

# SPECTRA

England & Wales · Charity number 1174045

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2017-07-31

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Spectra  
Unit S.B.101 China Works  
Black Prince Road  
London  
SE1 7SJ

**Phone** 02033226928

**Email** [info@spectra-london.org.uk](mailto:info@spectra-london.org.uk)

**Website** [www.spectra-london.org.uk](http://www.spectra-london.org.uk)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE TO PROMOTE AND PROTECT THE GOOD HEALTH AND WELLBEING OF INDIVIDUALS IN LONDON AND SURROUNDING AREAS IN PARTICULAR GROUPS WHO ARE SOCIALLY MARGINALISED, AT PARTICULAR RISK AND/OR ECONOMICALLY DISADVANTAGED BY PROVIDING PEER LED CLEAR, ACCURATE AND CREDIBLE INFORMATION, ADVICE AND SUPPORT SERVICES.

**Activities:** Health and well-being services for individuals and communities most at need of support to improve their sexual and emotional health and well-being. Services include counselling, health checks, including HIV testing, social and support groups, one to one support and advocacy, safer sex information and packs.

## Classification

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- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

## Geography

- Throughout London

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£83,090	£17,472	-	-
2024-03-31	£5,181	£55,631	-	-
2023-03-31	£49,135	£9,993	-	-
2022-03-31	£34,511	£9,819	-	-
2021-03-31	£3,915	£5,148	-	-

## Trustees

Name	Role	Appointed
Elizabeth Jane Byrne		2025-11-24
Peter Francis Taylor		2021-02-01
Saielle DaSilva		2024-09-23
Susan Jean Dunn		2025-04-28

**SPECTRA**

England & Wales - Charity number 1174045

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# Accounts

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CHARITY REGISTRATION NUMBER: 1174045

**Spectra**  
**Unaudited Financial Statements**  
**31 March 2025**

**CANTELOWES LIMITED**  
Chartered Certified Accountants  
4<sup>th</sup> Floor  
20 Aldermanbury  
London  
EC2V 7HY

**Spectra**  
**Financial Statements**  
**Year ended 31 March 2025**

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# Spectra

## Trustees' Annual Report

Year ended 31 March 2025

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The trustees present their report and the unaudited financial statements of the company for the year ended 31 March 2025.

### Reference and administrative details

<b>Registered charity name</b>	Spectra
<b>Charity registration number</b>	1174045
<b>Principal office</b>	S.B. 101, China Works, Black Prince Road, London, SE1 7SJ
<b>The trustees</b>	Peter Francis Taylor Saielle Da Silva Susan Jean Dunn
<b>Independent examiner</b>	Paul Ashby FCCA 4 <sup>th</sup> Floor 20 Aldermanbury London EC2V 7HY

### Structure, governance and management

The constitution was adopted on the 30th of July 2017. Spectra CIO is governed by a Board of Trustees with expertise and/or lived experience from the target populations and issues Spectra's services seek to meet. Trustees (apart from the first charity trustees) are appointed for an initial term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Spectra CIO Trustees: Peter Taylor term renewed until October 2026. Saielle DaSilva was appointed as Trustee on 23 September 2024 and Susan Jean Dunn appointed Trustee 28 April 2025.

Ramses Underhill-Smith resigned as a trustee on 28<sup>th</sup> April 2025 and Natascha Collinson resigned as a trustee on 9<sup>th</sup> December 2024.

Spectra CIO works closely with Spectra CIC, with both agencies supporting the same objectives and supporting the same groups. The Board of Trustees have an oversight responsibility to ensure the charity is meeting its stated aims and objectives and serving the target communities as stated.

# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2025

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### Objectives and activities

Spectra CIO was registered with the Charity Commission on the 31st of July 2017, and the first activities as a Charitable Incorporated Organisation began in 2018.

The objects of the CIO are to promote and protect the good health and wellbeing of individuals in London, in particular, groups who are socially marginalised, at particular risk and/or economically disadvantaged by providing peer led clear, accurate and credible information, advice and support services.

Spectra provides health and well-being services for individuals and communities most of need of support to improve their sexual and emotional health and well-being and to address health inequalities. Services include counselling, mentoring, health checks and testing, social and support groups and one to one support.

### Achievements and performance

Spectra CIO promotes the good health and wellbeing of individuals in London and surrounding areas, in particular groups who are socially marginalised, at particular risk and/or economically disadvantaged; by providing peer led clear, accurate and credible information, advice and support services. As such this work is of public benefit.

Spectra Charity have funded one day per week over a three-month period from November 2024 through January 2025 for a dedicated counselling resource to support the development of art therapy courses that target young people in need.

Spectra CIO also supported a Hardship Fund for people from marginalised communities to enable them to cope with times when they were in crisis.

Spectra CIO continues to run it's small grass roots grant award programme, called the Simon Dennis Awards. This year we funded four organisations giving out grants of between £2,000 and £2500 in order to help develop projects particularly in the Sex Worker organisational sector.

# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2025

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### Financial review

The trustees consider the financial position of the charity to be satisfactory. The charity currently has £130,025 of unrestricted funds which will permit increased support to beneficiaries. Spectra remains in a secure position with dynamic delivery models allowing it to remain a going concern.

The trustees' annual report was approved on 23 June 2025 and signed on behalf of the board of trustees by:

  
Trustee

# Spectra

## Independent Examiner's Report to the Trustees

Year ended 31 March 2025

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I report to the trustees on my examination of the financial statements of Spectra ('the company') for the year ended 31 March 2025.

### Responsibilities and basis of report

Respective responsibilities of trustees and examiner

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

### Independent examiner's statement

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 company as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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.

Paul Ashby FCCA  
Independent Examiner  
4<sup>th</sup> Floor  
20 Aldermanbury  
London  
EC2V 7HY

**Spectra**  
**Statement of Financial Activities**  
**Year ended 31 March 2025**

		<b>2025</b>		2024
	Note	Unrestricted funds £	<b>Total funds £</b>	Total funds £
<b>Income and endowments</b>				
Donations and legacies	<b>4</b>	82,995	82,995	5,033
Investment income	<b>5</b>	95	95	148
<b>Total income</b>		<u>83,090</u>	<u>83,090</u>	<u>5,181</u>
<b>Expenditure</b>				
Expenditure on charitable activities	<b>6,7</b>	17,472	17,472	55,631
<b>Total expenditure</b>		<u>17,472</u>	<u>17,472</u>	<u>55,631</u>
<b>Net (expenditure)/income and net movement in funds</b>		<u>65,618</u>	<u>65,618</u>	<u>(50,450)</u>
<b>Reconciliation of funds</b>				
Total funds brought forward		64,407	64,407	114,857
<b>Total funds carried forward</b>		<u>130,025</u>	<u>130,025</u>	<u>64,407</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 8 to 12 form part of these financial statements.

