

**Registered number: CE011177**  
**Charity number: 1173621**

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY  
AND BARNET SAMARITANS)**

**UNAUDITED**

**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2022**

## **NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**

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**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS  
FOR THE YEAR ENDED 31 MARCH 2022**

<b>Trustees</b>	A McCormack
	J H Pyatt
	S Blankfield (resigned 18 January 2022)
	N Webster (resigned 16 February 2022)
	K J Shadbolt
	N Floyde
	S Free (resigned 18 January 2022)
	L A Ryder-Davies
	S V Santial (appointed 16 February 2022)
	E M Pordes (appointed 17 January 2022)
	A Scoltock (appointed 17 January 2022)
	K Roxburgh (appointed 17 January 2022)
<b>Company registered number</b>	CE011177
<b>Charity registered number</b>	1173621
<b>Registered office</b>	Shaftesbury Hall Herbert Road London N11 2QN
<b>Company secretary</b>	N Webster
<b>Director</b>	L A Ryder-Davies
<b>Accountants</b>	James Cowper Kreston Chartered Accountants and Statutory Auditor Reading Bridge House George Street Reading Berkshire RG1 8LS
<b>Bankers</b>	Barclays Bank plc 20 The Town Enfield EN2 6LS
	Barclays Bank plc 3 Walthamstow Leicestershire, LE87 2BB
	CAF Bank Ltd 25 Kings Avenue Kings Hill West Malling Kent ME19 4JQ

## **NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**

### **TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022**

#### **MISSION, VISION AND VALUES**

##### **THE VISION**

Samaritans Vision is that fewer people die by suicide.

##### **THE MISSION**

We work to achieve this Vision by making it our Mission to alleviate emotional distress and reduce the incidence of suicide feelings and suicidal behavior.

We do this by:

- Being available 24 hours a day to provide emotional support for people who are experiencing feelings of emotional distress or despair, including those which may lead to suicide;
- Reaching out to high-risk groups and communities to reduce the risk of suicide;
- Working in partnership with other organisations, agencies and experts to achieve our Vision;
- Influencing public policy and raising awareness of the challenges of reducing suicide

##### **THE VALUES**

We are committed to the following Values:

Listening, because exploring feelings alleviates distress and helps people to reach a better understanding of their situation and the options open to them;

- Confidentiality, because if people feel safe, they are more likely to be open about their feelings;
- People making their own decisions wherever possible, because we believe that people have the right to find their own solution and telling people what to do takes responsibility away from them;
- Being non-judgmental, because we want people to be able to talk to us without fear of prejudice or rejection;
- Human contact, because giving people time, undivided attention and empathy meets a fundamental emotional need and reduces distress and despair.

##### **MESSAGE FROM THE DIRECTOR**

2021 - 2022 continued to test us but we were able to keep the branch operating for callers. The measures we implemented last year to keep our volunteers safe proved effective and although the occasional shift had to close we avoided having to close the branch. We continued to staff only two stations per shift until the start of 2022 which does mean a reduction in calls and emails answered but helps to keep volunteers safe and thereby keep the branch open. We plan to remove the gap between shifts and resume triple staffed shifts from the end of March 2022. We are planning to resume Committee and Leadership team meetings in the hall from April 2022.

We have still not been able to see face to face callers, Samaritans are running a pilot scheme in two branches to test out new arrangements for seeing callers in branch. We look forward to those findings.

The Hall was closed for a great deal of 2020 and finally reopened properly in February 2021. In addition to seeing a gradual return of our regular hires we also had bookings for two Affordable Art Fairs, two Vintage Markets, a morning of life drawing and two folk concerts.

We continued to recruit and train volunteers throughout 2021 – 2022 with the Training Team delivering training via Zoom, we hope to deliver the April course face to face in the Hall. The specific Mentoring shifts we introduced last year are still in use and are very helpful in getting New Samaritans onto the Rota quickly and into doing shifts without too much of a gap after completing Core Training. Information sessions and Selection interviews are still being conducted via Zoom but we hope to have at least one day of face to face Selection interviews in the Hall before the end of summer 2022. Information sessions work very well on Zoom and we may keep this way of delivering them.

We currently have 126 Listening volunteers and 10 Support volunteers. As always, we have had some

## **NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**

### **TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022**

volunteers leave us to relocate around the country but have had others transferring to us. 20 new volunteers completed training and joined the branch between March 2021 and 2022, and 6 volunteers transferred from other branches. We continue to share a number of volunteers with other branches.

