

FRAZZLED CAFE

20
22

ANNUAL REPORT

FRAZZLED
CAFE

IT'S OK,
TO NOT BE OK.

**FRAZZLED CAFE HAS
BEEN WORKING
SINCE 2017 TO
SUPPORT PEOPLE
ACROSS THE UK WHO
ARE FEELING
FRAZZLED AND
OVERWHELMED BY
THE STRESSES OF
EVERYDAY LIFE**

**TRUSTEES PRESENT THEIR REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022.**

**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
(FRS102) (EFFECTIVE JANUARY 2015).**

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WHO WE ARE

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
MEETINGS PROVIDE A
PLACE WHERE PEOPLE
WHO ARE FEELING
FRAZZLED CAN MEET
TO TALK AND SHARE
THEIR STORIES.**

**OUR MEETINGS CREATE
A SUPPORTIVE,
CONFIDENTIAL AND
NON-JUDGEMENTAL
ENVIRONMENT - A
PLACE WHERE IT'S OK
TO NOT BE OK**

OUR SERVICES

THE CHARITY'S SERVICES CURRENTLY INCLUDE:

- ONLINE SUPPORT GROUPS
- SOME FACE TO FACE MEETINGS IN SPECIFIC AREAS
- 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 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 SERVICES

ACROSS 2022, WE HELD 764 MEETINGS FOR AN AVERAGE OF 278 ATTENDEES PER MONTH (3330 ACROSS THE YEAR), WHO MADE 13,938 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.

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 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 PROGRAMME WHERE WE TRAIN AND SUPPORT 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 2022, £171,369 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 AND INDIVIDUAL FUNDRAISING, HOSTING TICKETED EVENTS, AND INTRODUCING CORPORATE PARTNERSHIPS.

THE MAIN AREAS OF GROWTH WERE SEEN IN INDIVIDUAL GIVING AND EVENTS.

WE HELD A MAJOR FUNDRAISING PUSH IN 2022 INVOLVING EVENTS, PARTNERING WITH THE BIG GIVE, AND A BIG PUSH ON INDIVIDUAL GIVING.

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 2022. 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
£171,369

TOTAL EXPENDITURE
£ 125,768

FREE RESERVES
£134,615

FREE RESERVES AS AT 31ST DECEMBER 2022 ARE £134,615. 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 £171,369 OF WHICH £355 WAS GENERATED FROM TRADING ACTIVITIES SUCH AS TICKET SALES AND MERCHANDISE, AND £171,014 FROM DONATIONS, AND FUNDRAISING ACTIVITIES. TOTAL EXPENDITURE WAS £125,768 OF WHICH £125,768 WAS EXPENDED ON DIRECT CHARITABLE ACTIVITIES.

THE BALANCE ON TOTAL FUNDS AT THE YEAR-END WAS £134,615, OF WHICH £134 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.

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
- MS KATHRYN BALLS
- MR BRIAN MUNJANJA
- MR JOHN BROWN (RESIGNED 31ST DECEMBER 2022)
- BARONESS HELENA KENNEDY QC (RESIGNED 1ST MARCH 2023)

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 JADE PATON MAAT

DISCLOSURE OF INFORMATION TO AUDITOR

THE TRUSTEES' REPORT WAS APPROVED BY THE BOARD OF TRUSTEES.

FRAZZLED CAFE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their report with the financial statements of the charity for the year ended 31 December 2022. 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.

Support Services Frazzled Café 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-judgmental environment, a place where its ok not to 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 Café meetings are not about therapy or offering solutions, they provide a safe and confidential space where people can speak openly without worrying about judgment 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 Café meetings for members of the public were hosted fortnightly in Marks and Spencer 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 hose meetings last for 45 minutes for up to 12 people.

Both types of meetings start with set guidelines being read out to establish ground rules and set expectations for the meeting and are bookended with mindfulness exercise.

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. 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.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Across 2022, we held 764 meetings for an average of 278 attendees per month (3,330 across the year), who made 13,938 bookings across the year.

We also have regular meetings hosted by Ruby Wax; these are far larger than our day-to-day Frazzled Café facilitator meetings.

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 in 2022. Frazzled Cafe is considered financially viable through to at least September 2024.

Total reserves at the year-end amounted to £134,615 (2021 £89,014). All reserves are unrestricted. Total free reserves (unrestricted reserves less functional fixed assets) at the year-end amounted to £134,615 (2021 £89,014).

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 2022

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 2022**

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1173064

Principal address

International House
36-38 Cornhill
London
EC3V 3NG

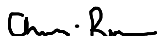
Trustees

Baroness Helena Kennedy (Stepped down in 2023)
Mr. John Brown (Stepped down 31/12/22)
Ms. Margo Miller
Mr. Chris Ruane
Miss Kathryn Balls
Mr. Brian Munjanja

REFERENCE AND ADMINISTRATIVE DETAILS

Independent examiner
Jade Paton MAAT ATT
16 Sparrowhawk Crescent
Wootton
Northampton
NN4 6QH

Approved by order of the board of trustees on 28/09/2023 and signed on its behalf
by:


Chris Ruane (Sep 28, 2023 16:47 GMT+1)
Mr. Chris Ruane - Trustee

FRAZZLED CAFE

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 2022.