**Spectra**  
**Statement of Financial Position**  
**31 March 2025**

	Note	2025 £	2024 £
<b>Current assets</b>			
Debtors	10	78,360	31
Cash at bank and in hand		51,665	64,376
		<u>130,025</u>	<u>64,407</u>
<b>Net current assets</b>		<u>130,025</u>	<u>64,407</u>
<b>Total assets less current liabilities</b>		<u>130,025</u>	<u>64,407</u>
<b>Funds of the charity</b>			
Unrestricted funds		130,025	64,407
<b>Total charity funds</b>	11	<u>130,025</u>	<u>64,407</u>

These financial statements were approved by the board of trustees and authorised for issue on 23 June 2025 and are signed on behalf of the board by:

*PFTaylor*  
Trustee

The notes on pages 8 to 12 form part of these financial statements.

# Spectra

## Statement of Cash Flows

Year ended 31 March 2025

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	<b>2025</b>	2024
	<b>£</b>	£
<b>Cash flows from operating activities</b>		
Net (expenditure)/income	65,618	(50,450)
<i>Adjustments for:</i>		
Other interest receivable and similar income	(95)	(148)
Accrued expenses/(income)	-	-
<i>Changes in:</i>		
Trade and other debtors	(78,329)	46,576
Trade and other creditors	-	-
Cash generated from operations	(12,806)	(4,022)
Interest received	95	148
Net cash (used in)/from operating activities	<u>12,711</u>	<u>(3,874)</u>
<b>Net (decrease)/increase in cash and cash equivalents</b>	<b>(12,711)</b>	<b>(3,874)</b>
<b>Cash and cash equivalents at beginning of year</b>	<b>64,376</b>	<b>68,250</b>
<b>Cash and cash equivalents at end of year</b>	<b><u>51,665</u></b>	<b><u>64,376</u></b>

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The notes on pages 8 to 12 form part of these financial statements.

# Spectra

## Notes to the Financial Statements

Year ended 31 March 2025

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### 1. General information

The company is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is Unit S.B.101 China Works, Black Prince Road, London, SE1 7SJ.

### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

### 3. Accounting policies

#### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

#### Going concern

Spectra remains in a secure position with dynamic delivery models allowing it to remain a going concern.

#### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

#### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

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### 3. Accounting policies *(continued)*

#### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

#### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

#### Financial instruments

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

# Spectra

## Notes to the Financial Statements *(continued)*

### Year ended 31 March 2025

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#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

#### 4. Donations and legacies

	Unrestricted Funds £	<b>Total Funds 2025 £</b>	Unrestricted Funds £	Total Funds 2024 £
<b>Donations</b>				
Donations	82,995	82,995	5,033	5,033

#### 5. Investment income

	Unrestricted Funds £	<b>Total Funds 2025 £</b>	Unrestricted Funds £	Total Funds 2024 £
Bank interest receivable	95	95	148	148

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# Spectra

## Notes to the Financial Statements *(continued)*

### Year ended 31 March 2025

#### 6. Expenditure on charitable activities by fund type

	Unrestricted Funds £	<b>Total Funds 2025 £</b>	Unrestricted Funds £	Total Funds 2024 £
Activity type 1	<u>17,472</u>	<u>17,472</u>	<u>55,631</u>	<u>55,631</u>

#### 7. Expenditure on charitable activities by activity type

	Activities undertaken directly £	<b>Total funds 2025 £</b>	Total fund 2024 £
Activity type 1	<u>17,472</u>	<u>17,472</u>	<u>55,631</u>

#### 8. Particulars of employees

The total staff costs and employee benefits for the reporting period are analysed as follows:

<b>2025</b>	<b>2024</b>
£	£

The average head count of employees during the year was Nil (2024: Nil).

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

#### 9. Trustee remuneration and expenses

no remuneration or other benefits from employment with the charity or a related entity were received by the trustees; or

#### 10. Debtors

	<b>2024</b> £	2024 £
Prepayments and accrued income	-	-
Other debtors	-	-
	<u>31</u>	<u>46,607</u>

# Spectra

## Notes to the Financial Statements *(continued)*

### Year ended 31 March 2025

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#### 11. Analysis of charitable funds

##### Unrestricted funds

	At 1 April 2024	Income	Expenditure	At 31 March 2025
	£	£	£	£
General funds	<u>64,407</u>	<u>83,090</u>	<u>(17,472)</u>	<u>130,025</u>

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
General funds	<u>114,857</u>	<u>5,181</u>	<u>(55,631)</u>	<u>64,407</u>

#### 12. Analysis of net assets between funds

	Unrestricted Funds	Total Funds 2025
	£	£
Current Assets	<u>130,025</u>	<u>130,025</u>

	Unrestricted Funds	Total Funds 2024
	£	£
Current Assets	<u>64,407</u>	<u>64,407</u>

#### 13. Analysis of changes in net debt

	At 1 Apr 2024	Cash flows	At 31 Mar 2024
	£	£	£
Cash at bank and in hand	<u>64,376</u>	<u>(12,711)</u>	<u>51,665</u>

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**SPECTRA**

England & Wales - Charity number 1174045

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# Accounts

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CHARITY REGISTRATION NUMBER: 1174045

**Spectra**  
**Unaudited Financial Statements**  
**31 March 2024**

**CANTELOWES LIMITED**  
Chartered Certified Accountants  
15 Bowling Green Lane  
London  
EC1R 0BD

**Spectra**  
**Financial Statements**  
**Year ended 31 March 2024**

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# Spectra

## Trustees' Annual Report

### Year ended 31 March 2024

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The trustees present their report and the unaudited financial statements of the company for the year ended 31 March 2024.

#### Reference and administrative details

<b>Registered charity name</b>	Spectra
<b>Charity registration number</b>	1174045
<b>Principal office</b>	St Charles Centre for Health & Well Being W10 6DZ

#### The trustees

Ramses Underhill-Smith  
Mr PF Taylor  
N Collinson

<b>Independent examiner</b>	Paul Ashby FCCA 15 Bowling Green Lane London EC1R 0BD
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#### Structure, governance and management

The constitution was adopted on the 30th of July 2017. Spectra CIO is governed by a Board of Trustees with expertise and/or lived experience from the target populations and issues Spectra's services seek to meet. Trustees (apart from the first charity trustees) are appointed for an initial term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Spectra CIO Trustees: Peter Taylor term renewed until October 2026. Ramses Underhill-Smith term renewed until 1st October 2025. Natascha Collinson was appointed as Trustee on 13 July 2022. Spectra CIO works closely with Spectra CIC, with both agencies supporting the same objectives and supporting the same groups. The Board of Trustees have an oversight responsibility to ensure the charity is meeting its stated aims and objectives and serving the target communities as stated.

# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2024

---

### Objectives and activities

Spectra CIO was registered with the Charity Commission on the 31st of July 2017, and the first activities as a Charitable Incorporated Organisation began in 2018.

The objects of the CIO are to promote and protect the good health and wellbeing of individuals in London, in particular, groups who are socially marginalised, at particular risk and/or economically disadvantaged by providing peer led clear, accurate and credible information, advice and support services.