Retention of existing volunteers is as important as recruiting new ones and not being able to meet each other at the start and end of shifts and have any kind of social contact took away some of the pleasure of belonging to the branch. As social distancing measures began to relax we held a successful Quiz evening in the Hall in December 2021. Keith 1269 and Nat 1330 had the brilliant idea of starting a Book Club initially by Zoom but eventually the meetings will take place in person. This has proved to be a very popular initiative and the membership is increasing.

The Rota Team continues to do a fantastic job in keeping shifts open, contacting every volunteer before their shift to check they are well enough to attend and facilitating finding replacements for those who had to self-isolate. We have an increased Shift Support Team which also has a major role in keeping shifts open.

We now have 20 volunteers who are trained to give Emotional Support in Other Settings (ESOS) and we ran an ESOS training course at the Hall which we opened up to volunteers from other branches.

School activities were allowed to resume from March 2022 for pupils in year 9 and above, a review of the schools' programme is being carried out by Samaritans Central Charity and they will determine when we can resume work with pupils below year 9.

Several members of the Outreach team attended the Women Of the World festival to staff the Samaritans stall, provide emotional support if needed and raise awareness on 11th 12th & 13th March at the South Bank. We provide volunteers for Outreach at the Police Custody Suite at Bishopsgate and are contemplating doing the same at Wembley Custody Suite. Seven NLS volunteers helped with Crisis at Christmas giving emotional support.

The Prison Team continue to recruit and train Listeners at Pentonville, and make newly recruited staff, and those that were away due to the pandemic, aware of the scheme. The Team also took part in the national 30th Anniversary of the Listener Scheme, and the restarted Postvention pilot that offers more proactive support to the staff and prisoners after a Death in Custody.

The Branch Director and Team Leader for Outreach continued to attend Haringey Suicide Prevention Group meetings which still take place via Zoom and they attended a face to face evening meeting hosted by Mind in Haringey in September 2021 as part of International Suicide Prevention Day.

Fundraising continues to be successful in securing grants and volunteers have taken part in fundraising activities as restrictions have lifted.

NLS was chosen as a branch to hold a photo shoot by Samaritans Central Charity and one of the photographs of two of our volunteers is being used for the front cover of the Samaritans' Strategy document. The other photographs have gone into the pool of stock items to be used for publicity materials etc.

All of the above was made possible through the efforts of the members of all of our branch teams and all our Support and Listening volunteers and our Hall/Premises Manager who have all supported me and each other to keep the branch open and running for our callers. Thank you.

**Lesley 805**

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**

**TRUSTEES' REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 MARCH 2022**

**COMMITTEE REPORT**

The branch has continued to perform amazingly. We have had another very successful year and everyone has continued to step up and avoid cancelling shifts.

Committee meetings continued successfully on Zoom and were been well attended and productive. We are now starting to move back to meetings in the Hall.

There was less movement among the Trustees during the year.

Outgoing:

Nazneen 1110

Sarah 1298

Incoming:

Sonam 1490

Kirsty 1371

Erik 1379

At the end of the year, the Trustees were:

Lesley 805

Alison 1031

Adam 1352S

Keith 1269

Nat 1330

John 1219

Sonam 1490

Kirsty 1371

Erik 1379

***Alison 1031***

## **NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**

### **TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022**

#### **BRANCH MATTERS**

##### **EMOTIONAL SUPPORT**

For the year to 31 March 2022 we responded to:

Phone calls: 6,742

Emails: 3,655

Face to face outside the branch: 14

Total contacts 10,411

There has been a further decrease in activity in comparison with pre pandemic years, outside branch contacts resumed at the start of 2022, face to face in branch has still not resumed. Pre-March 2022 shifts still had 2 rather than 3 volunteers taking calls, the introduction of a new system for checking emails reduced the number that can be dealt with during a shift and still not being open to face to face callers has reduced the total number of contacts by 2967 compared with last year. We are still eagerly awaiting the roll out of Online Chat to all branches and hope we will be able to welcome callers into the branch again. We are pleased that some Outreach activity has restarted and look forward to being a presence at more events from now on.

#### ***Lesley 805***

##### **SHAFTESBURY HALL**

After a disappointing and difficult 2020/2021 year due to the COVID Pandemic and the Governments rules on lockdown, 2021/ 2022 has been much more positive. The Hall finally had a phased re-opening from April 2021 with the implementation of a full timetable shortly afterwards.

All the necessary building checks were put in place including a COVID risk assessment for the Hall in line with the latest Government guidelines for the use of communal space. These included reduced class numbers so that social distancing could be observed, windows kept open to improve ventilation, a one entrance in and one way out system and regular Hall cleaning.