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.

Jade Paton MAAT ATT

Jade Paton
Date: Jade Paton (Sep 29, 2023 08:12 GMT+1)

FRAZZLED CAFE

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022**

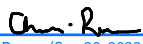
		2022 Unrestricted and Total funds £	2021 Total £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	171,014	85,838
Other trading activity		355	3,668
			<hr/>
Total		171,369	89,506
 EXPENDITURE ON Charitable activities			
Frazzled Cafe meetings		125,768	105,158
		<hr/>	<hr/>
NET INCOME		45,601	(15,652)
 RECONCILIATION OF FUNDS			
Total funds brought forward		89,014	104,666
		<hr/>	<hr/>
TOTAL FUNDS CARRIED FORWARD		<u>134,615</u>	<u>104,666</u>

FRAZZLED CAFE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2022

		2022	2021
		Unrestricted fund	Total funds
	Notes	£	£
CURRENT ASSETS			
Debtors	7	661	9,615
Cash at bank		142,715	83,221
		<hr/>	<hr/>
		143,376	92,836
CREDITORS			
Amounts falling due within one year	8	(8,761)	(3,822)
		<hr/>	<hr/>
NET CURRENT ASSETS		<u>134,615</u>	<u>89,014</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<hr/>	<hr/>
		134,615	89,014
NET ASSETS		<u>134,615</u>	<u>89,014</u>
FUNDS	9		
Unrestricted funds		<hr/>	<hr/>
		134,615	89,014
		<hr/>	<hr/>

The financial statements were approved by the Board of Trustees on 28/09/2023..... and were signed on its behalf by:


Chris Ruane (Sep 28, 2023 16:47 GMT+1).....
Mr Chris Ruane -Trustee

FRAZZLED CAFE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

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 FOR THE YEAR ENDED 31 DECEMBER 2022

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

	2022	2021
	£	£
Merchandise sales	280	3,394
Ticket sales	74	274
Services	<u>0</u>	<u>9 000</u>
	355	12,688
	<hr/>	<hr/>

FRAZZLED CAFE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

	2022	2021
	£	£
Other – donations	71,705	6,753
Bob Books		2,400
Shoosmiths		7,000
Horder Centre		600
Lucky Bean	11,985	39,985
Talent Fund		10,000
QVC	10,400	6,500
Access UK	3,600	3,600
Harpenden Trust		9,000
The Big Give	44,299	
CAF	18,225	
Mackintosh Foundation	1,000	
Rathbone Trust Company Ltd	1,000	
University of Salford	2,200	
University of Huddersfield	2,200	
TWP LLP	4,400	
Total	<u>171,014</u>	<u>85,838</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

FRAZZLED CAFE

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

Unrestricted funds	£
INCOME AND ENDOWMENTS FROM	
Donations and legacies	171,014

Total	171,014
 EXPENDITURE ON Charitable activities	
Frazzled Cafe meetings	125,768

Total	125,768

NET INCOME	(45,246)

TOTAL FUNDS CARRIED FORWARD	<u><u>134,615</u></u>

5. STAFF COSTS

An average of 4 (2021: 2) 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 £1,150 (incl VAT).

FRAZZLED CAFE

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other debtors	661	9,615

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other creditors	8,761	3,822

9. MOVEMENT IN FUNDS

	At 1/1/22	Net movement At 31/12/22	in funds
	£	£	£
Unrestricted funds			
General fund	89,014	45,601	134,615
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>89,014</u>	<u>45,601</u>	<u>134,615</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	171,369	125,768	45,601
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>171,369</u>	<u>125,768</u>	<u>45,601</u>

FRAZZLED CAFE

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	Net funds movement	
	31/12/22	31/12/21
	£	£
Unrestricted Funds		
General fund	45,601	(15,652)
	_____	_____
TOTAL FUNDS	<u><u>45,601</u></u>	<u><u>(15,652)</u></u>

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

	Incoming Resources	Resources expanded	Movement in funds
	£	£	£
Unrestricted funds			
General fund	171,369	125,768	45,601
	_____	_____	_____
TOTAL FUNDS	<u><u>171,369</u></u>	<u><u>125,769</u></u>	<u><u>45,601</u></u>

FRAZZLED CAFE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

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

	Net movement in funds At 31/12/21	
	£	£
Unrestricted funds		
General fund	29,949	(4,353)
	<hr/>	<hr/>
TOTAL FUNDS	<u>29,949</u>	<u>(4,353)</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2022.

Appendix 2. Frazzled Cafe Annual Report 2022 FINAL

Final Audit Report

2023-09-29

Created:	2023-09-28
By:	Brian Munjanja (brian@broadwingaccountancy.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAAjik0poJ973-3jegcrzuDS4mChVe8f3l3

"Appendix 2. Frazzled Cafe Annual Report 2022 FINAL" History



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