Spectra provides health and well-being services for individuals and communities most of need of support to improve their sexual and emotional health and well-being and to address health inequalities. Services include counselling, mentoring, health checks and testing, social and support groups and one to one support.

### Achievements and performance

Spectra CIO promotes the good health and wellbeing of individuals in London and surrounding areas, in particular groups who are socially marginalised, at particular risk and/or economically disadvantaged; by providing peer led clear, accurate and credible information, advice and support services. As such this work is of public benefit.

Spectra Charity have funded one day per week over the past year for a dedicated counselling resource to support with student placements and contribute to the strategic development planning of Spectra's future counselling services.

Spectra Charity ran an art therapy course for trans and non-binary people over the past year. The group ran for 8 sessions, covering self-care and support, body, self-image and self-esteem, community and connection.

Spectra CIO ran a successful Mindfulness Based Chemsex Recovery course with men struggling with chemsex behaviours, to support their treatment gains and maintain ongoing recovery and wellbeing. The course remains a unique opportunity for men who have sex with men to access this type of support, and feedback and attendance remains excellent.

Spectra CIC continues to operate a hardship grant for individuals struggling to access services and or support. 2 further grants were approved and to date the scheme has provided over 20 grants, funding recipients for a range of reasons, including provisions of equipment to allow access to services, hardware to be able to contribute to online meetings, and food grants for individuals who experienced significant financial hardship due to loss of income, asylum status and inability to find work.

# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2024

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### Financial review

The trustees consider the financial position of the charity to be satisfactory. The charity currently has £64,407 of unrestricted funds which will permit increased support to beneficiaries. Spectra remains in a secure position with dynamic delivery models allowing it to remain a going concern.

The trustees' annual report was approved on 15/09/2024 ..... and signed on behalf of the board of trustees by:

*Natascha Collinson-Beije*

N Collinson

Trustee

# Spectra

## Independent Examiner's Report to the Trustees

Year ended 31 March 2024

---

I report to the trustees on my examination of the financial statements of Spectra ('the company') for the year ended 31 March 2024.

### Responsibilities and basis of report

Respective responsibilities of trustees and examiner

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

### Independent examiner's statement

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 company as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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.



Paul Ashby FCCA  
Independent Examiner

15 Bowling Green Lane  
London  
EC1R 0BD

**Spectra**  
**Statement of Financial Activities**  
**Year ended 31 March 2024**

		<b>2024</b>		2023
	Note	Unrestricted funds £	Total funds £	Total funds £
<b>Income and endowments</b>				
Donations and legacies	<b>4</b>	5,033	5,033	49,038
Investment income	<b>5</b>	148	148	97
<b>Total income</b>		<u>5,181</u>	<u>5,181</u>	<u>49,135</u>
<b>Expenditure</b>				
Expenditure on charitable activities	<b>6,7</b>	55,631	55,631	9,993
<b>Total expenditure</b>		<u>55,631</u>	<u>55,631</u>	<u>9,993</u>
<b>Net (expenditure)/income and net movement in funds</b>		<u>(50,450)</u>	<u>(50,450)</u>	<u>39,142</u>
<b>Reconciliation of funds</b>				
Total funds brought forward		114,857	114,857	75,715
<b>Total funds carried forward</b>		<u>64,407</u>	<u>64,407</u>	<u>114,857</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 8 to 12 form part of these financial statements.

**Spectra**  
**Statement of Financial Position**  
**31 March 2024**

	Note	2024 £	2023 £
<b>Current assets</b>			
Debtors	<b>10</b>	31	46,607
Cash at bank and in hand		<u>64,376</u>	<u>68,250</u>
		<u>64,407</u>	<u>114,857</u>
<b>Net current assets</b>		<u>64,407</u>	<u>114,857</u>
<b>Total assets less current liabilities</b>		<u>64,407</u>	<u>114,857</u>
<b>Funds of the charity</b>			
Unrestricted funds		<u>64,407</u>	<u>114,857</u>
<b>Total charity funds</b>	<b>11</b>	<u>64,407</u>	<u>114,857</u>

These financial statements were approved by the board of trustees and authorised for issue on 15/09/2024....., and are signed on behalf of the board by:

*Natascha Collinson-Beije*

N Collinson  
Trustee

The notes on pages 8 to 12 form part of these financial statements.

**Spectra**  
**Statement of Cash Flows**  
**Year ended 31 March 2024**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
<b>Cash flows from operating activities</b>		
Net (expenditure)/income	(50,450)	39,142
<i>Adjustments for:</i>		
Other interest receivable and similar income	(148)	(97)
Accrued expenses/(income)	46,576	(14,576)
<i>Changes in:</i>		
Trade and other debtors	–	(31)
Trade and other creditors	–	(7,919)
Cash generated from operations	<u>(4,022)</u>	<u>16,519</u>
Interest received	<u>148</u>	<u>97</u>
Net cash (used in)/from operating activities	<u>(3,874)</u>	<u>16,616</u>
<b>Net (decrease)/increase in cash and cash equivalents</b>	<b>(3,874)</b>	<b>16,616</b>
<b>Cash and cash equivalents at beginning of year</b>	<b><u>68,250</u></b>	<b><u>51,634</u></b>
<b>Cash and cash equivalents at end of year</b>	<b><u>64,376</u></b>	<b><u>68,250</u></b>

The notes on pages 8 to 12 form part of these financial statements.

# Spectra

## Notes to the Financial Statements

Year ended 31 March 2024

---

### 1. General information

The company is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is St Charles Centre for Health &, Well Being, W10 6DZ.

### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

### 3. Accounting policies

#### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

#### Going concern

Spectra remains in a secure position with dynamic delivery models allowing it to remain a going concern.

#### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

#### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

---

### 3. Accounting policies *(continued)*

#### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

#### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

#### Financial instruments

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

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### 3. Accounting policies *(continued)*

#### Financial instruments *(continued)*

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

### 4. Donations and legacies

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
<b>Donations</b>				
Donations	<u>5,033</u>	<u>5,033</u>	<u>49,038</u>	<u>49,038</u>

### 5. Investment income

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Bank interest receivable	<u>148</u>	<u>148</u>	<u>97</u>	<u>97</u>

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# Spectra

## Notes to the Financial Statements *(continued)*

### Year ended 31 March 2024

#### 6. Expenditure on charitable activities by fund type

	Unrestricted Funds £	<b>Total Funds 2024 £</b>	Unrestricted Funds £	Total Funds 2023 £
Activity type 1	<u>55,631</u>	<u>55,631</u>	<u>9,993</u>	<u>9,993</u>

#### 7. Expenditure on charitable activities by activity type

	Activities undertaken directly £	<b>Total funds 2024 £</b>	Total fund 2023 £
Activity type 1	<u>55,631</u>	<u>55,631</u>	<u>9,993</u>

#### 8. Particulars of employees

The total staff costs and employee benefits for the reporting period are analysed as follows:

<b>2024</b>	<b>2023</b>
£	£

The average head count of employees during the year was Nil (2023: Nil).