Unfortunately, we lost a few of our regular users, but generally we were very pleased with the uptake in bookings across a wide range of activities. That trend has continued throughout the year with both weekly regular bookings and one-off weekend bookings getting stronger. Users included health and fitness organisations, local services supporting minorities and the disadvantaged, music and arts groups, a variety of individuals and businesses providing classes and activities for children and charitable and voluntary organisations. In addition to this, the Hall has been hired by members of the local community to host a variety of social events and parties. Subject to availability, North London Samaritans has begun to hire the Hall from time to time at the current hourly rate for meetings, training, information and selection events.

During the year further investment was made in updating the Hall website to make it more user friendly and in the purchase of new stronger Hall tables.

The Hall Committee continued to closely monitor the operation of the Hall facility in a manner similar to that of a village hall, ensuring that it benefits the local community, by being available to a wide range of activities which are social, recreational or community-oriented in nature and complies with the advice of Bates Wells Braithwaite LLP provided on the 14th June 2018 and the terms of the HMRC VAT clearance letter dated the 11th August 2017. The Hall Committee is satisfied that the Hall operation has been consistent with that advice and clearance.

## **NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**

### **TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022**

The Hall Committee consists of representatives of North London Samaritans (as the recipient of the Big Lottery Fund and other grants to enable the establishment of a hall facility available for hire for community activities) and members of the local community and hall users. The Committee monitors the type of activities carried on in the Hall and oversees the Hall Manager in the performance of her duties with regard to the day to day letting of the Hall space and the maintenance and general upkeep of the building and ensuring that the Hall operates, when open, in compliance with the terms of the grants and in a manner consistent with the village hall principle

We look forward to another successful year in 2022/2023.

***John 1219***

#### **FUNDRAISING**

Fundraising activity consisted of making bids for smaller grants as more traditional activities to raise funds were not possible due to COVID restrictions and minimal outreach activity.

***Nat 1330***

#### **CALLER SUPPORT**

Caller Support has been taken out of Branches and there is now a new Caller Support and Safeguarding Hub which supports our most complex callers. Volunteers are welcome to join this hub in addition to their regular listening shifts.

***Lesley 805***

#### **INFORMATION**

During the year, the Information Event team comprised Brian 1359, supported by Arancha 1432S. Thank you as always Arancha for all the work you do behind the scenes to ensure that the Information Events run so smoothly.

Due to the ongoing impact of the COVID-19 pandemic, all Information Events during the period were delivered by Brian 1359 on-line via Zoom.

A total of nine on-line Information events were held during the period on the following dates:

- 27th April 2021
- 25th May 2021
- 29th June 2021
- 27th July 2021
- 31st August 2021
- 7th October 2021
- 2nd December 2021
- 26th January 2022
- 9th March 2022

Potential volunteer enquiries to the branch during the 12 months were 497, and a total of 163 potential volunteers attended the above Information Events.

As a branch, we continue to have a sizeable number of potential volunteers waiting to attend Information Events at any one time, and as such, we will continue to need to find innovative and practical ways to accommodate those waiting. We will continue to manage potential volunteer expectations as regards the estimated wait times to attend an Information Event, and then potentially move forward to Selection Interview and subsequent Core Development Training.



## **NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**

### **TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022**

Hopefully, and with the restrictions linked to Covid now easing (2022), we will be able to return to hosting Information events face to face in Shaftesbury Hall before too much longer – fingers crossed

**Brian 1359**

#### **SELECTION**

Barbara 1309 led the Selection team between April 2021 & March 2022 and they have done a great job of interviewing 48 potential volunteers by Zoom. 12 were put onto a training course in September 2021 and 12 in January 2022, others went onto courses starting later in the year. Of the 24 who trained in September and January 23 successfully completed the training and were accepted into the branch. We hope to restart face to face Selection days by the summer of 2022.

**Lesley 805**

#### **TRAINING**

Core Training continued to be offered on our Zoom platform over this period and we were immensely grateful to Tia who looked after all the technology for the team.

Our training team of Sally, Deborah, Christian, Joanne, Eliza, Hugh, Kirsty and Ruby not only worked on Zoom leading sections of the course and giving call practices in breakout rooms but also took on a weekly mentoring phone call so each trainee could discuss their progress and concerns and have further practises.

A WhatsApp group was formed so trainees could interact and support each other and trainers could quickly communicate any last minute information.

Fourteen trainees started the Summer 2021 course and twelve went through into the branch. In the Autumn 2021 course twelve potential Samaritans started the course and seven were invited into the branch.

Zoom training has had both advantages and disadvantages. It has made it possible throughout the pandemic to continue training at a high standard and it is easier for both trainees and trainers to attend all the sessions.

However, there are two major disadvantages. Firstly, it does not develop a realistic understanding of what it means to travel to the branch every week to do a three hour shift. Secondly and more importantly, there is little group cohesion because interaction is stilted and coffee breaks are not social events where the group learn about each other and start to understand that Samaritans only operates successfully when we care for and support each other.

