

After a year like no other, we are looking forward to the future. 2022 will be the 5th year of Frazzled, and we will be looking to build on the lessons learned over the course of 2021 to shape our future.

We expect to continue to focus on our successful model of Frazzled Cafe meetings and will be seeking to grow our reach, exploring returning to a partially face-to-face model, as well as 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.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021**

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 Brian Munjanja
Mr Chris Ruane
Miss Kathryn Balls

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 26 September 2022 and signed on its behalf by:

Chris Ruane

Chris Ruane (Sep 29, 2022 11:54 GMT+1)

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 2021.

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: 29 September 2022

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021**

		2021 Unrestricted and Total funds	2020 Unrestricted and Total funds
	Notes	£	£
INCOME AND ENDOWMENTS FROM			
Donations, legacies and grants	2	85,838	92,585
Other trading activity		3,668	12,761
Total		<u>89,506</u>	<u>105,346</u>
EXPENDITURE ON			
Charitable activities			
Frazzled Cafe meetings		<u>105,158</u>	<u>94,047</u>
NET INCOME		(15,652)	11,299
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>104,666</u>	<u>93,367</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>89,014</u></u>	<u><u>104,666</u></u>

FRAZZLED CAFE

STATEMENT OF FINANCIAL POSITION AT 31 DECEMBER 2021

		2021 Unrestricted fund funds	2020 Total
	Notes	£	£
CURRENT ASSETS			
Debtors	7	9,615	50,615
Cash at bank		83,221	56,582
		<u>92,836</u>	<u>107,197</u>
CREDITORS			
Amounts falling due within one year	8	(3,822)	(2,531)
NET CURRENT ASSETS		<u>89,014</u>	<u>104,666</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		89,014	104,666
NET ASSETS		<u>89,014</u>	<u>104,666</u>
FUNDS			
Unrestricted funds	9	<u>89,014</u>	<u>104,666</u>

The financial statements were approved by the Board of Trustees on 26 September 2022 and were signed on its behalf by:

Chris Ruane

Chris Ruane (Sep 29, 2022 11:54 GMT+1)

.....
Mr Chris Ruane -Trustee

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

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.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER

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

	2021	2020
	£	£
Other trading activity		
Merchandise sales	3,394	2,935
Ticket sales	274	7,954
Services	9,000	1,872
	<u>12,668</u>	<u>12,761</u>
Donations, legacies and grants		
	2021	2020
	£	£
Other – donations	6,753	58,585
ITV		5,000
NGB Ltd		5,000
McDonalds		9,000
Unmind Limited		15,000
Bob	2,400	
Books		
Shoosmiths	7,000	
Horder Centre	600	
Lucky Bean	39,985	
Talent fund	10,000	
QVC	6,500	
Access		
UK	3,600	
Harpenden Trust	9,000	
	<u>85,838</u>	<u>92,585</u>

3. TRUSTEES' REMUNERATION AND
BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2021 nor for the year ended 31 December 2020.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL
ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	<u>92,585</u>
Total	<u>92,585</u>
EXPENDITURE ON	
Charitable activities	
Frazzled Cafe meetings	<u>94,047</u>
Total	<u>94,047</u>
NET INCOME	<u>-1,462</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>104,666</u></u>

5. STAFF COSTS

An average of 2 (2020 1) members of staff was directly employed by the charity during the year.

6. INDEPENDENT EXAMINATION

Fees for the Independent Examination of the financial statements were £1,050 (incl VAT).

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE
YEAR

	2021 £	2020 £
Other debtors	9,615	50,615
	<u>9,615</u>	<u>50,615</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Other creditors	3,822	2,531
	<u>3,822</u>	<u>2,531</u>

9. MOVEMENT IN FUNDS

	At 1/1/21 £	Net movement in funds At 31/12/21 £	At 31/12/21 £
Unrestricted funds			
General fund	104,666	(15,652)	89,014
TOTAL FUNDS	<u>104,666</u>	<u>(15,652)</u>	<u>89,014</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	89,506	105,158	(15,652)
TOTAL FUNDS	<u>89,506</u>	<u>105,158</u>	<u>(15,652)</u>

Comparatives for movement in funds

Net Movement in funds

	At	31/12/21	31/12/20
		£	£
Unrestricted Funds			
General fund		(15,652)	11,299
TOTAL FUNDS		<u>(15,652)</u>	<u>11,299</u>

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

	Incoming Resources	Resources expended	Movement in funds
Unrestricted funds			
General fund	105,346	94,047	11,299
TOTAL FUNDS	<u>105,346</u>	<u>94,047</u>	<u>11,299</u>

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

	Net	At
	movement in funds	31/12/2021
Unrestricted funds		
General fund	(4,353)	(4,353)
TOTAL FUNDS	<u>(4,353)</u>	<u>(4,353)</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
	£	£	£
Unrestricted funds			
General fund	194,852	199,205	(4,353)
TOTAL FUNDS	<u>194,852</u>	<u>199,205</u>	<u>(4,353)</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021.


Frazzled Cafe Accounts and TAR 2021 FINAL

Final Audit Report

2022-09-29

Created:	2022-09-29
By:	Martin Toms (martin@broadwingaccountancy.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAAo-FdVT-ULU0cDc8ROnyS9bGyYVbG7XEK


"Frazzled Cafe Accounts and TAR 2021 FINAL" History

 Document created by Martin Toms (martin@broadwingaccountancy.co.uk)

2022-09-29 - 10:30:10 AM GMT

 Document emailed to ruanec@hotmail.com for signature

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