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

#### 9. Trustee remuneration and expenses

no remuneration or other benefits from employment with the charity or a related entity were received by the trustees; or

#### 10. Debtors

	<b>2024</b>	<b>2023</b>
	£	£
Prepayments and accrued income	–	46,576
Other debtors	<u>31</u>	<u>31</u>
	<u>31</u>	<u>46,607</u>

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

### 11. Analysis of charitable funds

#### Unrestricted funds

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
General funds	<u>114,857</u>	<u>5,181</u>	<u>(55,631)</u>	<u>64,407</u>

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
General funds	<u>75,715</u>	<u>49,135</u>	<u>(9,993)</u>	<u>114,857</u>

### 12. Analysis of net assets between funds

	Unrestricted Funds	Total Funds 2024
	£	£
Current Assets	<u>64,407</u>	<u>64,407</u>

	Unrestricted Funds	Total Funds 2023
	£	£
Current Assets	<u>114,857</u>	<u>114,857</u>

### 13. Analysis of changes in net debt

	At 1 Apr 2023	Cash flows	At 31 Mar 2024
	£	£	£
Cash at bank and in hand	<u>68,250</u>	<u>(3,874)</u>	<u>64,376</u>

**SPECTRA**

England & Wales - Charity number 1174045

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# Accounts

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CHARITY REGISTRATION NUMBER: 1174045

**Spectra**  
**Unaudited Financial Statements**  
**31 March 2023**

**CANTELOWES LIMITED**  
Chartered Certified Accountants  
15 Bowling Green Lane  
London  
EC1R 0BD

# Spectra

## Financial Statements

Year ended 31 March 2023

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Statement of financial activities	6
Statement of financial position	7
Statement of cash flows	8
Notes to the financial statements	9

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# Spectra

## Trustees' Annual Report

Year ended 31 March 2023

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The trustees present their report and the unaudited financial statements of the company for the year ended 31 March 2023.

### Reference and administrative details

<b>Registered charity name</b>	Spectra
<b>Charity registration number</b>	1174045
<b>Principal office</b>	St Charles Centre for Health & Well Being W10 6DZ

### The trustees

Ramses Underhill-Smith	
Mr SRH Dennis	(Deceased) 28 December 2022)
Mr PF Taylor	
N Collinson	(Appointed 13 July 2022)

<b>Independent examiner</b>	Paul Ashby FCCA 15 Bowling Green Lane London EC1R 0BD
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### Structure, governance and management

The constitution was adopted on the 30th of July 2017. Spectra CIO is governed by a Board of Trustees with expertise and/or lived experience from the target populations and issues Spectra's services seek to meet. Trustees (apart from the first charity trustees) are appointed for an initial term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Spectra CIO Trustees: Peter Taylor term renewed until October 2023. Ramses Underhill-Smith term renewed until 1st October 2025. Natascha Collinson was appointed as Trustee on 13 July 2022. Simon Dennis, deceased December 2022. Spectra CIO works closely with Spectra CIC, with both agencies supporting the same objectives and supporting the same groups. The Board of Trustees have an oversight responsibility to ensure the charity is meeting its stated aims and objectives and serving the target communities as stated.

# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2023

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### Objectives and activities

Spectra CIO was registered with the Charity Commission on the 31st of July 2017, and the first activities as a Charitable Incorporated Organisation began in 2018.

The objects of the CIO are to promote and protect the good health and wellbeing of individuals in London, in particular, groups who are socially marginalised, at particular risk and/or economically disadvantaged by providing peer led clear, accurate and credible information, advice and support services.

Spectra provides health and well-being services for individuals and communities most of need of support to improve their sexual and emotional health and well-being and to address health inequalities. Services include counselling, mentoring, health checks and testing, social and support groups and one to one support.

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# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2023

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### Achievements and performance

Spectra CIO promotes the good health and wellbeing of individuals in London and surrounding areas, in particular groups who are socially marginalised, at particular risk and/or economically disadvantaged; by providing peer led clear, accurate and credible information, advice and support services. As such this work is of public benefit.

Spectra Charity ran an art therapy course for trans and non-binary people over the past year. The group ran for 7 sessions- an increase from our previous six session due to client feedback and desire to give some common issues some more space. Areas covered were:

- Self care and support
- Embodied emotions and emotional regulation
- Body image
- Self image and self esteem
- Community and belonging
- Ending and going forward

All feedback found the group accessible, that they had felt supported by the art therapist, and that they had felt supported by other group members. Feedback indicated the group was appropriate to needs, helped members to feel less isolated, and helped them to feel more able to cope with gender identity and transition.

Service users said:

"Through group therapy, I felt close to other members of the group, and it helped me to figure out my feelings. Sometimes I have negative feelings that I cannot share with anyone else, but here, the arts and words they brought resonated with me quite often."

"I learned how to think about difficult and complex themes. Usually, words betray me, and I cannot explain my feelings well, but art-making gave me the time and space to consider them and express them in a new way."

"I feel like I now have a way to deal with my mental health through art, it's got me back into doodling which i really appreciate."

"Now I take time to think it through rather than just react to the problem by reflex. I feel myself calm down a bit." "I feel a lot calmer in myself"

"Everyone in the group was very kind."

"It has given me an outlet"

Spectra CIO ran a further Mindfulness Based Chemsex Recovery course. The programme works with men struggling with chemsex behaviours to support their treatment gains and maintain ongoing recovery and wellbeing.

Using a 39-item measure completed at the beginning/end of the course and then at a 3-month follow-up, participant responses indicated:

- Increased awareness of how emotions impact upon thoughts and behaviour
  - A less judgemental, more accepting attitude towards unwanted thoughts, feelings and emotions with an increased ability to describe what was happening in the body
  - A less reactive relationship to difficult situations, with a greater ability to pause
  - Reduced cravings and decreased likelihood of acting on them and using party drugs
  - Increased confidence in negotiating safe sex and introducing sober sex
-

Responses to post-course evaluation questionnaires indicate 79+ percent of participants rating the course as "important" or "very important" to them and over 65 percent believing they are "likely" "very likely" to continue either practising regular formal or informal mindfulness in their lives. Over 80 percent of participants rating the course facilitation is "good" or "very good".

Spectra CIO Trustees continued to offer support via our Hardship Fund which they set up to assist service users who were experiencing particular hardship as a result of the cost of living crisis and its direct impact on our service users. Applications to this fund have slowed dramatically since the end of Covid19, however 2 further grants were approved during this year. To date, this has provided 20 grants funding recipients for a range of reasons, including provisions of equipment to allow service users to maintain access to services online, hardware to be able to contribute to online meetings and food grants for individuals who experienced financial hardship due to loss of income, resulting in job loss, lack of income, and access to benefits, in some instances, resulting in precarious living situations and niche industries closing.

# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2023

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### Financial review

The trustees consider the financial position of the charity to be satisfactory. The charity currently has £114,857 of unrestricted funds which will permit increased support to beneficiaries. Spectra remains in a secure position with dynamic delivery models allowing it to remain a going concern.