I am pleased to report that Core Training will return to the Hall on 21st April 2022.

**Liz 939**

#### **EMBEDDING**

This January we have taken over from the previous Embedding team (Andrew 1105, Jane 1225 and Sophie 1267) and transitioned to the new January 2022 training curriculum.

The new course continues to be held over four evenings and is supported by online training. The key change is the inclusion of a session on Ending Calls, which was added based on feedback from the branches that this was an area of concern for new Samaritans undertaking duties on their own.

Between the handover block that the new Embedding team participated in alongside the outgoing trainers in September 2021 and the January 2022 block, a total of five members of the branch have passed through the Embedding training.

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****TRUSTEES' REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 MARCH 2022**

Given the majority of the trainees joined the branch during the COVID pandemic and therefore experienced their Core Development training via Zoom, we have had a hugely positive response to being able to carry out the Embedding training in the hall, in person. Fortunately, the new training team have been able to solely use the hall and have not been reliant on Zoom at all, which has been brilliant for engagement in the group listening and coaching sessions.

A big thank you to all of the Embedding participants this year for being willing to share their experiences in the branch thus far and providing suggestions and support for their fellow trainees!

***Alison 1031, Amanda 1417, Tejal 1410 and Tia 1424***

**PRISON SUPPORT**

Pentonville prison was slow to come out of lockdown. As we went through summer 2021, restrictions were still in place with regards to mixing across wing. Prisoners were not confined to their cells as much, but a strict regime was still in place with complete lockdowns a couple of times a week. We continued with weekly debriefs. At that point, there were only four Samaritans that were still going in but we still managed to debrief weekly wing by wing. We also managed to train in small pods, wing by wing to make sure that all wings had Listeners. This meant additional pressure on the Samaritan volunteers, but it was important to do so as there was a need to support the prison during this uncertain time with increases in self-harm and an increase in Assessment Care in Custody and Teamwork (ACCT) documents opened on at-risk prisoners.

As we came towards autumn and winter, the Covid rates spiked again and many of the prisoners were confined to their cells. There were staff shortages and wings were often out of bounds to everyone except essential staff. However, the prison wanted us to keep supporting, and we worked closely with the Safety Governor and Safer Custody team to keep the scheme robust and working efficiently, subject to situations where staff and/or prisoners were incapacitated by Covid. We also continued to distribute literature on all the wings, so that if prisoners were unable to access a Listener, they had the information to be able to call Samaritans from their in-cell phones.

On a more celebratory note, September 2021 saw the 30th anniversary of the Listener scheme, nationally. The scheme started in HMP Swansea and there are now Listeners in almost every prison in the UK, trained and supported by Samaritans. The North London team presented each current Listener in Pentonville with a thank you pack, including individual certificates. We also ran an awareness day for staff in the Prison, which was sweetened with a celebration cake, made by one of the support officers in the prison.

In January, Emma stepped down as BPSO (Branch Prison Support Office) and Meijinder 1325 and Nick 1294 took over as joint BPSOs. The Samaritans prison team now consists of only five people as we had a number of people leave throughout the year. As such, we are in the process of recruiting Samaritan volunteers to build up the team. We are hoping to add another three Samaritans to the team by the end of 2022.

There were also major changes in the leadership of the prison as a whole and the Safer Custody team, in particular. We had a complete turnover of staff and had to start building those relationships. We are working closely with the new Safety Governor and staff to put in place more streamlined approaches to recruitment and care of Listeners. A lot of that fell to us during the pandemic but we are in the process of creating new and more efficient ways of working going forward.

In March and April 2022, we managed to train in two pods across the eight wings/areas of work in Pentonville. At this point, we have 26 Listeners. We are able to go in weekly and debrief with the Listeners as well as support staff that might be in need. We were also able to begin Postvention training as part of the pilot roll out and will be organising more training for Listeners and prison staff. The Postvention programme, which prepares the Listeners and key prison staff in what to do in terms of additional, proactive support in the event of a Self-Inflicted Death in Custody with the aim of reducing the potential cluster effect and to support those who may be affected but don't feel able to seek emotional support, starts fully in June.

***Meijinder 1325***

## **NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**

### **TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022**

#### **PUBLICITY**

2021-22 was a relatively quiet year for the publicity team. Our main focus was keeping the branch Twitter updated, using it to promote Samaritans messages generally, and any specific activity within the branch. We created signage for the Samaritans kitchen garden in Waterlow park, and started to think about recruitment of new volunteers more intentionally, creating posters to promote volunteering generally and the night owl role specifically.

**Jess 6246**

#### **OUTREACH & SCHOOLS**

Outreach/Schools involvement has been limited over the past year, it has only been very recently that we have been able to visit outside the Branch.

##### **1) School Visits**

With other Branch members we have undertaken the Emotional Support in Other Settings and Education learning training enabling us to scope, facilitate and coordinate workshops in secondary schools in Haringey, Enfield and Barnet. We have visited and run workshops in a few schools.

##### **2) Brew Monday January '22**

This initiative is coordinated by Central Samaritans and aims to break down barriers and correct any misinformation the general public may have of the work we do. We had preparations underway for a coffee morning and to circulate some of our literature but the event was cancelled due to Covid. We will be planning for similar events next year

##### **3) Haringey Suicide Prevention Group (HSPG)**

We continue to work closely with this group Cathy & Lesley attend these meetings on Zoom. We attended an event at MIND Haringey 6/9/21 to mark World Suicide Prevention Day. This was a great opportunity to network and learn more about the various organisations with whom we aim to work closer.

##### **4) GRT Group**

Enfield Gypsy, Roma, Traveller Boater & Showman Group continue to hold Bimonthly meeting (Via New Teams Link).

There will be opportunities for us to become more involved in this group when we are able to attend meeting in person at the Centre in Enfield

5) Working in partnership with Police and people in custody. Keith is part of the London regional team, and visits Bishopsgate Police Station twice a month to support people in Custody. These shifts can be either very quiet or very intense. We are hoping to be joining Officers on foot patrols too.

6) Homeless Team. Keith is part of the Regional London team which meets every Monday evening at Lincoln Inn Fields to offer emotional support to the homeless community. These shifts are really rewarding.

We continue to grow and expand with energy and enthusiasm. Thank you to Lesley and all volunteers who support us

**Cathy1356 & Keith1269**

## **NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**

### **TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022**

#### **INCOME AND EXPENDITURE ACCOUNT**

This year's income totalled £40,924. Grants and donations were much lower than last year, but 20/21 was an exceptional year with some pandemic related donations and furlough income. Despite the pandemic having a continued impact on Hall income in the early part of the year, bookings increased thereafter resulting in the Hall generating around half of the total income. Once again, we received a generous donation from The Pears Foundation, the money from which was spent on much needed equipment for the call centre.

Total expenditure, including the costs of operating the hall, was £58,651. While this leaves us with a deficit of £17,727, it should be noted that this includes depreciation of £16,373 and an expected contribution to the Central Samaritans of £473.

Given the challenges faced, this is once again an encouraging outcome. Nevertheless, we will need to ensure that we continue to closely monitor our expenditure and fundraise to cover our costs.

In the financial year ended 31 March 2022, the trustees reiterated their decision to restrict the income from the Hall for the development and maintenance of the Hall. The Trustees will monitor the spending of these funds to ensure that the surplus is used to sustain the Hall so that it does not become a burden on the charity.

#### **RESERVES POLICY**

The policy of the Trustees is to maintain free unrestricted reserves equivalent to 18 months of charitable expenditure; this will ensure that the charity can continue to provide its services in the event of any disruption. At the balance sheet date the unrestricted reserves amounted to £96,618, which is above target on an historic basis. At the balance sheet date restricted funds, including fixed assets, totalled £797,725. Unrestricted funds are held for the continuance of the Charity's objectives and activities. Restricted funds are held to cover expenditure that will be incurred in relation to specific projects, in particular the Hall. The trustees will review the reserves policy to ensure that it is consistent and prudent. Any shortfall in total reserves will be addressed over time by additional fundraising.

**Adam 1352**

#### **ADMINISTRATIVE DETAILS**

##### **LEGAL STATUS**

North London Samaritans (incorporating Enfield, Haringey and Barnet Samaritans) was a registered charity, with charity registration number 270761. In November 2017 we successfully became a CIO and have a new Charity number 1173621.

We are now governed by a constitution, adopted on 27 November 2017. We have retained the name North London Samaritans (incorporating Enfield, Haringey and Barnet Samaritans), although we intend to amend this to North London Samaritans in due course. At the same time, we affiliated to the new central Samaritans charity.

North London Samaritans (incorporating Enfield, Haringey and Barnet Samaritans) is one of 201 charities within the Samaritans movement. Samaritans is a company limited by guarantee, governed by its memorandum and articles of association, and a registered charity. It was incorporated as a company on 11 April 1963 having been founded by Dr Chad Varah on 2 November 1953.

Legal ownership of Shaftesbury Hall is held by North London Samaritans (incorporating Enfield, Haringey and Barnet Samaritans) and a legal charge has been given to big Lottery Fund for 20 years.