The trustees' annual report was approved on 05/09/23 and signed on behalf of the board of trustees by:



Natascha Collinson

Trustee

# Spectra

## Independent Examiner's Report to the Trustees

Year ended 31 March 2023

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I report to the trustees on my examination of the financial statements of Spectra ('the company') for the year ended 31 March 2023.

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### Responsibilities and basis of report

Respective responsibilities of trustees and examiner

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

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### 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 company as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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.



Paul Ashby FCCA  
Independent Examiner

15 Bowling Green Lane  
London  
EC1R 0BD

# Spectra

## Statement of Financial Activities

Year ended 31 March 2023

	Note	2023		2022
		Unrestricted funds £	Total funds £	Total funds £
<b>Income and endowments</b>				
Donations and legacies	4	49,038	49,038	34,511
Investment income	5	97	97	–
<b>Total income</b>		<u>49,135</u>	<u>49,135</u>	<u>34,511</u>
<b>Expenditure</b>				
Expenditure on charitable activities	6,7	9,993	9,993	9,819
<b>Total expenditure</b>		<u>9,993</u>	<u>9,993</u>	<u>9,819</u>
<b>Net income and net movement in funds</b>		<u>39,142</u>	<u>39,142</u>	<u>24,692</u>
<b>Reconciliation of funds</b>				
Total funds brought forward		75,715	75,715	51,023
<b>Total funds carried forward</b>		<u>114,857</u>	<u>114,857</u>	<u>75,715</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 9 to 13 form part of these financial statements.

# Spectra

## Statement of Financial Position

31 March 2023

	Note	2023 £	2022 £
<b>Current assets</b>			
Debtors	10	46,607	32,000
Cash at bank and in hand		<u>68,250</u>	<u>51,634</u>
		114,857	83,634
<b>Creditors: amounts falling due within one year</b>	11	<u>–</u>	<u>7,919</u>
<b>Net current assets</b>		<u>114,857</u>	<u>75,715</u>
<b>Total assets less current liabilities</b>		<u>114,857</u>	<u>75,715</u>
<b>Funds of the charity</b>			
Unrestricted funds		<u>114,857</u>	<u>75,715</u>
<b>Total charity funds</b>	12	<u>114,857</u>	<u>75,715</u>

These financial statements were approved by the board of trustees and authorised for issue on 05/09/23, and are signed on behalf of the board by:



Natascha Collinson

Trustee

The notes on pages 9 to 13 form part of these financial statements.

# Spectra

## Statement of Cash Flows

Year ended 31 March 2023

	2023	2022
	£	£
<b>Cash flows from operating activities</b>		
Net income	39,142	24,692
<i>Adjustments for:</i>		
Other interest receivable and similar income	(97)	–
Accrued income	(14,576)	(32,000)
<i>Changes in:</i>		
Trade and other debtors	(31)	–
Trade and other creditors	(7,919)	7,919
Cash generated from operations	16,519	611
Interest received	97	–
Net cash from operating activities	<u>16,616</u>	<u>611</u>
<b>Net increase in cash and cash equivalents</b>	16,616	611
<b>Cash and cash equivalents at beginning of year</b>	<u>51,634</u>	<u>51,023</u>
<b>Cash and cash equivalents at end of year</b>	<u>68,250</u>	<u>51,634</u>

The notes on pages 9 to 13 form part of these financial statements.

# Spectra

## Notes to the Financial Statements

Year ended 31 March 2023

---

### 1. General information

The company is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is St Charles Centre for Health &, Well Being, W10 6DZ.

### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

### 3. Accounting policies

#### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

#### Going concern

Spectra remains in a secure position with dynamic delivery models allowing it to remain a going concern.

#### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

#### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

---

### 3. Accounting policies *(continued)*

#### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

#### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

#### Financial instruments

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

### 3. Accounting policies *(continued)*

#### Financial instruments *(continued)*

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

### 4. Donations and legacies

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
<b>Donations</b>				
Donations	<u>49,038</u>	<u>49,038</u>	<u>34,511</u>	<u>34,511</u>

### 5. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Bank interest receivable	<u>97</u>	<u>97</u>	<u>—</u>	<u>—</u>

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

### 6. Expenditure on charitable activities by fund type

	Unrestricted Funds	Total Funds 2023	Unrestricted Funds	Total Funds 2022
	£	£	£	£
Charitable activities	<u>9,993</u>	<u>9,993</u>	<u>9,819</u>	<u>9,819</u>

### 7. Expenditure on charitable activities by activity type

	Activities undertaken directly	Total funds 2023	Total fund 2022
	£	£	£
Charitable activities	<u>9,993</u>	<u>9,993</u>	<u>9,819</u>

### 8. Particulars of employees

The total staff costs and employee benefits for the reporting period are analysed as follows:

2023	2022
£	£

The average head count of employees during the year was Nil (2022: Nil).

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

### 9. Trustee remuneration and expenses

no remuneration or other benefits from employment with the charity or a related entity were received by the trustees; or

### 10. Debtors

	2023	2022
	£	£
Prepayments and accrued income	46,576	32,000
Other debtors	<u>31</u>	<u>—</u>
	<u>46,607</u>	<u>32,000</u>

### 11. Creditors: amounts falling due within one year

	2023	2022
	£	£
Other creditors	<u>—</u>	<u>7,919</u>

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

### 12. Analysis of charitable funds

#### Unrestricted funds

	At 1 April 2022 £	Income £	Expenditure £	At 31 March 2023 £
General funds	<u>75,715</u>	<u>49,135</u>	<u>(9,993)</u>	<u>114,857</u>

	At 1 April 2021 £	Income £	Expenditure £	At 31 March 2022 £
General funds	<u>51,023</u>	<u>34,511</u>	<u>(9,819)</u>	<u>75,715</u>

### 13. Analysis of net assets between funds

	Unrestricted Funds £	Total Funds 2023 £
Current Assets	<u>114,857</u>	<u>114,857</u>

	Unrestricted Funds £	Total Funds 2022 £
Current Assets	<u>75,715</u>	<u>75,715</u>

### 14. Analysis of changes in net debt

	At 1 Apr 2022 £	Cash flows £	At 31 Mar 2023 £
Cash at bank and in hand	<u>51,634</u>	<u>16,616</u>	<u>68,250</u>

**SPECTRA**

England & Wales - Charity number 1174045

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# Accounts

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CHARITY REGISTRATION NUMBER: 1174045

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**Spectra**  
**Unaudited Financial Statements**  
**31 March 2022**

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**CANTELOWES LIMITED**  
Chartered Certified Accountants  
15 Bowling Green Lane  
London  
EC1R 0BD

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**Spectra**  
**Financial Statements**  
**Year ended 31 March 2022**

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# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2022

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### Objectives and activities

Spectra CIO was registered with the Charity Commission on the 31st of July 2017, and the first activities as a Charitable Incorporated Organisation began in 2018.

The objects of the CIO are to promote and protect the good health and wellbeing of individuals in London, in particular, groups who are socially marginalised, at particular risk and/or economically disadvantaged by providing peer led clear, accurate and credible information, advice and support services.