#### **GOVERNANCE**

North London Samaritans (incorporating Enfield, Haringey and Barnet Samaritans) is, like all Samaritans branches, independently operated and funded, within the guidelines of the constitution. A directorate and a committee manage the branch.

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****TRUSTEES' REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 MARCH 2022**

The Branch Director heads the directorate and it is she or he who is ultimately responsible for all branch operations. The Director appoints co-directors who oversee all aspects of the branch involving callers, visitors and volunteers (this includes caller support, volunteer recruitment, selection and training, and volunteer mentoring). The Director is also an ex-officio member of the committee. She or he is chosen by a process of consultation with volunteers carried out by a working group, to serve for three years.

The Committee is responsible for fundraising and facilities, including the maintenance and administration of the branch premises. The Committee members are elected at Annual General Meetings and can serve for up to three years. The Committee can also co-opt members within the limits set by the Constitution. By the terms of the Constitution each member of the Committee is a trustee of the charity.

We moved to the new Branch Leadership Team at the First AGM of the CIO on 14th January 2019. The Branch Director took on the single leadership role and is chair of the Trustee Board and chair of the Leadership Team.

The trustees believe that they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

This relates to Section 4 of the 2006 Act to have due regard to guidance on public benefit published by the Charity Commission.

**Statement of trustees' responsibilities**

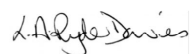
The trustees (who are also the directors of the company for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:



Lesley Ryder-Davies 09 Nov 2022 14:03:43 GMT (UTC +0)

**L A Ryder-Davies**

Director

Date: 09 November 2022



## **NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**

### **INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2022**

#### **Independent Examiner's Report to the Trustees of North London Samaritans (Incorporating Enfield, Haringey and Barnet Samaritans) ('the Charity')**

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2022.

#### **Responsibilities and Basis of Report**

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Independent Examiner's Statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:



Alexander Peal

Dated:

9 November 2022

BSc (Hons) FCA DChA

**James Cowper Kreston**

Chartered Accountants and Statutory Auditor

Reading Bridge House

George Street

Reading

Berkshire

RG1 8LS

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2022**

	<b>Note</b>	<b>Restricted funds 2022 £</b>	<b>Unrestricted funds 2022 £</b>	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
<b>Income from:</b>					
Donations and legacies	2	<b>29,102</b>	<b>11,820</b>	<b>40,922</b>	71,011
Investments	3	-	2	2	26
<b>Total income</b>		<b>29,102</b>	<b>11,822</b>	<b>40,924</b>	71,037
<b>Expenditure on:</b>					
Charitable activities	4	<b>38,940</b>	<b>19,711</b>	<b>58,651</b>	59,461
<b>Total expenditure</b>		<b>38,940</b>	<b>19,711</b>	<b>58,651</b>	59,461
<b>Net (expenditure)/income</b>		<b>(9,838)</b>	<b>(7,889)</b>	<b>(17,727)</b>	11,576
Transfers between funds	12	<b>(2,488)</b>	<b>2,488</b>	-	-
<b>Net movement in funds</b>		<b>(12,326)</b>	<b>(5,401)</b>	<b>(17,727)</b>	11,576
<b>Reconciliation of funds:</b>					
Total funds brought forward		<b>810,051</b>	<b>102,019</b>	<b>912,070</b>	900,494
Net movement in funds		<b>(12,326)</b>	<b>(5,401)</b>	<b>(17,727)</b>	11,576
<b>Total funds carried forward</b>		<b>797,725</b>	<b>96,618</b>	<b>894,343</b>	912,070

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 16 to 25 form part of these financial statements.

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**  
**REGISTERED NUMBER: CE011177**

**BALANCE SHEET**  
**AS AT 31 MARCH 2022**

	<b>Note</b>	<b>2022 £</b>	<b>2021 £</b>
<b>Fixed assets</b>			
Tangible assets	9	<b>785,905</b>	802,278
<b>Current assets</b>			
Debtors	10	<b>1,079</b>	9,128
Cash at bank and in hand		<b>112,887</b>	105,734
		<b>113,966</b>	114,862
Creditors: amounts falling due within one year	11	<b>(5,528)</b>	(5,070)
<b>Net current assets</b>		<b>108,438</b>	109,792
<b>Total net assets</b>		<b>894,343</b>	912,070
<b>Charity funds</b>			
Restricted funds	12	<b>797,725</b>	810,051
Unrestricted funds	12	<b>96,618</b>	102,019
<b>Total funds</b>		<b>894,343</b>	912,070

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Adam McCormack 09 Nov 2022 14:36:14 GMT (UTC +0)

**A McCormack**

Trustee

Date: 09 November 2022

The notes on pages 16 to 25 form part of these financial statements.



**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****STATEMENT OF CASH FLOWS  
FOR THE YEAR ENDED 31 MARCH 2022**

	<b>Note</b>	<b>2022 £</b>	<b>2021 £</b>
<b>Cash flows from operating activities</b>			
Net cash used in operating activities	15	<b>7,151</b>	17,881
		<hr/>	<hr/>
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		-	-
Interest received		<b>2</b>	26
		<hr/>	<hr/>
<b>Net cash provided by investing activities</b>		<b>2</b>	<b>26</b>
		<hr/>	<hr/>
<b>Net cash inflow brought forward</b>		<b>7,153</b>	<b>17,907</b>
		<hr/>	<hr/>
<b>Cash flows from financing activities</b>			
<b>Change in cash and cash equivalents in the year</b>		<b>7,153</b>	<b>17,907</b>
Cash and cash equivalents at the beginning of the year		<b>105,734</b>	87,827
		<hr/>	<hr/>
<b>Cash and cash equivalents at the end of the year</b>	16	<b>112,887</b>	105,734
		<hr/> <hr/>	<hr/> <hr/>

The notes on pages 16 to 25 form part of these financial statements

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022****1. Accounting policies****1.1 Basis of preparation of financial statements**

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

North London Samaritans (Incorporating Enfield, Haringey and Barnet Samaritans) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

**1.2 Income**

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Charity has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Charity, can be reliably measured.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

**1.3 Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

**1.4 Government grants**

Government grants, including Covid-19 related grants, are credited to the Statement of financial activities as the related expenditure is incurred.

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022****1. Accounting policies (continued)****1.5 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

**1.6 Tangible fixed assets and depreciation**

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Freehold property	-	2%
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**1.7 Debtors**

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**1.8 Cash at bank and in hand**

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**1.9 Liabilities and provisions**

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

**1.10 Financial instruments**

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022****1. Accounting policies (continued)****1.11 Fund accounting**

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

**2. Income from donations and legacies**

	<b>Restricted funds 2022 £</b>	<b>Unrestricted funds 2022 £</b>	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
Donations	2,997	11,820	<b>14,817</b>	44,286
Prison funding	888	-	<b>888</b>	4,012
Grants	-	-	-	10,000
Covid-19 Job Retention Scheme grant income	1,697	-	<b>1,697</b>	7,428
Hall income	23,520	-	<b>23,520</b>	5,285
	<u>29,102</u>	<u>11,820</u>	<u><b>40,922</b></u>	<u>71,011</u>
Total 2021	<u>23,725</u>	<u>47,286</u>	<u>71,011</u>	

**3. Investment income**

	<b>Unrestricted funds 2022 £</b>	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
Interest income	2	<b>2</b>	26
Total 2021	<u>26</u>	<u>26</u>	

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022****4. Analysis of expenditure on charitable activities****Summary by fund type**

	<b>Restricted funds 2022 £</b>	<b>Unrestricted funds 2022 £</b>	<b>Total 2022 £</b>	<b>Total 2021 £</b>
Expenditure on charitable activities	38,940	19,711	<b>58,651</b>	59,461
Total 2021	38,839	20,622	59,461	

**5. Analysis of expenditure by activities**

	<b>Activities undertaken directly 2022 £</b>	<b>Support costs 2022 £</b>	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
Expenditure on charitable activities	30,505	28,146	<b>58,651</b>	59,461
Total 2021	27,841	31,620	59,461	

**Analysis of support costs**

	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
Staff costs	<b>12,864</b>	12,717
Depreciation	<b>16,373</b>	16,373
Bank charges	<b>206</b>	266
Contribution to Head Office	<b>(1,297)</b>	2,264
	<b>28,146</b>	31,620

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022****6. Independent examiner's remuneration**

	<b>2022</b> <b>£</b>	2021 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	<b>2,520</b>	2,310
Fees payable to the Charity's independent examiner in respect of: Preparation of the Charity's annual accounts	<b>1,080</b>	990

**7. Staff costs**

	<b>2022</b> <b>£</b>	2021 £
Wages and salaries	<b>12,864</b>	12,717

The average number of persons employed by the Charity during the year was as follows:

	<b>2022</b> <b>No.</b>	2021 No.
Employee	<b>1</b>	1

No employee received remuneration amounting to more than £60,000 in either year.

**8. Trustees' remuneration and expenses**

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 March 2022, no Trustee expenses have been incurred (2021 - £NIL).