Spectra provides health and well-being services for individuals and communities most of need of support to improve their sexual and emotional health and well-being and to address health inequalities. Services include counselling, mentoring, health checks and testing, social and support groups and one to one support.

# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2022

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### Achievements and performance

Spectra CIO promotes the good health and wellbeing of individuals in London and surrounding areas, in particular groups who are socially marginalised, at particular risk and/or economically disadvantaged; by providing peer led clear, accurate and credible information, advice and support services. As such this work is of public benefit.

Spectra Charity received funding to run a further three art therapy courses for trans and non-binary people over the past year. Despite restrictions on face to face delivery due to Covid-19, the courses were effectively adapted to be delivered online, sending participants art materials to work with and holding the courses on zoom.

Three courses of 6 sessions each were run, providing a safe, therapeutic and creative space for people to explore relationships and identities. Outcomes for participants were evaluated using Spectra's outcomes framework. Feedback from beneficiaries was overwhelmingly positive and the groups formed the basis of an article published in the International Journals of Art Therapy (IJAT) by Spectra's art therapist which can be reviewed at:

[www.landfonline.com/eprint/ZNQQ6Q4K2VSVHW4JAGJ9/full?target=10.1080/17454832.2021.1991966](http://www.landfonline.com/eprint/ZNQQ6Q4K2VSVHW4JAGJ9/full?target=10.1080/17454832.2021.1991966)

Spectra CIO Trustees continued to support the Hardship Fund which they set up to assist service users who were experiencing particular hardship as a result of Covid-19. To date, this has provided 18 grants funding recipients for a range of reasons, including provisions of equipment to allow service users to maintain access to services online, hardware to be able to contribute to online meetings and food grants for individuals who experienced financial hardship due to loss of income, resulting in job loss, lack of income, and access to benefits, in some instances, resulting in precarious living situations and niche industries closing.

Beneficiaries reported outcomes from the targeted hardship grants. Although fewer were distributed this year, the depth of need was great: "Due to lack of employment opportunities post Covid-19 and travel costs for gender diagnosis related appointments I'm finding it difficult to pay for travel, bills, food with the amount I receive. I can't access Doctors, hospitals or attend group meetings as it's too expensive to access services. This money will cover that."

Another service user whose Universal Credit was taking a long time to come through reports: "It will make a huge difference, as I will be able to eat properly and have electric facility to cook and have heat. I will be able to have a full meal rather than just canned food, along with fresh milk instead of powdered/cartooned. As well as eating vegetables, which will help me with my health issues. This will also help with my mental health, I have been anxious and had trouble sleeping. As I keep worrying about how I will afford to pay for my needs."

### Financial review

The trustees consider the financial position of the charity to be satisfactory. The charity currently has £75,715 of unrestricted funds which will permit increased support to beneficiaries. Spectra remains in a secure position with dynamic delivery models allowing it to remain a going concern.

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**Spectra**

**Trustees' Annual Report** *(continued)*

**Year ended 31 March 2022**

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The trustees' annual report was approved on 13<sup>th</sup> July 2022 and signed on behalf of the board of trustees by:



Simon Dennis

Trustee

# Spectra

## Independent Examiner's Report to the Trustees

Year ended 31 March 2022

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I report to the trustees on my examination of the financial statements of Spectra ('the company') for the year ended 31 March 2022.

### Responsibilities and basis of report

#### Respective responsibilities of trustees and examiner


As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

### Independent examiner's statement

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 company as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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.



Paul Ashby FCCA  
Independent Examiner

15 Bowling Green Lane  
London  
EC1R 0BD

**Spectra**  
**Statement of Financial Activities**  
**Year ended 31 March 2022**

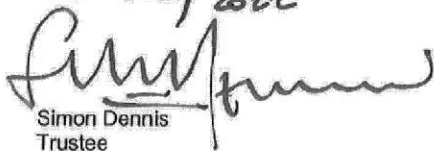
	Note	2022		2021
		Unrestricted funds £	Total funds £	Total funds £
<b>Income and endowments</b>				
Donations and legacies	4	34,511	34,511	3,915
<b>Total income</b>		<u>34,511</u>	<u>34,511</u>	<u>3,915</u>
<b>Expenditure</b>				
Expenditure on charitable activities	5,6	9,819	9,819	5,148
<b>Total expenditure</b>		<u>9,819</u>	<u>9,819</u>	<u>5,148</u>
<b>Net income/(expenditure) and net movement in funds</b>		<u>24,692</u>	<u>24,692</u>	<u>(1,233)</u>
<b>Reconciliation of funds</b>				
Total funds brought forward		51,023	51,023	52,256
<b>Total funds carried forward</b>		<u>75,715</u>	<u>75,715</u>	<u>51,023</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

**Spectra**  
**Statement of Financial Position**  
**31 March 2022**

	Note	2022 £	2021 £
<b>Current assets</b>			
Debtors	9	32,000	—
Cash at bank and in hand		<u>51,634</u>	<u>51,023</u>
		83,634	51,023
<b>Creditors: amounts falling due within one year</b>	10	<u>7,919</u>	—
<b>Net current assets</b>		<u>75,715</u>	<u>51,023</u>
<b>Total assets less current liabilities</b>		<u>75,715</u>	<u>51,023</u>
<b>Funds of the charity</b>			
Unrestricted funds		75,715	51,023
<b>Total charity funds</b>	11	<u>75,715</u>	<u>51,023</u>

These financial statements were approved by the board of trustees and authorised for issue on 13<sup>th</sup> July 2022 and are signed on behalf of the board by:

  
 Simon Dennis  
 Trustee

The notes on pages 9 to 13 form part of these financial statements.

**Spectra**  
**Statement of Cash Flows**  
**Year ended 31 March 2022**

	2022	2021
	£	£
<b>Cash flows from operating activities</b>		
Net income/(expenditure)	24,692	(1,233)
<i>Adjustments for:</i>		
Accrued income	(32,000)	-
<i>Changes in:</i>		
Trade and other creditors	7,919	(25,929)
Cash generated from operations	<u>611</u>	<u>(27,162)</u>
Net cash from/(used in) operating activities	<u>611</u>	<u>(27,162)</u>
<b>Net increase/(decrease) in cash and cash equivalents</b>	611	(27,162)
<b>Cash and cash equivalents at beginning of year</b>	<u>51,023</u>	<u>78,185</u>
<b>Cash and cash equivalents at end of year</b>	<u>51,634</u>	<u>51,023</u>

The notes on pages 9 to 13 form part of these financial statements.

# Spectra

## Notes to the Financial Statements

Year ended 31 March 2022

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### 1. General information

The company is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is St Charles Centre for Health & Well Being, W10 6DZ.

### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

### 3. Accounting policies

#### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

#### Going concern

Spectra remains in a secure position with dynamic delivery models allowing it to remain a going concern.

#### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

#### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

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### 3. Accounting policies *(continued)*

#### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- Income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

#### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

#### Financial Instruments

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

### 3. Accounting policies *(continued)*

#### Financial Instruments *(continued)*

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

### 4. Donations and legacies

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Donations				
Donations	<u>34,511</u>	<u>34,511</u>	<u>3,915</u>	<u>3,915</u>

### 5. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Activity type 1	<u>9,819</u>	<u>9,819</u>	<u>5,148</u>	<u>5,148</u>

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

**6. Expenditure on charitable activities by activity type**

	Activities undertaken directly	Total funds 2022	Total fund 2021
	£	£	£
Activity type 1	<u>9,819</u>	<u>9,819</u>	<u>5,148</u>

**7. Particulars of employees**

The total staff costs and employee benefits for the reporting period are analysed as follows:

2022	2021
£	£

The average head count of employees during the year was Nil (2021: Nil).

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

**8. Trustee remuneration and expenses**

no remuneration or other benefits from employment with the charity or a related entity were received by the trustees; or

**9. Debtors**

	2022	2021
	£	£
Prepayments and accrued income	<u>32,000</u>	<u>-</u>

**10. Creditors: amounts falling due within one year**

	2022	2021
	£	£
Other creditors	<u>7,919</u>	<u>-</u>

**11. Analysis of charitable funds**

**Unrestricted funds**

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
General funds	<u>51,023</u>	<u>34,511</u>	<u>(9,819)</u>	<u>75,715</u>

	At 1 April 2020	Income	Expenditure	At 31 March 2021
	£	£	£	£
General funds	<u>52,256</u>	<u>3,915</u>	<u>(5,148)</u>	<u>51,023</u>

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

### 12. Analysis of net assets between funds

	Unrestricted Funds	Total Funds
	£	£
Current Assets	<u>75,715</u>	<u>75,715</u>

	Unrestricted Funds	Total Funds
	£	£
Current Assets	<u>51,023</u>	<u>51,023</u>

### 13. Analysis of changes in net debt

	At 1 Apr 2021	Cash flows	At 31 Mar 2022
	£	£	£
Cash at bank and in hand	<u>51,023</u>	<u>611</u>	<u>51,634</u>

**SPECTRA**

England & Wales - Charity number 1174045

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# Accounts

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CHARITY REGISTRATION NUMBER: 1174045

**Spectra**  
**Unaudited Financial Statements**  
**31 March 2021**

**CANTELOWES LIMITED**  
Chartered Certified Accountants  
15 Bowling Green Lane  
London  
EC1R 0BD

**Spectra**  
**Financial Statements**  
**Year ended 31 March 2021**

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# Spectra

## Trustees' Annual Report

Year ended 31 March 2021

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The trustees present their report and the unaudited financial statements of the company for the year ended 31 March 2021.

### Reference and administrative details

<b>Registered charity name</b>	Spectra
<b>Charity registration number</b>	1174045
<b>Principal office</b>	St Charles Centre for Health & Well Being W10 6DZ

### The trustees

Ramses Underhill-Smith  
Mr SRH Dennis  
Mr PF Taylor

### Independent examiner

Paul Ashby FCCA  
15 Bowling Green Lane  
London  
EC1R 0BD

# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2021

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### Structure, governance and management

The constitution was adopted on the 30th of July 2017. Spectra CIO is governed by a Board of Trustees with expertise and/or lived experience from the target populations and issues Spectra's services seek to meet.

Trustees (apart from the first charity trustees) are appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Spectra CIO First Trustees:

Simon Dennis from July 30th 2017 for 4 years

Peter Taylor another 3 year term from October 2020.

Ramses Underhill-Smith from October 1st 2019 for 3 years

Spectra CIO works closely with Spectra CIC, with both agencies supporting the same objectives and supporting the same groups.

The Board of Trustees have an oversight responsibility to ensure the charity is meeting its stated aims and objectives and serving the target communities as stated.

### Objectives and activities

Spectra CIO was registered with the Charity Commission on the 31st of July 2017, and the first activities as a Charitable Incorporated Organisation began in 2018.

The objects of the CIO are to promote and protect the good health and wellbeing of individuals in London, in particular, groups who are socially marginalised, at particular risk and/or economically disadvantaged by providing peer led clear, accurate and credible information, advice and support services.

Spectra provides health and well-being services for individuals and communities most of need of support to improve their sexual and emotional health and well-being.

Services include counselling, mentoring, health checks and testing, social and support groups and one to one support.

Spectra CIO would like to acknowledge and thank Wandsworth Oasis and a new donor who elects to remain anonymous, for their generous support.

# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2021

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### Achievements and performance

Spectra CIO exists to promote and protect the good health and wellbeing of individuals in London and surrounding areas, in particular groups who are socially marginalised, at particular risk and/or economically disadvantaged by providing peer led clear, accurate and credible information, advice and support services. As such this work is of public benefit. Spectra CIO received a grant from Wandsworth Oasis in 2020 for our project 'Challenging Stigma - promoting Inclusion'. This is a creative project to improve understanding of gender, identity, sexuality and diversity in young people aged 14 to 17 years old. The project looks at stigma around HIV (and STI's), health-seeking/ sexual health behaviours, and Diversity. It's aim is to increase understanding, awareness of safe sex in younger people. The format is three courses of six modules each, delivered during half term and summer holidays, culminating in students demonstrating their learning/ artwork in an exhibition at Wandsworth library. The produced artwork will be used in further peer learning and community engagement at youth groups and other venues. Due to Covid-19 this project will carry over some of the delivery to the next financial year and outcomes will therefore be fully reported in due course.

Spectra Charity received donor funding to run art therapy for trans and non-binary people. Despite restrictions on face to face delivery due to Covid-19, the course was adapted to be delivered online, sending participants art materials to work with and holding the courses on zoom. One course of 6 sessions was run, providing 26 therapeutic interventions in a safe, therapeutic and creative space for people. Outcomes for participants were evaluated using Spectra's outcomes framework. Feedback from beneficiaries and the art work itself was displayed online to celebrate Trans Day of Visibility 2020 and can be viewed here: <https://spectra-london.org.uk/2021/03/29/trans-day-of-visibility-2021/>

Spectra CIO Trustees continued their allocation for a Hardship Fund to assist service users who were experiencing particular hardship as a result of Covid-19. To date, this has provided 16 grants funding recipients for a range of reasons, including provisions of equipment to allow service users to maintain access to services when they went online, hardware to be able to contribute to online meetings and food grants for individuals who experienced financial hardship due to loss of income when Covid-19 hit, resulting in job loss, lack of income, and access to benefits, in some instances, resulting in precarious living situations and niche industries closing.

Some testimonies from our beneficiaries:

#### Art Therapy Groups:

"Expressing complex ideas through art helped me to articulate emotions and thoughts that I might not be able to put into words". "Having to set aside time to do some art work without any pressure for outcome, and to just be improvisational has been really good. Also feels very special and unique to share artwork with other trans people."

"Some of my artworks helped others in the group, and that's made me realise that I have help and support to offer to others - that aspect has changed my life, I think."