# **NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)**

## **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022**

### **9. Tangible fixed assets**

	Freehold property £
<b>Cost or valuation</b>	
At 1 April 2021	818,651
At 31 March 2022	818,651
<b>Depreciation</b>	
At 1 April 2021	16,373
Charge for the year	16,373
At 31 March 2022	32,746
<b>Net book value</b>	
At 31 March 2022	785,905
At 31 March 2021	802,278

### **10. Debtors**

	2022 £	2021 £
<b>Due within one year</b>		
Prepayments and accrued income	1,079	9,128

### **11. Creditors: Amounts falling due within one year**

	2022 £	2021 £
Accruals	5,528	5,070

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022****12. Statement of funds****Statement of funds - current year**

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
<b>Unrestricted funds</b>					
General Funds - all funds	<u>102,019</u>	<u>11,822</u>	<u>(19,711)</u>	<u>2,488</u>	<u>96,618</u>
<b>Restricted funds</b>					
Hall development fund	807,524	25,217	(35,016)	-	797,725
Prison fund	2,488	888	(888)	(2,488)	-
Pears Foundation fund	39	2,997	(3,036)	-	-
	<u>810,051</u>	<u>29,102</u>	<u>(38,940)</u>	<u>(2,488)</u>	<u>797,725</u>
<b>Total of funds</b>	<u><u>912,070</u></u>	<u><u>40,924</u></u>	<u><u>(58,651)</u></u>	<u><u>-</u></u>	<u><u>894,343</u></u>

The Hall development fund is restricted for the development and maintenance of the hall.

**Statement of funds - prior year**

	Balance at 1 April 2020 £	Income £	As restated Expenditure £	Balance at 31 March 2021 £
<b>Unrestricted funds</b>				
General Funds - all funds	<u>75,329</u>	<u>47,312</u>	<u>(20,622)</u>	<u>102,019</u>
<b>Restricted funds</b>				
Hall development fund	822,677	12,713	(27,866)	807,524
Prison fund	2,488	4,012	(4,012)	2,488
Pears Foundation fund	-	7,000	(6,961)	39
	<u>825,165</u>	<u>23,725</u>	<u>(38,839)</u>	<u>810,051</u>
<b>Total of funds</b>	<u><u>900,494</u></u>	<u><u>71,037</u></u>	<u><u>(59,461)</u></u>	<u><u>912,070</u></u>



**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022****13. Summary of funds****Summary of funds - current year**

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
General funds	102,019	11,822	(19,711)	2,488	96,618
Restricted funds	810,051	29,102	(38,940)	(2,488)	797,725
	<u>912,070</u>	<u>40,924</u>	<u>(58,651)</u>	<u>-</u>	<u>894,343</u>

**Summary of funds - prior year**

	Balance at 1 April 2020 £	Income £	As restated Expenditure £	Balance at 31 March 2021 £
General funds	75,329	47,312	(20,622)	102,019
Restricted funds	825,165	23,725	(38,839)	810,051
	<u>900,494</u>	<u>71,037</u>	<u>(59,461)</u>	<u>912,070</u>

**14. Analysis of net assets between funds****Analysis of net assets between funds - current year**

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	785,905	-	785,905
Current assets	11,820	102,146	113,966
Creditors due within one year	-	(5,528)	(5,528)
<b>Total</b>	<u>797,725</u>	<u>96,618</u>	<u>894,343</u>

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022****14. Analysis of net assets between funds (continued)****Analysis of net assets between funds - prior year**

	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	802,278	-	802,278
Current assets	18,688	96,174	114,862
Creditors due within one year	-	(5,070)	(5,070)
<b>Total</b>	<b>820,966</b>	<b>91,104</b>	<b>912,070</b>

**15. Reconciliation of net movement in funds to net cash flow from operating activities**

	<b>2022 £</b>	2021 £
Net income/expenditure for the year (as per Statement of Financial Activities)	<b>(17,727)</b>	11,576
<b>Adjustments for:</b>		
Depreciation charges	<b>16,373</b>	16,373
Interest received	<b>(2)</b>	(26)
Decrease/(increase) in debtors	<b>8,049</b>	(8,200)
Increase/(decrease) in creditors	<b>458</b>	(1,842)
<b>Net cash provided by operating activities</b>	<b>7,151</b>	17,881

**16. Analysis of cash and cash equivalents**

	<b>2022 £</b>	2021 £
Cash in hand	<b>112,887</b>	105,734
<b>Total cash and cash equivalents</b>	<b>112,887</b>	105,734

**NORTH LONDON SAMARITANS (INCORPORATING ENFIELD, HARINGEY AND BARNET SAMARITANS)****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022****17. Analysis of changes in net debt**

	At 1 April 2021	Cash flows	At 31 March 2022
	£	£	£
Cash at bank and in hand	105,734	7,153	112,887
	<u>105,734</u>	<u>7,153</u>	<u>112,887</u>