#### Hardship Grants:

"This grant means I will be able to afford medications, while I'm not able to work, thank you SO much...."

"Helps me immensely to put my mind at ease with worry about money which has been stressing me constantly with overdraft fees adding up. Free up my time and energy to look for more work and be able to apply for other support. I have been finding it hard to manage living on my own with the lockdown coming, it has had a great impact on my mental health."

"This grant will help me to buy food as I am having to charge less for my services because customers

# Spectra

## Trustees' Annual Report *(continued)*

Year ended 31 March 2021

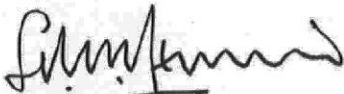
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are taking advantage of the virus situation by offering less and I cannot turn them down. Please help me to survive at this is a difficult time and I am unable to afford to eat properly. Your help will help me to eat better which is what I need due to do existing health problems I have".

### Financial review

The trustees consider the financial position of the charity to be satisfactory. The charity currently has £51,023 of unrestricted funds.

The trustees' annual report was approved on .....28th July 2021..... and signed on behalf of the board of trustees by:



Simon Dennis

Trustee

# Spectra

## Independent Examiner's Report to the Trustees

Year ended 31 March 2021

---

I report to the trustees on my examination of the financial statements of Spectra ('the company') for the year ended 31 March 2021.

### Responsibilities and basis of report

Respective responsibilities of trustees and examiner


As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

### Independent examiner's statement

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 company as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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.



Paul Ashby FCCA  
Independent Examiner

15 Bowling Green Lane  
London  
EC1R 0BD

# Spectra

## Statement of Financial Activities

Year ended 31 March 2021

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		2021		2020
	Note	Unrestricted funds £	Total funds £	Total funds £
<b>Income and endowments</b>				
Donations and legacies	4	3,915	3,915	12,845
<b>Total income</b>		<u>3,915</u>	<u>3,915</u>	<u>12,845</u>
<b>Expenditure</b>				
Expenditure on charitable activities	5,6	5,148	5,148	26,808
<b>Total expenditure</b>		<u>5,148</u>	<u>5,148</u>	<u>26,808</u>
<b>Net expenditure and net movement in funds</b>		<u>(1,233)</u>	<u>(1,233)</u>	<u>(13,963)</u>
<b>Reconciliation of funds</b>				
Total funds brought forward		52,256	52,256	66,219
<b>Total funds carried forward</b>		<u>51,023</u>	<u>51,023</u>	<u>52,256</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

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The notes on pages 9 to 14 form part of these financial statements.

**Spectra**  
**Statement of Financial Position**  
**31 March 2021**

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	Note	2021 £	2020 £
<b>Current assets</b>			
Cash at bank and in hand		51,023	78,185
<b>Creditors: amounts falling due within one year</b>	<b>9</b>	—	25,929
<b>Net current assets</b>		<u>51,023</u>	<u>52,256</u>
<b>Total assets less current liabilities</b>		<u>51,023</u>	<u>52,256</u>
<b>Funds of the charity</b>			
Unrestricted funds		51,023	52,256
<b>Total charity funds</b>	<b>10</b>	<u>51,023</u>	<u>52,256</u>

These financial statements were approved by the board of trustees and authorised for issue on 28th July 2021, and are signed on behalf of the board by:

  
Simon Dennis  
Trustee

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The notes on pages 9 to 14 form part of these financial statements.

# Spectra

## Statement of Cash Flows

Year ended 31 March 2021

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	2021 £	2020 £
<b>Cash flows from operating activities</b>		
Net expenditure	(1,233)	(13,963)
<i>Changes in:</i>		
Trade and other debtors	–	21,081
Trade and other creditors	(25,929)	25,929
Cash generated from operations	(27,162)	33,047
Net cash (used in)/from operating activities	(27,162)	33,047
<b>Net (decrease)/increase in cash and cash equivalents</b>	(27,162)	33,047
<b>Cash and cash equivalents at beginning of year</b>	78,185	45,138
<b>Cash and cash equivalents at end of year</b>	51,023	78,185

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The notes on pages 9 to 14 form part of these financial statements.

# Spectra

## Notes to the Financial Statements

Year ended 31 March 2021

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### 1. General information

The company is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is St Charles Centre for Health &, Well Being, W10 6DZ.

### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

### 3. Accounting policies

#### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

#### Going concern

Despite a challenging year due to Covid-19, which was felt across the sector and beyond, Spectra ends this period strong and secure organisationally. Spectra were quick to implement protective health and safety protocols and to adapt the way we operate. Whilst we anticipated an overall decrease in funds available to deliver services due to the pandemic, Spectra finished the year having maintained its funding level and having successfully adapted services to achieve our charitable objectives. This is reflected in Trustees prioritising the needs of our service users during this difficult period by offering hardship grants and prioritising this. Spectra remains in a secure position with dynamic delivery models allowing it to remain a going concern.

#### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

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### 3. Accounting policies *(continued)*

#### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

#### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

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### 3. Accounting policies *(continued)*

#### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

#### Financial instruments

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

### 3. Accounting policies *(continued)*

#### Financial instruments *(continued)*

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

### 4. Donations and legacies

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
<b>Donations</b>				
Donations	<u>3,915</u>	<u>3,915</u>	<u>12,845</u>	<u>12,845</u>

### 5. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Activity type 1	<u>5,148</u>	<u>–</u>	<u>5,148</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Activity type 1	<u>18,255</u>	<u>8,553</u>	<u>26,808</u>

### 6. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Total funds 2021 £	Total fund 2020 £
Activity type 1	<u>5,148</u>	<u>5,148</u>	<u>26,808</u>

### 7. Particulars of employees

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021 £	2020 £
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# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

**7. Particulars of employees *(continued)***

The average head count of employees during the year was Nil (2020: Nil).

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

**8. Trustee remuneration and expenses**

no remuneration or other benefits from employment with the charity or a related entity were received by the trustees; or

**9. Creditors: amounts falling due within one year**

	2021	2020
	£	£
Other creditors	—	<u>25,929</u>

**10. Analysis of charitable funds**

**Unrestricted funds**

	At 1 April 2020	Income	Expenditure	At 31 March 2021
	£	£	£	£
General funds	<u>52,256</u>	<u>3,915</u>	<u>(5,148)</u>	<u>51,023</u>

	At 1 April 2019	Income	Expenditure	At 31 March 2020
	£	£	£	£
General funds	<u>57,666</u>	<u>12,845</u>	<u>(18,255)</u>	<u>52,256</u>

**11. Analysis of net assets between funds**

	Unrestricted Funds	Total Funds
	£	£
Current Assets	<u>51,023</u>	<u>51,023</u>
	£	£
Current Assets	<u>52,256</u>	<u>52,256</u>

# Spectra

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

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### 12. Analysis of changes in net debt

	At 1 Apr 2020	Cash flows	At 31 Mar 2021
	£	£	£
Cash at bank and in hand	<u>78,185</u>	<u>(27,162)</u>	<u>51,023</u>